The All Ireland Traveller Health Study reports were launched on the 2\textsuperscript{nd} September, 2010. The Summary of Findings report highlighted a number of key points which the Department of Health, Social Services and Public Safety (DHSSPS) and the Department of Health and Children (DOHC) were required to consider and take forward appropriately in conjunction with Health and Social Care bodies and other Government Departments.

Some of the key points included:
- A strategic action plan should be developed;
- Adequacy of accommodation is essential;
- All aspects of mother and child services merit top priority;
- Men’s health issues need to be addressed specifically (men are dying 15 years younger than their settled counterparts);
- There is a concerted need to address cause-specific issues for respiratory and cardiovascular disease.

In December 2010, the Southern Health and Social Services Trust (the Trust) established a Trust Traveller Action Group to progress the recommendations emanating from this Study as they pertain to the Southern Trust. The group which meets every quarter comprises representation from Travellers and local Traveller Support Groups together with key Trust staff across all programmes of care. Travellers who had participated in the All Ireland Traveller Health Study as peer researchers were asked to join the group so that they could see the impact of the research and be involved in taking the recommendations forward in their own areas.

Following a baseline mapping exercise to provide an overall picture of the approaches taken within each Directorate, an action plan was developed. In May 2012 a celebration event was held to provide an update on progress made from December 2010—March 2012. This report provides a further up-date on progress made from April 2012 to March 2014.

Since the inception of the Trust Traveller Action Group, Trust staff and specialist Teams are getting more and more involved on the ground in face to face work with Travellers across the Southern Trust and this is welcomed by both Traveller Support Groups and Travellers”

Craigavon Traveller Support Committee
Local Traveller Support Groups (TSGs)

These continue to be at the heart of the work as their staff interface on a daily basis with Travellers. There are currently Traveller Support groups in Armagh, Coalisland and Craigavon offering a wide range of programmes to meet educational, health and accommodation needs for Travellers. TSG’s are at the centre of work which has enabled the Health and Social Care Board (HSCB) to build profiles of Travellers in the Southern Area. The HSCB fund Traveller support work across Southern area. Contractual arrangements are in place and staff from the Trust are involved in the management committees of these TSGs in an advisory capacity.

In Newry, while there is no Traveller Support Group, the Trust employ a Traveller Family Support Worker and there is an alliance of statutory, voluntary and community groups named Newry Traveller Interagency group. Again staff from the Trust are involved in an advisory capacity.

The Trust’s Traveller Family Support Worker has developed an information leaflet for Travellers and N&M Citizen’s Advice Bureau has agreed to seek funding for the Traveller Family Support Worker to hold an out-reach clinic every Tuesday afternoon in their offices. During 2013/14 over 100 requests were made to the Family Support Worker and dealt with successfully. In addition to the support provided by the Family Support Worker, Travellers are accessing CAB and availing of their wider services.

An Crushan Munia

This Traveller led group in the South Armagh area continues with support from Women and Family Health Initiative. While the group stopped meeting in Bessbrook Community Centre in September 2013 due to problems transporting Travellers from the Meigh Site and lack of funding to support this, it has however continued to meet in Meigh and has participated in Zumba and health Information programmes in partnership with Safe and Well and WFHI. Group members also took part in a breastfeeding consultation run by the PHA and have been supporting the Council Good Relations Forum. One outcome of meetings with the Good Relations Forum, with a positive health impact, has been the agreement of the Council to the provision of a bin and a collection on the Meigh site. An Crushan Munia are also working with Newry and Mourne Council on a mapping exercise across the area.
Safe and Well

This 5 year project focuses on community development, health related activities and work with young Travellers in the Southern Trust area. Now in its fourth year, the project continues to be managed by Craigavon Traveller Support Committee working in partnership with the Trust and local TSGs.

