

TravTimes

Newsletter of Donegal Travellers Project • June 2018 • Issue 24



DTP Afterschools Programme Assistant Margaret Joyce with participant Barbara McDonagh. Recent Programme activities have included creating a poster for the "Make One Change" campaign in Donegal. See page 7 for details.

Medical Card application and renewal support available from DTP

THE DTP Primary Health Care (PHC) team is highlighting the fact that DTP Community Health Workers are available to support Travellers with filling out and submitting Medical Card applications and renewal forms to the HSE.

Ann Friel, DTP PHC Team Leader, said that when a Medical Card renewal letter arrives in the post it is very important for families or individuals to respond promptly. That's because failure to do so can result in the expiration of their card and the access it provides to vital medical services.

"If you get a renewal letter through the door and it says to sign it or fill it out, don't ignore it," Ann said. "Ignoring a renewal letter means you will lose valuable time before your Medical Card expires. If you have any questions, feel free to contact us here

at Donegal Travellers Project and ask for assistance. We can help you fill out the form, and we can also help with collecting any documentation needed, like a doctor's letter, before the form is submitted to the HSE."

All Medical Cards have a "Valid to" date on them, after which they expire if they have not been renewed. The HSE sends out renewal letters to Medical Card holders before their cards are due to expire.

Ann said so far this year DTP has received 50 requests for support with Medical Card applications or renewals, which Community Health Workers have provided at the DTP office or during home visits.

"We are here to support Travellers with their Medical Cards and with any other health issues or concerns that they may have," Ann said.

Donegal Travellers Project's Annual General Meeting
will take place at the DTP office in Letterkenny on Monday, 11th June, 3 to 5 p.m.
Everyone welcome

Registration for DTP Summer Camps

in North and South Donegal is on now!

Fun activities for children and teens that promote Traveller pride and culture

TravTeen Drop-In

Fridays, 5.30 to 8 p.m.
DTP office, Port Road, Letterkenny

PlayStation, pool, computers, and craic

DTP Men's Football

Meets Fridays 12.30 to 2 p.m. in Letterkenny

New members always welcome

Intercultural Training

is on offer from DTP and the Donegal Intercultural Platform for agencies and groups serving diverse populations in Donegal

Details available from Kate Hagan at DTP

St. Gabriel's Preschool

is now registering students for August 2018

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

Huge role of Administrators Catherine Conaghan and Derval Broderick in the running of DTP

ADMINISTRATORS Catherine Conaghan and Derval Broderick play a huge role in the successful running of DTP.

Their work includes: providing support to the different teams at DTP, welcoming visitors to the office, filling out funding applications, reporting to funders, doing financial accounts and payroll, making office repairs, and more.

“We do the general day-to-day running of the office,” said Catherine, who started working at DTP in 1997. “You have to be flexible... what you propose to do sometimes doesn’t happen that way! If a crisis comes in you deal with that first, and then go back to the paperwork.”

“We are sort of the core of the organisation,” said Derval, who started working at DTP in 2005. “People on the ground need the support from in here in order to do

their work. That includes filling out funding applications to ensure that we have money for the year. People sometimes assume the money just comes in, but there’s a lot of work involved, including reporting back to the funders.”

Both women said they greatly enjoy their work at DTP.

“It’s not like any other job,” said Catherine. “Sometimes it’s fun, sometimes it’s mayhem! The staff are special, too. Everyone gets on together. It’s a friendly place to be.”

“Because DTP is a community organisation you’re not a number here, you’re a person,” Derval said. “There have been a lot of successes in terms of Traveller empowerment, too. Look at all the Travellers who are going through education and who have taken up leadership roles in the organisation. That’s something that’s been good to see.”



Catherine Conaghan (front) and Derval Broderick

DTP opens new Community Health Hub in South Donegal

DONEGAL Travellers Project has opened a new “Community Health Hub” in Ballyshannon, offering programmes, supports, and services to Travellers in South Donegal (including Bundoran, Donegal Town, and Killybegs) and also in

North Leitrim.

The Hub is open as a drop-in on Wednesdays from 10 a.m. to 4 p.m. at the DTP office on Main Street in Ballyshannon.

Health care information and screenings, fitness and wellbeing

programmes, housing and accommodation support, assistance with CVs and application forms, and much more are on offer at the Hub.

“DTP’s new Community Health Hub in Ballyshannon is designed to promote Traveller pride and culture in a number of different ways,” said DTP Manager Siobhán McLaughlin. “The DTP team staffing the Hub will be available to provide health and wellness information, access to education, accommodation advice, support with training and employment, and assistance with any issues or concerns that Travellers in South Donegal may have.”

More details about the Hub are available by ringing (071) 985 1936 or else by sending an email to annemcleandtp@gmail.com.



