

Westmeath Traveller Project

3rd Edition March



Westmeath Traveller Project staff would like to wish everyone a Happy and safe St. Patricks Day. Our Project is currently working with 180 Traveller families in Westmeath. We help families with Accommodation, Education and Health issues. If you need help with any of these issues you can contact:

Christine Joyce on 087 0995145 or Caroline Nevin on 086 8861905



Covid 19 - Keeping safe

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

Covid 19 Vaccine

When I get the vaccine, does that mean I won't spread COVID-19 to others? We do not know yet if having the vaccine stops you spreading the COVID-19 virus to others. That is why it is important that we all continue to follow public health advice on how to stop the spread of the virus. In particular, you still need to:

- Follow social distancing guidelines (keep two metres apart from others where possible)
- Wear a face covering
- Wash your hands regularly



Know the Symptoms

Meningitis Symptoms

Meningitis symptoms include sudden onset of fever, headache, and stiff neck.

There are often other symptoms, such as

- Headache with nausea or vomiting
- Decreased appetite
- Confusion or difficulty concentrating
- Sudden fever
- Severe headache that seems different than normal
- Seizures
- Sensitivity to light
- Sleepiness



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

Stroke Symptoms

As different parts of brain control different parts of the body, symptoms will depend on the part of brain affected and the extent of damage.

The main symptoms are:

- Paralysis or numbness or inability to move parts of the face, arm, or leg - particularly on one side of the body
- Confusion- including trouble with speaking
- Headache with vomiting
- Trouble seeing in one or both eyes
- Metallic taste in mouth
- Difficulty in swallowing
- Trouble in walking (impaired coordination)

Signs of asthma attack

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



Services



The Money Advice and Budgeting Service is the State's money advice service, guiding people through dealing with problem debt over than twenty years.

MABS runs a Helpline (0761 07 2000, Monday to Friday, 9am to 8pm) and also operates from over 60 locations nationwide.

MABS is free, confidential and independent.

We have a proven track record in helping people get back on their feet. All kinds of people, with all kinds of debt, come to MABS.

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



As a provider of essential frontline services, Tusla services continue to operate during the Covid-19 restrictions. Our three main priorities at this time are Child Protection, Children In care. Domestic violence, Sexual Gender Based Violence Service. Phone: 044 9353997



Events & Courses

The courses we run are outlined the below.