Safe and Well Project are currently providing programmes in Armagh, Dungannon, Coalisland, Keady, Killeavy, Newry and Warrenpoint. The programmes are aimed at young girls, young boys, young women, women and men. The activities covered are Identity Project, Citizenship Programme with a focus on football, Afterschool Club, Zumba, Health and Wellbeing, Healthy Lifestyle and Sewing. Through the Health and Wellbeing Programme in Newry 4 Traveller women attend a Cultural Awareness Workshop.

The project continues to work in partnership with Armagh Travellers Support Group, Craigavon Traveller Support Committee, local youth club, local fitness club, Toybox, Women & Family Health Initiative and the Southern Trust.

International Women’s Day this year will be celebrated within each of the women’s groups in each area and will have a focus on Inspiring Change.

Killeavy Women’s Group will also attend a WFHI celebration event.

A Health and Wellbeing Event has been arranged for 11 March 2014 in Newry Golf Club with workshops on Smoking Cessation, Meningitis Awareness and Capacitor Training and Relaxation. Lunch and childcare will be provided.

The project sent out information offering Traveller Cultural Awareness Workshop to all schools and Senior Education & Welfare Officer—to date two schools have expressed interest, the workshop will be delivered to Youth Groups in Armagh and Education & Welfare Officers.

Cancer Focus Northern Ireland

Cancer Focus, Man Alive Project, is a men’s health and wellbeing programme based in Southern Trust area. ManAlive has worked closely with the Traveller groups and support organisations in the Newry and surrounding areas to bring health and wellbeing services to male Travellers. In the early stages of development the project strongly supported the delivery of local community based health fair type events, specifically targeted and tailored to the local Traveller population. Very few men were present at these events, however strong partnerships and trust were established and a significant number of Traveller women and children were engaged. This allowed ManAlive to further develop work with the Traveller groups and support organisations and with the support of the Traveller women ManAlive was invited to bring the man van – a mobile health check unit into the Traveller sites. This initiative was acceptable to the Traveller men and women and extremely well supported. For example in Coalisland all but one Traveller man from the Glen Traveller site visited the vehicle on the event morning. For the period August 2011 to Feb 2014 ManAlive provided health checks and delivered tailored health and wellbeing advice to 54 Traveller men and 4 Traveller women. This work is to be continued and extended.
There are a number of Traveller Support Projects developed through a range of funding bodies

Transforming Learning Communities

The Project is a five year project funded through the Big Lottery’s Live and Learn Fund to address educational barriers and inequalities for Travellers and Migrant Workers across the Southern area. The Project is delivered by Southern Regional College in conjunction with Trademark, a Belfast-based social justice organisation and with the support of a range of community and statutory partners including:

- Craigavon Travellers Support Committee
- Armagh Travellers Support Group
- St. Vincent de Paul
- Craigavon Intercultural Project
- Southern Trust Promoting Wellbeing Team
- Southern Education & Library Board
- The Irish Congress of Trade Union

To date over 450 Travellers have participated in 68 courses including Driving Theory; Essential Skills IT, Literacy and Numeracy; hair and beauty; recreational arts and crafts with Essential Skills and Level 2 qualifications in Food Safety, Child Protection, First Aid; Paediatric First Aid and Health and Safety in the Workplace.

Travellers have also progressed onto other further and higher education and training programmes across the College including:

- One young Traveller woman has completed a Level 2 Gym Instructor and Instructing Kettlebells course and secured part-time employment in a gym
- Five Traveller men have completed their Door Stewards Qualification and are working part-time
- Three Traveller men have successfully completed their Level 2 qualification in CCTV monitoring
- One Traveller women is currently completing Level 2 Beauty Therapy

In addition anti-racism training has been provided to over 200 college staff and other students.