Siobhán McLaughlin, Hugh Friel, Anne McLean, and Maeve McIvor at DTP’s new Community Health Hub in South Donegal.

Traveller Writes: “What Gender Equality means to me”

By Participants in DTP’s Gender Equality Course

WE are a team of young women participating in a DTP Gender Equality Course. We all believe in equal rights in health care, education, accommodation, and anti-discrimination (to name just a few).

“I think there should be more rights for our children at school.”
– Geraldine Ward

“Gender equality means fairness and better knowledge of issues affecting the lives of men and women.”
– Siobhán McElhinney

“Equal rights for women and men.”
– Brigidmarie Mongan

“We should have equality for all, it does not matter what culture or background you come from.”
– Philomena McGinlay

“It should be equal rights for all. Traveller children should get the same chance in schools as settled children.”
– Chrissie McGinley

We believe in equal rights for men and women, and we all stand united on basic human rights. We believe in team work, listening, and respecting each other and our cultures and backgrounds. It does not matter, we

“I’m hoping for the future generation to make big changes in life so some day we are all treated as equal.”
– Tasha Brogan

“Article 41 in the Constitution should be changed to give women the voice to speak out and change the thought process of how women should be – to stand up for their rights and be heard.”
– Julie Harvey

“I hope future generations are always treated with respect and equality in all aspects of life and never have to face the discrimination I had to endure.”
– Margaret Boyle

“Gender equality, to me, would be where we are all equal, no matter if we are male or female.”
– Maureen Friel

all deserve the same rights. We all have a strong, powerful voice. We want to show that everyone can work together to make changes for the better. We stand together. Together we can make change.

“There should be Traveller women in politics.”
– Rosie Boyle

“For there to be equal rights for men, women, Travellers, black, white, and other ethnic minority groups every person should be treated exactly the same.”
– Laura Ferguson

“Human rights, for me, is equality for all and non-judgemental.”
– Katie Boyle

“Every woman is equal and is different. Justice and equality for everybody. Everyone’s life is different, but we are all human beings.”
– Ann McGrory

“Women are equal to men.”
– Noelle McGinley



DTP Gender Equality Course participants: (front row, from left) Ann McGrory, Noelle McGinley, Margaret Boyle, and Tasha Brogan; (back row, from left) Katie Boyle, Chrissie McGinley, Laura Ferguson, Siobhán McElhinney, Philomena McGinlay, Maureen Friel, Brigidmarie Mongan, Rosie Boyle, Julie Harvey, Geraldine Ward, and Ann Friel.

DTP Primary Health Care activities and programmes

SUCCESSFUL Traveller Health and Wellbeing events were run by DTP's Primary Health Care Project (PHCP) and the Irish Heart Foundation (IHF) in Letterkenny and Ballyshannon recently.

Free health screenings were on offer at the events, including checks for high blood pressure and diabetes. The events also featured raffles for hampers full of fruit.

"Over 70 people attended, which was fantastic," said IHF Health Check Manager Marese Damery. "People were very positive about their experience in the IHF Mobile Health Unit, which had two nurses on board who provided free blood

pressure checks and heart health information for each individual. Twenty-seven per cent of the people seen were advised to visit their doctor for a follow-up."

DTP PHCP staff also recently attended the launch of the HSE's Traveller Health Strategic Plan 2018-2022 for Donegal, Cavan, Leitrim, Monaghan, and Sligo. DTP was among the Traveller organisations that provided input into the plan, which looks at ways to address health challenges affecting the Traveller community.

Upcoming programmes being run by DTP's PHCP include:

- Women's Health and Fitness

Programme: 4-week taster course starting Tuesday, 5th June, including gym circuits plus other activities to be decided by the group.

- Older People's Home Visiting

Programme: Anyone 60 and over is eligible for regular visits by DTP Community Health Workers, who can provide a wide range of assistance to participants.

- Traveller-specific Diabetes Education and Self Management

will be on offer this fall to support anyone affected by Type 2 diabetes.

- Small Changes, Big Difference

Programme: A Traveller-led health awareness programme that will run in the Milford area this fall.





TravTeen participants spray paint beautiful sign

NINE TravTeen members have spray painted a beautiful sign celebrating the diversity of people living in Letterkenny.

Lee Manley, Michael McDonagh, Shay McGinlay, Tom Mongan, Reece Quill, Barry Ward, John Ward, Owen Ward, and Paddy Ward took part in the project, which was run by DTP and Involve.

Each person chose one letter of the word “diversity” to spray paint during an 8-session programme that they attended at UV Arts in Derry.

“The young people chose the word ‘diversity’ because there are so many different communities in the town,” said Involve Youth Worker Martin Mongan.