Capital Funding Workshop

Safe Guarding Workshops

Committee Skills Workshop

Defibrillator Training

PAL's Training

Slí na Sláinte

Sports First Aid

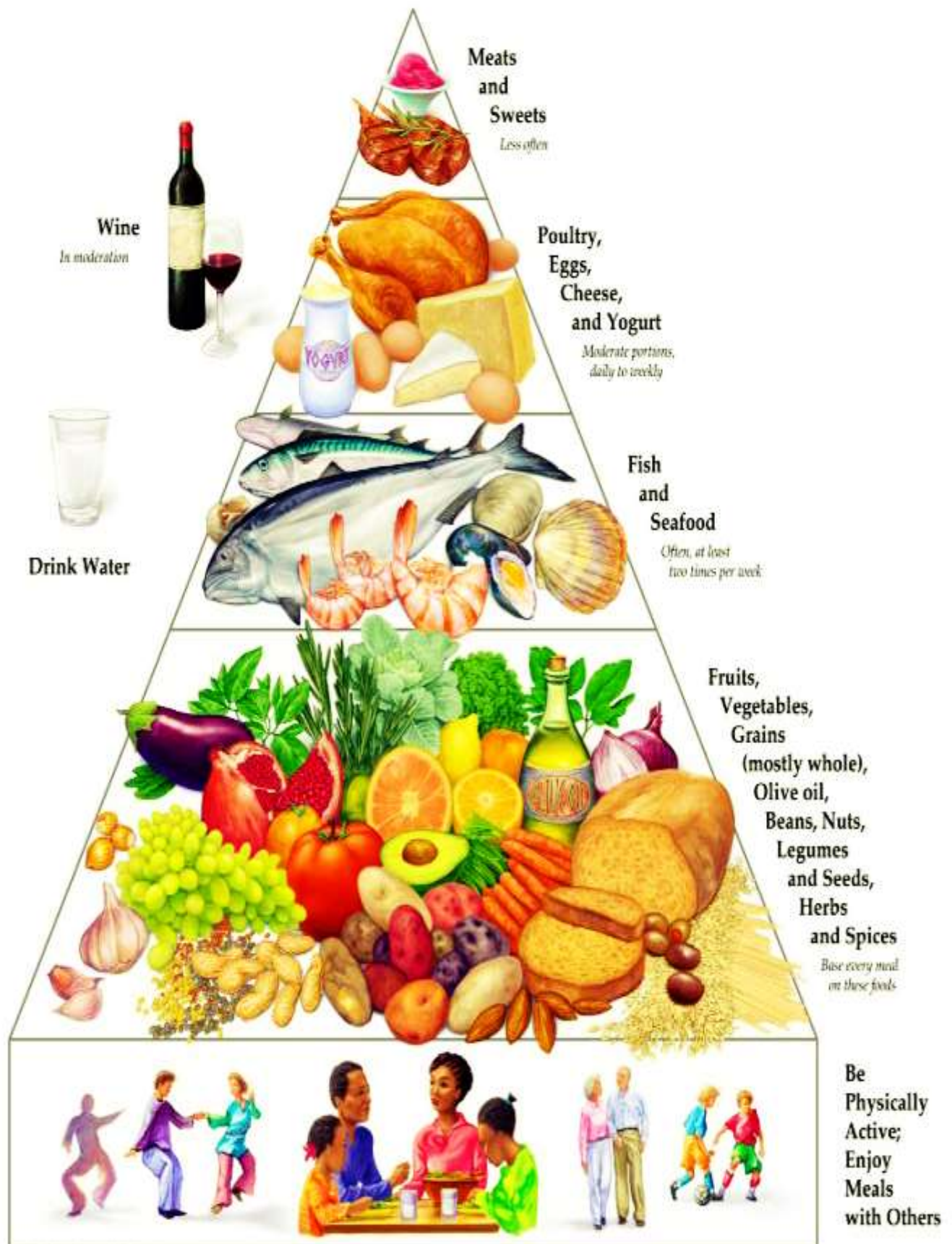
Summer Camps

Volunteer Management Training

Walking

For information on the courses included please contact Westmeath Sports Partnership on 044-9390208

Mind your Mental and Physical Health



Accommodation: Local Authority Housing



Westmeath County Council

Áras An Chontae Mount Street, Mullingar, N91 FH4N Telephone: 044-9332000

If you get a local authority home

Local authority housing is unfurnished. If you are offered a local authority home and you do not have and cannot afford to buy furniture or appliances, you may be eligible for help under the Supplementary Welfare Allowance Scheme.

Local authority rents are based on a system called differential rents. This means that the rent is based on your ability to pay, so if your income is low, your rent will be low; and if your income increases, your rent will increase also. The income of any other members of your household will be added to the rent calculation and there may be deductions for any children in your family. Each local authority operates its own rent scheme. Contact your local authority for the details of their differential rent scheme.

Your local authority may have a minimum and/or maximum rent, which may depend on the size of your home. There is also a hardship clause that gives local authorities discretion to reduce the rent if there are particular reasons to do this.

Caroline Nevin is the accommodation support Worker for Travellers in Westmeath. She organises and supports Travellers in attending Meetings with the Housing Office in Westmeath.

Caroline's contact number is 086 8861905



Accommodation (Private Rented)



Rights as a private tenant

You are entitled to quiet and exclusive enjoyment of your home. If noise from other tenants or neighbours is disturbing you, ask them to stop and also inform your landlord. If this does not work, you can make a formal complaint.

You are entitled to certain minimum standards of accommodation

You are entitled to a rent book

- You have the right to contact the landlord or their agent at any reasonable times. You are also entitled to have appropriate contact information for them (telephone numbers, email addresses, postal addresses, etc.)
- Your landlord is only allowed to enter your home with your permission. If the landlord needs to carry out repairs or inspect the premises, it should be by prior arrangement, except in an emergency
- You are entitled to be reimbursed for any repairs that you carry out that are the landlord's responsibility
- You are entitled to have visitors to stay overnight or for short periods, unless specifically forbidden in your tenancy agreement. You must tell your landlord if you have an extra person moving in

You are entitled to a certain amount of notice of the termination of your tenancy

You are entitled to at least 90 days' notice if your landlord wants to review the rent, and there are rules about how often they can do this



Riadas na hÉireann
Government of Ireland



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020