

STSG launches Baby Book "Enjoy your Pregnancy—for Mums-to-be"

At our AGM on Wednesday 2nd June this year we launched our baby book "Enjoy your pregnancy - for mums-to-be".

This book is a month by month guide for mum and baby to stay healthy. It has one page for each month on what to eat and not to eat. It has tips for morning sickness and lets you know the importance of taking folic acid. There are lots of pictures and it is very colourful. It is very helpful for those who cannot read.

STSG has provided 800 copies to Maternity Services in Sligo General Hospital and it will be included in all maternity packs.

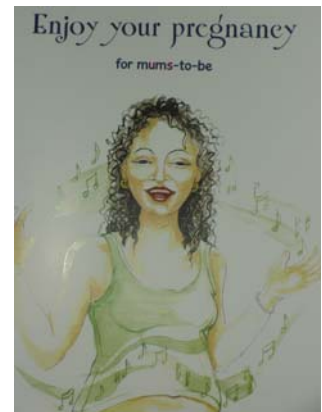
The Primary Health Care team with the Public Health Nurse, Floraidh

Dunne, worked on this for over a year. We contracted artist Tamaris Taylor who drew these gorgeous illustrations and we would like to thank her for a job well done.



Pictured here are Community Health Worker Rosie Maughan with Brian Devaney being presented with the Baby Book. And Therese Gallagher and Catriona Moriarty from Sligo General Hospital Maternity Services.

The book was dedicated to the late Catherine Devaney, who was the Social Inclusion Officer, HSE and a great friend to, and supporter of, STSG. Catherine worked closely with the Primary Health Team and is greatly missed by us all. Rosie Maughan presented a copy of the book to her husband, Brian, who jokingly said "you'll have to keep this book away from all the young girls!" More seriously, he said "Catherine would have been very proud of the work done and the beautifully portrayed book"



SKIN CARE

It is that time of year again, summer.



So have fun and be sun smart, use sunscreen. Put it on 20 minutes before going out. Avoid going out into the sun between 11am and 3pm and always protect your eyes in the sun. Wear sunglasses that give high protection. Everyone who is out in the sun is at risk.



Remember, 80% of sun damage is done to your skin before the age of 16. It is very important to protect your children.



You will have happy days and no sleepless nights!

Skin care health Session, 23rd July
Venue; Northside Community Centre
Time: 2pm
Talk by specialist
Free raffle, chance to win beauty therapy
Also a range of freebies
All welcome

Contact STSG at
071-9145780

Annual general meeting (AGM)

The AGM was held on 2nd June in St Anne's Avalon Centre. It was well attended with members of the Travelling community present, as well as members of the HSE and Hospital Maternity Services, DVAS, the local Gardai, Sligo Leader Partnership, the Visiting Teacher for Travellers and the Public Health Nurse for Travellers.

The Chairperson, Caoimhe Gleeson, highlighted some of the work done over the year from the Annual Report:

- Three new PEACE III funded programmes addressing issues of ra-

cism and sectarianism in partnership with many other agencies throughout Sligo and in Northern Ireland are underway

- The prison link outreach project in Loughan House Prison, Co. Cavan commenced with considerable support from participants and management within the prison system.
- The home work club in Carraroe and a wide range of health related events continue.
- Collaboration with the Domestic Violence Advocacy Service (DVAS led to the one-woman play "Don't Say a Word" being performed in Sligo and

Carrick on Shannon with a high attendance by Traveller and settled women and follow on discussion.

The meeting ended with the launching of the Baby Book which was the highlight of the AGM. (see article above).





Photo: Participants at the Breast Check session held at the Northside with BreastCheck tutors Alison Feeney and Lorna Murphy (back row, third and fourth from left).

A Breast Check session was held on 1st July in the Northside. Alison Feeney and Laura Molloy came down from Galway BreastCheck and gave a talk on breast care and cervical checks. There was a good turn

Breast check health session, 1st July

-out with 11 women participating and lots of questions asked. Some of the women, after the session, said they were going home knowing a lot more about breast care and cervical checks and felt that this service was very important to have and also to know about.

We held a raffle for a voucher for Moffitts Department Store and everyone got a ticket. Congratulations to Lisa Mc Ginley who won the voucher.

We have leaflets at STSG on cervical checks and on breast care. BreastCheck sent us a DVD on breast care and we bunt off some copes so feel free to call in for a leaflet and/or the DVD at any time. Ask for Kathleen.

Speech and language support for children

At STSG we are working with Maire McCann, Speech and Language Therapist to support adults and children with language difficulties. We have Traveller-proofed a leaflet and added pictures to it. Contact Kathleen at

STSG for a copy.

If you are worried about your child not talking or struggling in school, if your child's words are not clear, or she/he is stammering, it is important to get support from Maire and her colleagues at Markievicz House.

You can ring Markievicz House at 071 9155132 or we can help you with referrals for an appointments. It is a great service and it is free.