TravTeen participants also took part in a recent “Born to Change” Youth Mental Health Seminar, along with young people from Cavan, Leitrim, Monaghan, and Sligo.

“The young people gave feedback about how mental health services are being delivered,” Martin said. “A lot of them were saying the

services are very slow, with long waiting lists.”

TravTeen programmes at DTP’s office in Letterkenny include:

- **Youth Leadership Programme:** Tuesdays, 5.30 to 8 p.m.
- **Driver Theory Test Preparation:** Tuesdays, 6 to 7.30 p.m.
- **Girls-Only Driver Theory Test Preparation:** Wednesdays, 3.30 to 5.30 p.m.
- **Friday Drop-in:** Open from 5.30 to 8 p.m. for PlayStation, pool, computers, and craic.



DTP/Involve Youth Team members (from left): Caitriona Kelly, Martin Mongan, Margaret Joyce, and Kyle Quill.

DTP programmes for Traveller men

DTP is running a number of health and wellness programmes that are open to all Traveller men. They include:

- **Intercultural Men’s Group:** Run with Letterkenny Youth and Family Service (LYFS), this group for men who are unemployed features a range of activities that support the physical and mental health of participants, including football, blood pressure checks, and Safe-TALK training. Meets Tuesdays, 12.30 to 2 p.m. in Letterkenny.

- **Adult Education Courses for Men:** Run with Donegal ETB, these accredited courses have included Communications, Maths, and IT

Skills. A Men’s Personal Development course will be offered this fall.

- **South Donegal Programmes for Men:** DTP Men’s Health Worker Hugh Friel is currently organising a series of programmes based on the interests of Traveller men in South

Donegal. Possibilities include football, gym circuits, and courses in computers or horse care.

- **Men’s Football Group:** This popular group is always open to new members. Meets Fridays, 12.30 to 2 p.m. in Letterkenny.



A recent Intercultural Men’s Football Group that DTP ran with LYFS.

Know Your History: John Doherty, Master Musician

(A recent "Sunday Miscellany" programme on RTE 1 featured a piece about master musician John Doherty, a Donegal Traveller who lived from 1900 to 1980. The following is an excerpt from the piece, written by well-known author Dermot Bolger, which describes hearing John Doherty play the fiddle in 1975.)

LOCALS quietly chatted, until finally the woman of the house opened the door and John Doherty appeared, having been resting upstairs. He sat quietly on a chair set apart, tuning the fiddle that she handed him.

A hush descended as Doherty raised the bow and began to play. His chin and eyes were the only still parts of him. It seemed impossible for any old man to play so fast, his bow hand drawing grace notes and ornamentations between the notes.

The sound was so rich it seemed more than one fiddle had to be playing. I wouldn't have been surprised if Doherty's fiddle had burst into flames!

Taking a break, he saw I was a stranger and briefly greeted me with great courtesy. Then he played on until long after closing time.

The woman of the house opened the side door again. When John Doherty rose the entire bar rose, as if for royalty.

He excused himself, saying he

was old and tired. Nobody sat down until he left the room.



Lorry Driving students pass CPC Part 1 Theory Test

CONGRATULATIONS to five Traveller men who have successfully passed the first of two theory tests that are required to become employed as a lorry driver.

John McDonagh, Johnny McDonagh, Alex McGinley, Owen McGinley, and Patrick McGinley passed their Driver CPC Part 1 test by correctly answering at least 74 of the 100 multiple choice questions about safe lorry driving on the test.

They prepared for the test by attending a Lorry Driving Course run jointly by Donegal Travellers Project and Donegal Local Development CLG. The course was

taught by Donegal ETB Tutor Geraldine McNamee.

The men, who are continuing on the course ahead of taking their CPC Part 2 test, said the course has been very helpful to them.

"We had good, clear teaching from Geraldine," said Patrick. "Without the training here we would never have passed, and working as a group we motivated each other. Everybody brought experience to the class, and running it in the evening suited everyone."

"It was great getting the opportunity of doing the course," said Owen. "As a single parent it made it easier to do."

"The hardest part of the course is the wording of the CPC questions, as I didn't understand some of them," said John. "Geraldine explained the meaning of the words easily, which helped."

"I found it very hard at the start, but as time went on it became easier," said Johnny. "With the help of Geraldine and Maeve I was able to pass the test and achieve my goal."

Congratulations also goes to **Pamela Boyle**, a DTP/DLDC Bus Driving Course participant who recently passed the bus driving test, meaning she is now fully qualified as a bus driver.



Shown after their Driver's CPC Part 1 test success are (from left) Alex McGinley, Johnny McDonagh, Maeve McIvor (DLDC Traveller Job Coach), Geraldine McNamee (Donegal ETB Tutor), Owen McGinley, and Patrick McGinley.

