

Westmeath Traveller Project staff would like to wish everyone a happy and safe Halloween. Our Project is currently working with 176 Traveller families in Westmeath. We help families with Accommodation, Education and Health issues. We are currently working from home due to Covid 19 restrictions but We continue to work five days a week if you need help with any of these issues you can contact:

Christine Joyce on 0870995145 or

Caroline Nevin on 0868861905



## ***The Flu vaccine***

***The flu vaccine for at-risk groups will be available from the beginning of October 2020.***

***The flu vaccine for children will be available from the middle of October 2020.***



## **Avoid spreading infection**

You can spread the virus even if you do not have symptoms.

- Try to stay at least 2 metres (3 steps) away from anyone you do not live with (or anyone not in your support bubble)
- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Wash your hands as soon as you get home
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Wear a mask at all times when outdoors

## **Signs of asthma attack**

- Severe wheeze
- Shortness of breath
- Coughing that won't stop
- Chest tightness
- Pale/sweating
- Blue lips/fingertips

## Domestic violence

Domestic violence or abuse can happen to anyone. If someone is hurting you it is very scary, and you may not know what to do to stop it, you can feel alone and isolated and not know how to get help.

The important thing to remember is that abusive behaviour is never acceptable and everyone deserves to feel valued, respected, and safe.

If you or someone you know is experiencing domestic violence, contact:

Women's Aid on 1800 341 900 or Men's Aid Ireland call on 01 554 3811

For further information: <https://www2.hse.ie/wellbeing/mental-health/domestic-violence-and-abuse.html>



## Bereavement

Even during normal times, the loss of someone you love is difficult. There is no right or wrong way to grieve and you may experience lots of emotions. Allow yourself to feel and react in a way that is natural to you.

**Stay in touch.** We may not be able to gather in groups or be physically close at the moment, allow people to support you and be there for you in different ways right now. Phone calls, texts emails and messages allow people to offer their condolences and support you.

**Take it one day at a time.** Be kind and patient with yourself; take it one day at a time.

Bereavement Support line: **1800 80 70 77**

**Monday – Friday 10am-1pm.** Callers will be given emotional support and information on any practical issues that may be helpful to them

## Counselling Service

There is a Counselling service being provided for Travellers in the midlands. The service is for adults and children from 13 up.

If you are interested in availing of counselling services, you can contact Joanne Saunders at the contact number below.

Joanne Saunders 0874106047

Saunders Psychotherapy Services



## Physical Wellbeing

Regular exercise can give your mental health a boost. If you are sitting for long periods make sure you stand up and stretch every now and again.

Take a walk in nature and notice the season in your surroundings. Keep to the guidelines and maintain social distance.



## Diabetes symptoms

Type 1 diabetes symptoms should be acted upon immediately, as without treatment this type can be deadly.

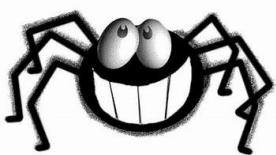
Symptoms include:

- Above average thirst
- Tiredness during the day
- Needing to pee Frequently
- Unexplained weight loss

## Smoking cessation

Now is the time to give up smoking. We are beginning to see some evidence that does not surprise us that cigarette smokers are more at risk in relation to serious forms of Covid –19

Phone 1800201203



## Covid 19 restrictions

- No social gatherings
- 25 people can attend weddings/ Funerals
- No outdoor gatherings
- No indoor gatherings
- No matches or events except elite sports
- No travel 5 KM outside of your home
- No Visitors are allowed into your home.

## We are looking for Traveller Foster Carers for Traveller Children.

### Who can foster?

- To foster you need to be healthy.
- You can be single or married.
- You have to be over 25.
- You need a stable place to live, whether it's a house or on a site.
- You need to have enough money to meet your own bills and living costs.
- You can be working from home.
- No record of violence or serious offences.
- Contact 1800226771



### National Traveller support organisations

Irish Traveller movement 4/5 Eustace St. Dublin 2

Tel: 016796577 Email: info@itmtrav.ie

Pave Point Traveller and Roma Centre 46 Charles St.  
Great Dublin 1

Tel: 018780255 Email: info@pavee.ie

National Traveller Counselling service 6 Cabra Rd.  
Phibsborough, Dublin 2

Tel: 0863081476 Email: info@travellercounselling.ie

National Traveller Women's Forum 4/5 Eutace St.  
Dublin 2

Tel: 016727430 Email: intwf@iol.ie

When life gives you a  
hundred reasons to  
break down and cry,  
show life that you have  
a million reasons to  
smile and laugh. Stay  
strong



EUROPEAN UNION  
Investing in your future  
European Social Fund



Rialtas na hÉireann  
Government of Ireland



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