In March 2014 the Southern Regional College won the prestigious Association of Colleges (AoC) Beacon Award for Widening Participation to Lifelong Learning sponsored by Pearson Work Based learning. This award was made in recognition of the “Transforming Learning Communities” project to address educational barriers and inequalities for Irish Travellers and Migrant Workers and how the project met the social personal and learning needs of the students which has led to progression into other areas of studies for many of the participants. The College held a local celebration on 3rd April 2014 at its Newry West Campus.
Early Years Toybox

Toybox is a rights-based service development model launched in 2003 to significantly reduce the social and education inequalities experienced by Traveller children across Northern Ireland. Its outreach play-based early intervention service is provided in partnership with children and parents. It works on enhancing the social, emotional, physical, language and cognitive development of Traveller children from birth to four years of age, as well as strengthening the capacity of parents to support their children’s well-being and eagerness to learn, thereby empowering Traveller parents to become involved in the education process. Play sessions in the home challenge each child’s ability, support their emerging interests and skills using the HighScope approach and provide a positive model for parents.

A team of 12 staff deliver Toybox services across Northern Ireland. There are 7 offices throughout Northern Ireland. Project staff work with Traveller families and young children in the home environment to achieve the aims of the project in terms of building the capacity of Traveller parents to support their young children’s learning and development. Toybox staff also work with early childhood settings so as to ensure that they are ready to meet the needs of young Traveller children.

Initially funded for five years by the Northern Ireland Executive Fund and Save the Children Fund, Toybox is now funded by the Department of Education since 2008. Four of the Project Workers are based in the Southern Health and Social Care Trust Area, three funded by DE and one funded by Newry City SureStart.

Currently Toybox supports 172 families across NI and 241 children, 123 of these children live in the Southern Trust Area. Furthermore, 34 non Toybox Traveller families were supported during Oct – Dec 13. During 2012/2013 Toybox delivered 4412 play sessions.

The project continues to raise the profile of Travellers in a positive way, supporting community settings to recognise Traveller culture in their everyday practice through appropriate books and resources. Today all schools working with Toybox have access to these resources. Toybox launched “Tales of the Road” in 2010. This story shares the life experiences, memories and traditions of families as told by them. One parent commented “it’s good to hear our story told to many families”.

The launch of “My Child” in 2010 captures the many positive experiences Traveller parents and children have in relation to education. As told by parents the DVD captures the role Toybox has played in their children’s successful transition into school settings and the many benefits of engaging in early education for parents and children.

Belong

This project aims to promote a sense of belonging for BME children and young people (aged 7-12years) across Northern Ireland, with a practice base in the Southern Area of NI. The programme has entered its second phase and continues to promote a sense of belonging through:

- Increasing cultural Competence - development of ‘Belong Charter for Change’
- Increasing participation of BME Children in clubs and schools
- Reducing bullying and Racial Bullying
- Increasing resilience
A number of Traveller Support Projects have now been completed
These include:

**Southern Area Action with Travellers (SAAT)**

The work of this multi-agency, multi-sectoral alliance established by the SHSSB in 2003 is now completed. An overview of the achievements of this partnership was presented at a Traveller Event hosted by the regional PHA Traveller Health and Wellbeing Forum in December 2013. The legacy of SAAT includes:

- Establishment and maintenance of good working relations between the statutory and voluntary sector in relation to Traveller issues
- The development of the Children and Young People’s Services Planning (CYSP) Monitoring system
- The securing of funding to support the implementation of the CYSP six high level outcomes for children

With the emergence of the new regional forum and the pressure on staff time, members agreed that it was more useful to meet and share information with colleagues across Northern Ireland on Traveller related issues.

**CAWT Social Inclusion Project**

Cooperation And Working Together (CAWT) was successful in securing funding from the European Union INTERREG IVA programme to progress a three year cross border Social Inclusion project which included Travellers as one of its target groups. The overall aim of the project was to improve the health status and reduce inequalities in health among targeted groups living with exclusion. This is the first programme of its kind to support Travellers right through from training programme into paid work placement.

A total of 8 Travellers participated in ‘Train the Trainer’ and of those 5 completed an OCN level 3 accreditation in ‘Train the Trainer’ which enabled them to co-deliver the ‘Employment and Skills’ Training. 18 Travellers completed an OCN level 2 in ‘Employment and Skills’ Training and of these, 5 were provided with 12 week paid work placement opportunities — 2 in SHSCT and 3 in HSE DNE area and 3 secured employment in the fields of transport and community health.