Busy year for St. Gabriel's Preschool students

ST. GABRIEL'S Preschool students have had a busy school year, including a very special session recently during which they learned how to play African drums.

The session was just one of many ways that St. Gabriel's promotes intercultural understanding among students, who come from a wide

range of cultural backgrounds.

St. Gabriel's is managed by DTP, offering morning and afternoon sessions which are based on the national AISTEAR curriculum.

The school is currently registering students for the 2018-2019 school year and can be contacted on (074) 912 6693 for more information.



DTP Afterschools Programme creates poster for "Make One Change" campaign in Donegal

A POSTER created by DTP Afterschools Programme participants was used to advertise a recent health and wellness campaign all over Donegal.

The "Make One Change" campaign that was run by Parent Hub Donegal asked families to make one small change that could have a positive effect on their lives together.

Possible changes suggested by the poster that DTP Afterschools participants created during Art sessions of the programme included: Family

Time, Respect, Drive Less/Walk More, Avoid Stress, and Exercise.

The finished poster was then uploaded onto the Parent Hub Donegal website and Facebook page.

"Thank you to Donegal Travellers Project Afterschool Club for designing this poster for the Make One Change 2018 campaign," the Facebook page post read.

Art is just one of the fun activities that DTP Afterschools participants get to do after finishing their homework and eating a healthy snack as

part of the Letterkenny-based programme, which runs two days per week from 3 to 5 p.m. during the school year.

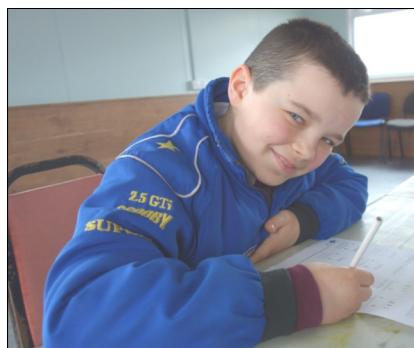
"You get your homework done and then you don't have to do it at home," said Barbara McDonagh, 10, who loves Maths so much she "could do sums all day."

"We play games and Bingo," said Joseph McCrudden, 10, whose favourite subject is History.

"They help us with our homework and then they let us colour in," said Tom Mongan, 11, who really enjoys Reading.

"After you do homework you get to go outside and play football," said Michael McDonagh, 11, whose favourite subject is English.

Twenty-two students are currently registered with DTP's Afterschools Programme, which is open to all Traveller primary school students and funded by Donegal Local Development CLG.



From left: DTP Afterschools participants Michael McDonagh (with Programme Co-ordinator Caitriona Kelly), Joseph McCrudden, and Tom Mongan (with Programme Assistant Brigidmarie Mongan).

Level 7 “Community Work in a Changing Ireland” success

CONGRATULATIONS to **Katie Boyle, Ann Friel, Hugh Friel, and Martin Mongan** on successfully completing a “Community Work in a Changing Ireland” course at Maynooth University.

They were among 24 Traveller and Roma students from all over Ireland who recently received certif-

icates for completing the 100-hour, Level 7 course which provided an in-depth look at subjects including Youth Justice, Equality, Human Rights, and more.

The course was developed by Maynooth’s Applied Social Studies Department to give marginalised communities greater access to third-

level education.

“I hope to use what I have learned to be an advocate and leader in my community, and play my part in breaking down the barriers between Travellers and the rest of Irish society,” Ann Friel told a journalist writing a national newspaper article about the graduation event.



DTP Prize Word Search Puzzle

(Complete for a chance to win €20!)

D	D	L	S	U	N	S	H	I	N	E	Z	P	R	R
E	U	C	E	B	R	A	B	S	I	N	G	I	N	G
F	A	M	I	L	Y	B	M	A	E	R	C	E	C	I
N	A	V	A	R	A	C	H	C	A	E	B	H	D	A
S	Y	A	D	I	L	O	H	C	R	A	I	C	B	B
O	P	Z	X	Q	T	O	C	A	M	P	S	I	T	E



BARBECUE
BEACH
CAMPBSITE
CARAVAN
CRAIC
FAMILY
HOLIDAYS
ICE CREAM
SINGING
SUNSHINE

Find the words listed above in the puzzle at left and circle them. Then post or deliver to the DTP office by 31/8/2018 to enter a draw for €20. Include your:

Name _____

Town _____ Phone _____

Previous draw winner: Karen Boyle

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 Seirbhise Sláinte
Health Service Executive



Comhairle Contae Dhún na nGall
Donegal County Council



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

The Social Inclusion and Community Activation Programme (SICAP) 2015-2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative.