

Trav Times

Newsletter of Donegal Travellers Project • October 2018 • Issue 25



Congratulations to the DTP/Involve Letterkenny Youth Project members who recently earned Sports Leaders UK Level 1 Qualifications: Rachel Keane, Shay McGinlay, Lizzie McGinley, Reece Quill, and Gerard Ward. See page 7 for details.

Cast your votes for the DTP Traveller Pride Awards!

TRAVELLERS in Donegal are being invited to vote for members of the Traveller community who they would like to see win awards at the first annual DTP Traveller Pride Awards in November.

Votes can be cast by filling out the ballot on page 8 of this newsletter and either posting or delivering it to the DTP office in Letterkenny by 31st October. Anyone who submits a ballot will be entered into a draw for a Halloween Hamper worth €40 (first prize) and a Century Cinemas voucher worth €20 (second prize).

“DTP’s Traveller Pride Awards will celebrate the achievements of Travellers in Donegal,” said Kate Hagan, DTP Community Development and Health Worker. “Like the national Traveller Pride Awards that are run each year by the Irish Traveller

Movement, the DTP Awards will aim to promote Traveller pride and to recognise the outstanding accomplishments that Travellers have had in spite of the barriers that they face in Irish society.”

DTP Traveller Pride Awards will be presented for: Traveller Community Person of the Year, Young Traveller Community Person of the Year, Outstanding Promotion of Traveller Culture and History, Excellence in Sports, Excellence in Music, and Outstanding Youth Participation.

Voters are asked to write in the names of Travellers who they feel deserve recognition for their achievements in each of these categories.

Winners will be announced at the DTP Traveller Pride Awards on Thursday, 22nd November, 6.30 p.m. on the LYIT campus in Letterkenny.

DTP Traveller Pride Awards

Thursday, 22nd Nov.
6.30 p.m.
LYIT Campus,
Letterkenny
Everyone is welcome!

CervicalCheck Screenings

DTP is arranging these important health screenings for women who are 25 to 60 years old
Ring DTP on (074) 912 9281 for details

St. Gabriel's Preschool

Spaces still open in the Afternoon Session for 2018-19

Please ring the school on (074) 912 6693 for info

Accredited Training on Offer

*Bus and Lorry Driving
Food and Nutrition
Gym Instruction*

Info: Hugh on (086) 145 3426 or Maeve on (087) 130 5866

DTP Afterschools Programme

Homework Club, Sports, Art, and Drama for national school students

*Mondays & Tuesdays,
3 to 5 p.m. in Letterkenny
Contact DTP for details*

Young Women's Group

*Fridays, 4 to 6 p.m.
DTP office, Letterkenny*

*Health tips, make-up,
hair styling, movie nights,
and more*

Donegal Travellers Project was set up in 1996 as a partnership of Travellers and settled people working for Traveller rights through the five principles of Community Development: 1) Collectivity; 2) Community Empowerment; 3) Social Justice and Sustainable Development; 4) Human Rights, Equality, and Anti-Discrimination; and 5) Participation.

Traveller rights and services in Donegal to benefit from DTP population count

ON two days in October, Donegal Travellers Project will be conducting a count of the number of Travellers living in Donegal as a way of promoting Traveller rights and ensuring that enough services are available to meet the needs of Travellers in the county.

“We need an accurate count which reflects the full population of Travellers living in Donegal,” said Ann Friel, DTP Primary Health Care Team Leader. “It’s really important, if we’re to promote culturally appropriate services and the inclusion of Travellers in schools, that we’re able to have accurate information about numbers.

“The count will also allow DTP to plan our services so they meet the

needs of Traveller men, women, young people, and children in an open and transparent way.”

In order to conduct the count, on Tuesday, 23rd October, and Wednesday, 24th October, DTP staff will be calling to the homes of Travellers all over Donegal and asking them a few questions about themselves and other residents.

“Information DTP staff will be asking for includes the names of all people living in the home and their dates of birth,” Ann said. “We will also be asking for their contact details so we’ll have a way of letting each person know about any DTP programmes or services that they might be interested in.”

All information will be held

securely and confidentially by DTP.

Anyone who would like to learn more about the DTP population count is welcome to ring the Project on (074) 912 9281.



Ann Friel, DTP Primary Health Care Team Leader

“The best preschool in Letterkenny!”