The Access strand of the project examined the specific health needs, factors that inhibit access to healthcare provision and best practice to address these for Travellers, people with sensory disabilities and the L,G,B & T community. Following the completion of thematic literature reviews a audit and review was undertook across the CAWT region in the agreed key settings. Site specific cultural awareness training materials were developed based on the best practice guidance identified in the literature review and the key issues identified in the review and audit. In accordance with best practice recommendations the training sessions were developed by trainers from the targeted groups who then subsequently delivered the training programmes. Local Traveller Kathleen Delaney was recruited as a facilitator to deliver the Traveller Cultural Competency training to staff in the Southern Trust area. The training programmes were offered to staff in the Emergency Department & Mental Health in the CAWT partner organisations and in a number of GP practices. The training materials have been made available to the participating Trusts.
Regional Traveller Support

Public Health Agency Regional Traveller Health and Wellbeing Forum

In October 2012, the Public Health Agency (PHA) and Health and Social Care Board (HSCB) convened a Travellers Health and Wellbeing Forum. This Forum, representing the PHA, Health and Social Care Board, Health and Social Care Trusts, Cooperation and Working Together (CAWT), Traveller support and relevant voluntary sector organisations agreed to commit to undertake actions based on the findings and recommendations of the All Ireland Travellers Health Study, particularly those relating to health and wellbeing. The aim of the Traveller Health and Wellbeing Forum is to improve the health and wellbeing of Travellers through developing better coordination, sharing models of best practice and shaping future services.

A Thematic Action Plan has been developed by the Forum as a means of planning, delivering and accounting for actions to be undertaken by the members. The Forum meets 4 times a year to report on progress on agreed interventions and to agree new priorities.

Themes from this action plan have been incorporated into the Trust Traveller Action Group action plan.

Members of the Traveller community and their support organisations joined members of the Regional Traveller Health and Wellbeing Forum at an event on Thursday 5th December 2013 in Belfast to mark Traveller Focus Week by sharing progress made over the previous year and celebrating good practice in meeting the health and wellbeing needs of Travellers.

Pictured is Mary Black, PHA and Chair of the Forum introducing the Belfast Traveller Choir who gave their inaugural performance at the event.

Traveller Related Working Group

This short-life working group was established in January 2014 with representation from Craigavon, Belfast and Newry Councils, the Public Health Agency, Southern Health and Social Care Trust, Northern Ireland Housing Executive, Southern Education and Library Board, Armagh Traveller Support Group, Craigavon Traveller Support Committee, Safe and Well, An Munia Tober/Bryson House. The aim of the group was to map the work that is currently happening both locally and regionally to support Travellers and identify gaps and to lobby for the re-instatement of the OFMDFM Traveller Thematic Sub-Group and the development of a Traveller Strategy for Northern Ireland.

To date three meetings have been held to date and a report for the OFMDFM Thematic Group on Travellers is currently being finalised.
Trust Traveller Action Plan

The Trust Traveller Action Plan focuses on 6 key areas:

- Policy and Culture
- Information
- Involvement
- Service provision
- Employment, and Volunteering

Progress on Action Plan

1. Policy and Culture

Equality Screening

Trust policies and service developments are routinely screened to ensure that they do not adversely affect the groupings defined in Section 75 of the NI Act 1998. The Trust continues to provide 'Equality Screening' and 'Equality Impact Assessment' training for staff. Health and Social Care Trusts will be working with the Equality Commission NI to further refine Trust Equality screening template and EQIA process.

Training for Trust Staff

Within Southern Trust E Learning Discovering Diversity has been provided for staff at Band 6 and below in line with the Knowledge and Skills Framework (KSF). A new 6th module has been developed concentrating raising awareness of the needs of Black and Minority Ethnic communities including Travellers. The pilot for this module was completed in Autumn 2012, the module was formally launched in May 2013 and continues to be available for staff.

