

Westmeath Traveller Project staff would like to wish everyone a lovely summer. Our Project is currently working with 176 Traveller families in Westmeath. We help families with Accommodation, Education and Health issues. We are currently working 3 days from home and two days in the office due to Covid 19 restrictions but we continue to work five days a week.

The Traveller Project has organized a six week mediation skills programme for Traveller men that is into its third week and are planning on Grange Women Group meeting up again in September. If you need help with any of these issues you can contact: Christine Joyce on 0870995145 or Caroline Nevin on 086



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

How to protect your skin from the sun

1. Use sunscreen every day, even if it's cloudy.
2. Apply at least one ounce of sunscreen (enough to fill a shot glass) at least 15 to 30 minutes before going outside. ...
3. Choose a broad spectrum sunscreen that protects against both UVA and UVB radiation.
4. Reapply sunscreen every two hours.



Health / Wellbeing

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 087 4106047

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.



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 1800 201203



Covid 19 Restrictions

Travel

From 19 July 2021, Ireland plans to operate the EU Digital COVID Certificate (DCC) for travel originating within the EU and EEA.

A DCC will show if you are:

- Vaccinated against COVID-19
- Recovered from COVID-19 in the past 9 months, or
- Have a negative RT-PCR test result taken no more than 72 hours before arrival

The easing of restrictions from 5th July allow:

- Visitors from up to three other households inside your home
- 50 people to attend a wedding celebration or reception
- First communions, confirmations and baptisms to take place
- Maximum of 50 attendees at the majority of venues
- Maximum of 100 at events in larger venues with strict public health measures
- Maximum of 500 at outdoor venues with a minimum accredited capacity of 5,000
- Indoor training, exercise and dance activities to recommence in groups of up to six
- Indoor services to resume for bars and restaurants



Covid-19 / Violence Against Women

During the Covid 19 Pandemic, risks of violence increase due to:

- More time at home with abusers
- Rising stress
- Isolation from Social Support Networks

Accommodation

Tenants' Rights

Tenants' rights are set out in the Residential Tenancies Act (2004, as amended). Under this Act, a tenant has the right to:

- A property that is in good condition – this means that it must be structurally sound, have hot and cold water, and adequate heating. The electricity and gas supply must be in good repair and all appliances must be working
- Privacy – the landlord can only enter the property with the tenants permission, unless every attempt has been made to contact the tenant
- A rent book, a written contract or lease with the landlord
- Be told about any increase in rent
- Be able to contact the landlord or their authorised agent at any reasonable time
- Be paid back monies from the landlord for any required repairs the tenant carried out on the property that they asked the landlord to fix but which they did not carry out within a reasonable timeframe



How can I move from one local authority house to another?

If you have a local authority home and want to move to a different one in the same local authority area, you can register for a transfer on your local authority's transfer list. To qualify for the transfer list, you may have to meet a number of criteria, such as not having any rent arrears.

Transferring to another local authority home in the same area

for more information contact :

https://www.citizensinformation.ie/en/housing/local_authority

Services

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.



National Traveller support organisations

Irish Traveller movement, 4/5 Eustace St. Dublin 2

Tel: 01 6796577 Email: Info@itmtrav.ie

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

Tel: 01 8780255 Email: Info@pavee.ie

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

Tel: 086 3081476 Email: info@travellercounselling.ie

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

Tel: 01 6727430 Email: intwf@iol.ie



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.

Colouring Competition : closing date the 31st August.

Entries should be forwarded to Christina Joyce or Caroline Nevin



Name : _____

Age: _____



Ireland's European Structural and Investment Funds Programmes 2014-2020
Co-funded by the Irish Government and the European Union



EUROPEAN UNION
Investing in your future
European Social Fund



Riailtas 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