St. Gabriel’s Preschool receives high marks from parents

PARENTS of students attending St. Gabriel’s Preschool have expressed high praise for the school in comments they have left on the St. Gabriel’s Facebook page.

One parent wrote simply, “The best preschool in Letterkenny!”

“Have three kids attending the preschool...can’t praise all the girls and their hard work enough,”

another parent wrote. “Five stars is not enough.”

“Definitely would recommend St. Gabriels Preschool, as my son attends there and they are friendly and very good with the kids,” one parent wrote.

“My little girl is in the school and she LOVE it,” another parent wrote. “Is a nice school for kids. The teachers are lovely people.”

“All my children went to this playschool,” one parent wrote. “I would highly recommend it.”

“All teachers are great,” another

parent wrote. “We are very satisfied. Our daughter loves school and learned a lot there.”

St. Gabriel’s Preschool offers Morning and Afternoon Sessions which are organised around the national Aistear curriculum for early childhood education. The school provides a healthy lunch each day for all students.

“Every day the children are learning through play,” said St. Gabriel’s Preschool Lead Teacher Kelly McClafferty. “We want all children to feel valued and that their interests are reflected in the school.”

St. Gabriel’s is managed by DTP with an intercultural ethos that celebrates

the cultures of all students at the school. Recent cultures include Irish Traveller, Irish, Scottish, English, Brazilian, Roma, African, Chinese, Afghan, Iranian, Polish, Croatian, Filipino, and Portuguese.

St. Gabriel’s Afternoon Session places are still available for the current school year. Please ring the school on (074) 912 6693 or (083) 426 6221 for more information.



Gardaí talking to St. Gabriel’s students about their role in the community, road safety, and stranger danger. Students loved trying on the hats, using the handcuffs, talking on the walkie talkies, but mostly the noisy siren!

DTP team members learn about Roma community and culture on fascinating trip to Romania

LEARNING more about the Roma community and culture was the highlight of a fascinating week-long trip that DTP team members took recently to Romania.

DTP Manager Siobhán McLaughlin, Primary Health Care Team Leader Ann Friel, and Management Committee member Karin White travelled to Romania in September to present a paper on Traveller primary health care at an international conference on the Roma and Traveller communities.

As part of the trip they visited

Roma neighbourhoods, a monastery that the Roma community attends, and a festival featuring a display of Roma crafts, foods, and hospitality.

“The festival reminded me of Appleby Fair,” Ann said. “People were selling equipment for horses, steel pots, wooden bowls, clothing, and more. There were also massive long tables of food for families to eat together.”

Ann said one eye-opening aspect of the trip was learning how many different sub-groups there are within the Roma community. “I didn’t

realise there are eight to ten different types of Roma in Romania, and not all of them would even recognise the word ‘Roma’ when they come to Ireland,” she said.

The lack of a social welfare system in Romania and the anti-Roma discrimination there mean that many Romanian Roma are living in desperate poverty, Ann said.

“The trip gave us a greater awareness of the terrible circumstances that many Roma are seeking to escape when they arrive in Ireland,” she said.



Success for Donegal boxer Bernie McDonagh

CONGRATULATIONS to Bernie McDonagh of Dunfanaghy ABC, who has won Donegal, Northwest, Ulster, and Irish titles this year.

Bernie’s successes resulted in his recently being named Best Juvenile Boxer at the Donegal Boxing Board Awards.

Bernie, 14, earned his second All-Ireland in April, when he won the Irish Boy 3 title at 44.5 kgs.

He earned his first All-Ireland in 2016 by winning the Irish Boy 1 title at 36 kgs. That victory gave Dunfanaghy ABC their first Irish title since Bernie’s father, Martin, won the Irish Intermediate in 2011.

Bernie recently fought for Ireland for the first time as part of an Irish squad that defeated Germany in a Schoolboys’ International competition at the National Stadium.



Community input needed for new Donegal Traveller Accommodation Plan, 2019-2024

WOULD you like to have a say in the way the accommodation needs of Travellers are addressed by Donegal County Council? If so, now is the time to do so.

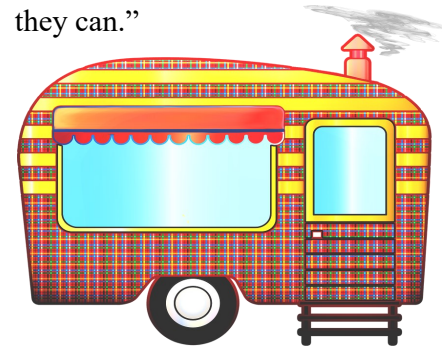
That's because the Council is currently developing the Traveller Accommodation Plan that will run from 2019 to 2024.

The Plan will determine the Council's approach to delivering accommodation to Travellers for the next five years, so it needs to be

well thought out now, according to DTP's Hugh Friel, who is chairperson of the Council's Local Traveller Accommodation Consultative Committee (LTACC).

"We are trying to eradicate the bad housing and living conditions of Travellers in the county with this Plan," Hugh said. "It mightn't affect you, but it will affect your children when they are ready to leave the family home. These programmes have massive long-term implica-

tions, so it's important that anyone who has any suggestions about Traveller accommodation contact me, DTP, or the Council as soon as they can."



New staff members at Donegal Travellers Project

Margaret Joyce, Involve Letterkenny Assistant Youth Worker

MARGARET Joyce says she is really enjoying her new job working at DTP as an Assistant Youth Worker with the national Involve organisation.

Margaret's position includes running a new Young Women's Group on Friday afternoons with DTP Community Health Worker Brigidmarie Mongan. In addition to learning about healthy lifestyles through the "Small Changes, Big Difference" programme, participants in the group get to enjoy fun activities together.

"It's a Traveller-led group for girls and young women aged 11 to 16," Margaret said. "The group gives the girls a chance to meet outside of school and make friends



with other Traveller girls their own age in a relaxed environment."

A native of Navan, Margaret moved to Letterkenny last year to complete a Health and Social Care degree at Letterkenny Institute of Technology. She has since then earned her degree and is now doing the coursework needed for an Honours distinction.

"I moved on my own and linked in with DTP when I got here," Margaret said. "DTP helped to build up my self-confidence and has made me feel very welcome in Donegal."

Joleen Kuyper, DTP Roma Community Development and Advocacy Worker

JOLEEN Kuyper is the Roma Community Development and Advocacy Worker at DTP. This position has been newly created with funding dedicated to supporting members of



the Roma community in the county.

Joleen is working with DTP Community Health Worker Rose Ward, who has been providing support to Roma families in South Donegal.

"DTP offers a range of supports to the Roma community, including help with filling out forms, reading and writing letters, making phone calls, attending appointments, and more," Joleen said. "In addition, we'll be starting English classes for Roma in October to help build community participation."

Joleen has been visiting the

homes of Roma families to introduce herself and explain her role.

"Through home visits I am getting to know the Roma families living in Donegal," she said.

Joleen, who holds a Masters degree in Peace and Conflict Studies from the University of Ulster, said Community Development is key to addressing the racism faced by both Roma and Travellers.

"There are enough similarities between the two communities that it makes good sense to work together," Joleen said.

DTP Primary Health Care courses, programmes, and screenings

THE DTP Primary Health Care Project offers a wide range of courses, programmes, and screenings to Travellers in Donegal. Current and upcoming offerings are listed below, with more information available by contacting the Project.

- **Accredited Training** is on offer in Bus and Lorry Driving, Food and Nutrition, and Gym Instruction. Ring Hugh on (086) 145 3426 or Maeve on (087) 130 5866 for further details.

- **Antenatal Course for Women in their First Pregnancy** that will offer information and tips is in the planning stages. Please contact Ann Friel at DTP for details.

- **CervicalCheck Screening:** The Project is organising this important health screening for Traveller women who are between 25 and 60. The screening can detect signs of serious disease early enough for medical treatment to be effective.

- **Diabetes Education and Self-Management (DESMOND)** course now being run offers information and skills for anyone who is dealing

with Type II diabetes.

- **Health and Fitness Course for Women:** This four-week course that the Project is now running at the Aura Centre in Letterkenny includes spinning, circuit training, swimming, weights, and core exercises.

- **Individual Support for Men** with any issues, concerns, or problems they may have is available on a confidential, one-to-one basis. Ring Hugh on (086) 145 3426 for further details.

- **Interculturalism Trainings:** The Project is offering these trainings to schools, groups, agencies, and organisations as a way of raising awareness and sensitivity towards the many different cultural backgrounds of people in Donegal.

- **Personal Development for Men:** This course meets on Thursday afternoons, offering tips and techniques for goal-setting, CVs, interviews, writing cover letters, and more.

- **Quilt Project for Women:** Over the coming weeks Traveller women throughout the county will be asked

if they would like to help create a quilt that highlights the importance of gender equality. DTP Community Health Workers will drop off kits and demonstrate stitches on home visits, returning several weeks later to pick up the quilt patches that women have created. The patches will then be sewn together ahead of a launch of the quilt on international Human Rights Day in December.

- **Small Changes, Big Difference:** This Traveller-led programme that provides tips for a healthy lifestyle is on offer at several locations this Autumn, including Killybegs, Milford, and the Big Isle site in Manorcunningham.

- **Taster Gender Equality Course** looking at the importance of providing equal opportunities to men and women is now running at Cathedral Hall in Raphoe.

- **TravClub Activities for Older Travellers:** Recent activities by the group include highly enjoyable trips to Ards Forest and Knock together. Plans for the group's annual Christmas party are now being made.



Members of DTP's TravClub for older Travellers had a highly enjoyable trip to Knock recently.

DTP Afterschools Programme offers support with homework plus loads of fun activities

ALL Traveller national school students are invited to attend the DTP Afterschools Programme, which meets on Mondays and Tuesdays from 3 to 5 p.m. at Letterkenny Community Centre.

The programme is designed to support students with their studies, as well as to provide them with fun, healthy activities afterwards.

Participants spend the first hour of the programme getting their homework done in the presence of staff members who are available to offer support and supervision with assignments if needed.

At the end of the hour the students are provided with a healthy snack to enjoy together.

Getting their homework done first means the students are free to do all kinds of fun activities during the second hour. The activities include football, art, drama, storytelling, games, and more.

In addition to supporting national school students with their homework, the DTP Afterschools Programme is available to act as a link between students, their

parents, and the schools.

More information about the Programme is available by ringing DTP on (074) 912 9281.



Michael McDonagh with DTP Afterschools Programme Assistant Kyle Quill.



Know Your Rights:



Questions to ask your doctor about a health issue

PATIENTS who are more informed and involved in their healthcare often experience safer, better care and have improved quality of life afterwards. That's the message of an HSE pamphlet entitled "It's Safer to Ask".

To be sure that you or a family member receives the best care possible, the pamphlet suggests you should always: a) ask questions; b) talk with your healthcare team; and c) take note of any information you are given.

If you feel shy about asking questions or are worried you might forget something, you can always ask someone (including a DTP Community Health Worker) to attend a visit to a doctor, nurse, or hospital with you.

It's best if you have a list of questions, concerns, and symptoms that you would like to discuss. Don't worry if your questions seem obvious; it's always better to ask.

Here are a few suggested questions to get you started:

- 1) Can you tell me more about my condition?
- 2) How will the treatment you are recommending help me?
- 3) What does this treatment involve?
- 4) What are the risks of this treatment?

Don't worry if your questions seem obvious. It's always better to ask.

- 5) What is likely to happen if I do not have this treatment?
- 6) If you are being recommended to undergo a test: Why do I need this test and what it will involve?
- 7) Are there signs or symptoms I should look out for?
- 8) If you need to take medication: How often do I need to take this medication, what is the reason for taking it, and what are the possible side effects?
- 9) If you have a long-term health condition: What supports are available that can help me to manage

my condition?

10) When should I come back to see you?

Be sure to speak up if you feel there is something else the doctor or nurse should know or might have misunderstood.

Also be sure to mention if your treatment is not going according to plan or if something was not clearly explained to you.

And if you have had a test, do not assume that no news is good news. If you hear nothing back, call your doctor and ask for results.

Remember, it's safer to ask!



Nan Joyce (RIP), Trailblazer for Traveller rights

NAN Joyce, a trailblazer for Traveller rights who campaigned for equality for decades, died recently aged 78.

Born in Tipperary, Nan was the second of 11 children. Although she left school early due to family circumstances, Nan and her siblings learned to read from their father, John O'Donoghue. Nan continued her father's legacy by making education a priority for her own ten children.

Nan came to public attention in 1982, when Dublin County Council tried to force her family and others from a site in Tallaght without fulfilling a legal obligation to provide them with an alternative site.

When Nan and others refused to move, hostile locals who had the support of some community politicians visited the site with hurleys,

shouting "Out! Out! Out!"

Some members of the settled community in Tallaght came to the Travellers' defence, and RTÉ broadcaster Gay Byrne transmitted his radio programme from the site. This gave Nan her first chance to speak publicly about the terrible discrimination and injustice faced by the Traveller community.



It was also at this time that Nan co-founded the Committee for the Rights of Travellers and became

the first Traveller to stand for election in the history of the State. She ran in the November 1982 General Election for a seat representing the Dublin South-West constituency. Although she wasn't elected, Nan received twice as many votes as her anti-Traveller opponent.

In 2010 Nan was awarded a Lifetime Achievement Award by President Mary McAleese for her campaigning work on behalf of the Traveller community over the previous three decades.

Tributes to Nan poured in after her death in early August.

Her nephew Bernard Joyce, who is director of the national Irish Traveller Movement, said his aunt would be remembered for "rising above hatred and prejudice with integrity and respect for human rights."

DTP/Involve Letterkenny Youth Project participants earn valuable qualification

FIVE DTP/Involve Letterkenny Youth Project members recently earned their Sports Leaders UK Level 1 Qualification, meaning they are now qualified to lead youngsters in sporting activities.

Rachel Keane, Shay McGinlay, Lizzie McGinley, Reece Quill, and Gerard Ward completed the six-day programme with the support of DTP's Cairiona Kelly and Involve Letterkenny's Martin Mongan.

Tutor Nicola Harris taught the participants both the theory and the practice of good leadership, according to Karen Guthrie of Donegal Sports Partnership (DSP). "The participants engaged very, very well," Karen said. "This was the first time we've delivered the Sports Leadership Programme in conjunction with Donegal Travellers Project, and it's been a great success."

Other Project activities include a new **Young Women's Group**, which meets at the DTP office in Letterkenny on Fridays from 4 to 6 p.m. The group, for girls from 11 to 16 years, offers tips for a healthy lifestyle plus the chance to do fun activities such as make-up, hair styling, and movie nights.

Participants said they are really enjoying the group so far.

"We like that it's a girls-only group because we can do make-up and all," said Mary.

"The group leaders make all the young Traveller girls feel confident," said Rachel.

The Project is also running: - **Youth Drop-In**, meets Thursdays, 5.30 to 8.30 p.m. at the DTP office in Letterkenny. Call in for some fun games, to socialise with your friends, and

maybe make new friends. Support is also available with filling out forms, job applications, etc.

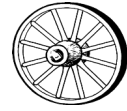
- **Donegal Youth Council Information Evening**, Tuesday, 9th October, 6 to 8 p.m. at the DTP office in Letterkenny. Come learn about the Council and see if you might like to become a member.



The DTP/Involve Letterkenny Young Women's Group shown with Leaders Margaret Joyce and Brigidmarie Mongan.



Cast your votes for the DTP Traveller Pride Awards!



Donegal Travellers Project are hosting the DTP Traveller Pride Awards on 22nd November, 2018, (Thursday) at 6.30 p.m. on the LYIT campus in Letterkenny.

We are inviting Travellers to vote for members of the Traveller community in Donegal by writing in the names of those who you think should receive awards in the categories below.

Once you have voted, please post or deliver your ballot to the DTP office in Letterkenny by no later than Wednesday, 31st October, 2018.

You will then be entered into a draw for prizes, including a Halloween Hamper worth €40 for first prize and a Century Cinemas voucher worth €20 for second prize.

Traveller Community Person of the Year _____

Young Traveller Community Person of the Year _____

Outstanding Promotion of Traveller Culture and History _____

Excellence in Sports _____

Excellence in Music _____

Outstanding Youth Participation _____

In order to enter the draw, please be sure to include your:

Name _____

Town _____ Phone _____

DONEGAL TRAVELLERS PROJECT

Port House, Port Road, Letterkenny • (074) 912 9281

Monday-Friday, 10 a.m.-5 p.m.

Email: travcom@eircom.net • Facebook: Donegal Travellers Project



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



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Department of Rural and Community Development

An Roinn Forbartha Tuaithe agus Pobail



SICAP
Social Inclusion & Community Activation Programme



Comhairle Contae Dhún na nGall
Donegal County Council

LCDC
Coiste um Fhorbairt Pobail Áitiúil
Dhún na nGall
Donegal Local Community Development Committee



Supporting our communities
DTP
CLG

DONEGAL LOCAL DEVELOPMENT CLG



AN ROINN DLÍ AGUS CIRT AGUS COMHIONANNAIS
DEPARTMENT OF JUSTICE AND EQUALITY

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