

Westmeath Traveller Project

7th edition March 2022

Westmeath Traveller Project staff would like to wish everyone a very Happy St Patrick's Day.

Our Project is currently working with 176 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 0870995145 or Caroline Nevin on 0868861905




Happy 
St. Patrick's Day



Planned Activities



Westmeath Traveller Project is currently planning activities for 2022. If you are interested in any of these activities you can contact Christina Joyce on 0870995145 to ensure that your place is held in the class you want to join.



Beautician class starting in Grange on the 14th of March at 6pm.



Swimming lessons for Men and Women. Men and women's class will be on different nights.



Zumba Class



Flower arranging class



Art class for young Traveller Girls



Aromatherapy class



Services



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

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 criminal offences is allowed

Domestic violence or abuse can happen to anyone. If someone is hurting you it is very scary, 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 on 01 554 3811

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

The YourMentalHealth.ie website provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners. You can also call the freephone **YourMentalHealth** Information Line to find supports and services 1800 111 888 (any time, day or night). To get more information on Getting Through Covid-19 Together please visit: <https://www.gov.ie/en/campaigns/together>

Accommodation Support

Caroline Nevin is the accommodation worker For Travellers in Westmeath. Caroline helps families looking for accommodation, transfers and house repairs. You can contact Caroline on 0868861905

How can I move from one local authority 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

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Tenant 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

Colouring Competition



Colouring Competition : closing date the 31st of March

Entries should be forwarded to Christina Joyce or Caroline Nevin @
Reception WCD offices, ETI centre, Mullingar Business Park, Mullingar



Old Traveller Cures



Kidney Infection -Boil barley in water for a few hours. Strain the liquid and drink it. (It can be kept in the fridge).

A glass of rum diluted with 2/ 3rds 7 Up drunk three times a day is also good.

Nappy Rash -Apply dry Robinson's starch to the rash. Within a day or two the rash will be gone. Also, you can use the white of an egg. Apply to the nappy rash.

Thrush, Diarrhoea and Ringworm -A child whose father died before they were born will have the cure for thrush, diarrhoea and ringworm.

Wasp Sting - Rub a ball of blue into the sting to draw it out, then put the juice of a raw potato on the sting.

Warts -Get clay from a relatives' grave and rub it into the warts or get a black snail, a piece of bacon fat and a piece of carbolic soap. Tie them together with thread and hang from a thorny bush. When this has rotted the wart will fall off or else rub the milk from steamed dandelion flowers into the wart until it falls off. Another cure is to get a piece of cloth and make a purse of it, then get nine pebbles. Bless the wart with each pebble and put it into the purse. Go to a crossroads and leave the purse there, (but don't let anyone see you do this).

Whooping Cough Get a pint of milk and give some to a ferret to drink. Keep some of the milk and give this to the child to drink. Within a couple of days the cough will be gone. Also, if you see a man with a white horse, go to him and say:

"Kind sir with the white horse give me a cure for the Whooping Cough".
Whatever he will say to you will cure the cough!!



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