"The Speech and Therapy Service is brilliant, it is friendly but also confidential. My two children are doing really well and their school work has improved in the last few months" according to one woman we visited.



Photo: Home Work Club Assistants and staff: L-R Ursula Drummond, Vincent Barkey, Catherine Geaney, Elaine Gordon, Deirdre Beirne, Mary White

The Home work Club serves the children attending St Enda's National School. 15 children are attending on a daily basis. We had an end-of-term fun day with face painting, and Peace games facilitated by Sue Mahan.

Immunizations are important

Three of the children who died in 1999 of measles were from the Traveller community; the only child in England to die from measles was a 12 year old Traveller child. This highlights the need to have your children vaccinated.

The vaccine for measles, mumps and rubella is the MMR which is given to children between 1 year and 18 months.

We encourage you to have your children vaccinated and we can talk with you during our family visits and arrange to make appointments and discuss if you have concerns.



FAMILY HEALTH VISITS

The Primary Health team visit families in Sligo on Mondays and Wednesdays. We bring updated health packs with us with a lot of information for all the family.

If you haven't had a visit and would like one, please contact Community Health Worker Kathleen at 071 91 45780

Joke corner

A man goes to the doctor and says "Doctor, doctor, I keep thinking I'm a school bell". The doctor says "Take these tablets and if they don't work, give me a ring in the morning."

Guardian Angel.... A woman is walking on the road and a voice shouts out, "don't take a step further". She obeys and suddenly a ton of bricks fall on the place where she would have otherwise been. She thinks she imagined it and keeps walking until suddenly the voice calls out again. "Don't take a step further". She stops and a car skids past.

Then suddenly she hears the voice saying "I am your Guardian Angel, and I will warn you before something bad could happen to you. Now do you have any questions to ask me?" "Yes", shouted the woman. "Just where were you on my wedding day!!!"



If you have any good jokes, send them in to me for the next newsletter. Kathleen

HEALTH AND FITNESS

Men and health

In February and March 2010 STSG held a series of meetings with a group of Traveller men in relation to their health and wellbeing during which participants expressed an interest in a health and fitness programme in the local Gym.

In April 2010 a programme was set up, and over the months April, May, and June 14 participants attended three days a week. Before the programme started the participants were asked to contact their own GP and get their blood pres-

sure and cholesterol levels taken in order to get the all clear so they could partake in the programme. The Programme finished at the end of June. Participants said that they felt a lot healthier and fitter and since being on the programme. Some said they noticed they are more relaxed about occurrences in their lives.

They all felt that the Gym provides a great outlet for their frustrations and that they will continue attending the Gym.

Martin Mongan, Development Worker

Health and fitness group for women

On 3rd May Community Health Worker Rosie Maughan started a health and fitness 6-week programme (2 nights a week) for young Travelling women. 9 participants regularly attended.

They had a good time together and it was a way for us to also discuss health issues. At the same time everyone got a good work out.

It was a lovely six weeks and the women are keen for us to run another programme.

Rosie Maughan, Community Health Worker

INFORMATION FOR PARENTS WHO HAVE CHILDREN IN HOSPITAL

On 16th June Community Health Worker Kathleen Stokes and Public Health Nurse Floraidh Dunn visited the Children's Ward in Sligo General Hospital

Clinical Nurse Manager Bernie Clancy showed us around the ward, playroom, the medical room and also the isolation cubicles.

There is also a main room for parents with sick children in the hospital where they can have a cup of tea or coffee. Nurse Clancy explained why the ward has rules. These are to protect the children who are

sick.

The rules include that only a parent (mother or father) can stay overnight with their child.

Visiting hours also allow the children and their parents to have quality time together.

Nurse Clancy also explained that some of the questions parents are asked may seem personal but are necessary to ensure that the children can best be cared for

The Hospital is working on an information leaflet which we will Traveller-proof for families whose children may need to go to hospital.



Photo: sisters Mary and Kathleen Ward with Anne Stokes and Rosanna Ward.. Photo taken before their trip to Derry to participate in a fun day with local children from Derry. [Peace III funded event]



Photo: Congratulations, to Diana Ward who has just turned 18.

LOOK AFTER YOUR PETS

HOLIDAY TIME REMINDER

Remember: A holiday is once a year but your pet is for life!!

They need to be loved, need company and food.



New booklet on safety for women

Sligo Traveller support Group and Domestic Advocacy Service have come together to produce a short booklet on domestic violence. We aimed at reaching women, or people who are supporting women, with information about what domestic violence is and how to get help.

The booklet contains a series of powerful images by artist Tamaris Taylor that help illustrate that domestic violence isn't just about being hit or physically hurt, but that it is also about being emotionally abused, about being controlled and about financial



abuse.

The booklet encourages women to tell someone they trust and to get information and support by calling STSG at 071-9145780 or DVAS at 071-9141515

The two organisations wanted to reach women with clear messages of support including that women experiencing violence and abuse are not to blame for the abuser's behaviour, that they have the right to live free from violence and that there is support for women.

The information in the booklet reassures women that the two ser-

vices are confidential and free. To get a copy of the booklet, call to STSG or DVAS. They will be launching the booklet in Sligo and in Carrick-on-Shannon in the near future and hope to create an opportunity for people to discuss how we can all work together to reach out to women who are isolated and at risk from violence and abuse.

Watch this space for more information on Domestic Violence and the services DVAS offer can be found on www.domesticviolence.ie STSG and DVAS

Thanks to COSC, the National Office for the Prevention of Domestic, Sexual and Gender-based Violence, and also the Community Foundation for Ireland for funding this booklet.

The PEACE MURAL ART PROJECT – YOUTHREACH STUDENTS



Photo: Brian and Dave with Tutor Tamaris



Photo: Youthreach Art

The 13 mural boards by participating students in Youthreach Centre have now been completed – the pictures speak for themselves. The group worked on 8 x 4 feet sheets of ply wood. Each person choose a theme to work on that related to their lives and work on the boards was intended as an expression of themselves and something they wanted to say to the world.

The Traveller students (5 in total) came together towards the end of the project to work on a collective theme – that of horses - as an expression of pride in a living and evolving Traveller identity and as a sharing of that identity with others.

Other cultural identities were given expression within the group – a hauntingly beautiful African landscape for example, on another board. Some boards depicted a landscape emerging from an imaginary experience such as dragons or fantastical



Photo: Painting by Brian Ward, Tubbercurry



Photo: Paintings by Pat Ward Sligo and Martin Ward, Ballymote

on the indoor project.

The mural project has also been strongly supported by 2 trips to Belfast, which gave everyone a close up view of what others are doing and the context of mural painting in Northern Ireland –

figures. Others are dealing simply with current life issues such as drug addiction.

For many of the participants it has been in fact a long journey

that began in May last year with the small grants scheme sessions on drug issues at The Northside (using art) which progressed to an indoor mural project at Youthreach gym in the Autumn. The large Peace III grant took up the reins before Xmas and completed the session

where it has been, as murals are, an expression that gives power to those who are least powerful in society and can address issues affecting peace and conflict throughout a society.

Many thanks to the students, the wonderful art tutor Tamaris Taylor, Youthreach staff and support team.



OPPORTUNITY TO VIEW THE MURALS

You will have a chance to view the boards during the month of August. They will be hosted at 3 different venues in town – Sligo Northside Community Centre, Sligo Borough Council reception on Quay Street, and Sligo County Council reception offices on Riverside.

You are also invited to view the boards at the Northside when they are presented to the Mayor of Sligo, members of the Peace Partnership Committee - and all parents and associates of the students. We hope that this will be a proud day for the students – a well deserved recognition for their work. **Turn up at 2pm on Tuesday the 27th July at The Northside** for this special event.

YOUTH WORK

Traveller youth have come a long way in attending youth activities being run by Sligo Traveller Support Group. When STSG started to run activities, attendance was very poor. Now, having worked on the ground with Traveller youth it has had a huge impact on them to see that a Traveller girl is working for them in organising activities that they can participate in, such as horse riding, arts and crafts, hair and beauty, hip hop, football, boxing, face painting. This year these activities have been mainly funded through Peace III together with cross boarder trips that link with Derry Travellers Support Group and the settled community in Derry. The activities are a practical way for children, coming from different families and beliefs, to integrate with one another. I have seen a major difference in many of the Traveller children over the year. The children are asking when more activities will take place again and will I put their names down.

It is great to work with Traveller and settled children and children from Globe house in Sligo to bring about good contact that breaks down barriers between them.

I also worked with children with autism and am running hip hop course for two days a week and a hair and beauty group. We had a sports day on the 26th June and the parents as well as the children really enjoyed it very much. They were delighted we were there to give them a break.

Kelly Mc Ginley, Community Health Worker



Children participating in horse-riding event I Northern Ireland.



Cookery session with African flavour

Rudi, a resident from Globe House, gave a cookery session in Youthreach with a recipe from his own homeland in Africa. Ultan Mulvihill, Co-ordinator at Youthreach, assisted him and 20 of us enjoyed a most gorgeous meal ever, Thank you, Rudi.

Dealing with discrimination

On 21st June, Martin Mongan delivered a training session in the Youthreach Centre, with a DVD entitled 'Blue Eyes, Brown Eyes' which describes an exercise in discrimination that a school teacher carried out on school children in her care, to clearly show the impact of behaviour that selects people to be the targets of discrimination. In the exercise, during the course of one day, the behaviour of the children had changed dramatically. She followed up the group to interview them as adults and they recalled the experiment themselves.

The Youthreach students found this very interesting indeed and were asked to think about this.