Traveller Cultural Awareness training was delivered to Emergency Department staff through CAWT Social Inclusion Access strand Jan—March 2013. Training materials have been made available to the Trust’s Equality Unit however to date no funding has been identified to support the further roll out of this training.

The Primary Care Health Promotion Officer continued to make GPs aware of Promoting Wellbeing Team (services including links with local Traveller Support services.

Travellers continue to be involved in the Trust’s student Social Work Induction programme twice yearly.

Local Traveller Support groups continue to provide Traveller Cultural Awareness training. TSGs have provided training to Specialist Primary Care, Midwifery, Health Visiting and Mental Health and Addictions staff. Safe and Well in partnership with Bryson House is developing accredited Traveller Cultural Awareness training and providing T4T for Travellers. In addition, the Trust continues to promote the range of information leaflets and booklets developed to support and improve staff understanding of the Traveller community.

“Trust staff are now more aware of Traveller culture and a system is in place whereby any opportunity for involvement will be sent to all Traveller Support groups as they arise. The Traveller Support groups and workers can also contact teams for any queries or issues with regard to individual Traveller cases”. ATSG
Progress on Action Plan continued ……

2. Information

The information systems within the Trust need improved to record information and data on the specific needs and circumstances of Travellers and their up-take of Trust services. Work has commenced to ensure that Southern Trust information systems have ability to record Irish Traveller. The Trust is currently in the process of implementing a new Community Information System which should assist with this. Meanwhile the Partial Booking Service agreed to add the date of birth to their letters to assist Traveller Support Workers to identify the specific Traveller concerned.

The Patient Support Service continues to be provided at both Craigavon and Daisy Hill Hospitals. It is a confidential service available to all patients (including Travellers), their families and carers. It provides on the spot advice, help and support and answers questions or queries that patients or their families and carers may have. Patient Support also provides information on the Trust and the services it provides and on the other local services that may be of help, such as Citizen Advice, Macmillan or various local support groups. An information leaflet on the service is available in a range of languages and easy read on the Trust website.

3. Involvement

The Trust’s PPI Team continue to promote use of the Personal and Public Involvement (PPI) Toolkit for staff.

Staff Teams continue to encourage the involvement of Travellers when developing and implementing annual Directorate PPI Action Plans. A PPI Impact recording template has been developed and two summary flyers of specific involvement work with Travellers have been developed and up-loaded on the Trust website.

Travellers and TSGs continue to be involved in Trust Traveller Action Group meetings on a quarterly basis. Travellers are also represented at the Trust’s Race Equality Forum which also meets on a quarterly basis.

An Advocacy Guide for Trust staff was developed in partnership with the Trust’s PPI Service User and Carer Panel. The guide will help improve staff understanding of advocacy, its role in the health and social care context and also provides a list of advocacy services currently available within the Southern Trust area including Traveller Support Group details.

Some examples of Traveller involvement are detailed overleaf.
Progress on Action Plan—Involvement- continued ...........

All aspects of mother and child services merit top priority

Maternal and Child Health Services

In April 2012 an event was held to hear the experiences of maternal and child health services in the Traveller community and how to improve services to the Traveller community. The event was very successful with over 30 Traveller women ranging from 15 years to 70 years old in attendance. The Trust gained a better understanding of Traveller cultural beliefs especially in relation to breast feeding, sexual health issues and contraception and will take this on board when planning services for Travellers. Travellers are now better informed re: antenatal education and how to maintain good health throughout pregnancy. Traveller support groups/workers in attendance ensured the information was cascaded among the Traveller community in the Southern Trust area. Professionals have said this collaborative way of working has been very beneficial to them. Each participant got a health and wellbeing pack at the end. The Trust’s Maternal and Child Health Subgroup have now submitted a proposal to the Public Health Agency to take forward recommendations from the panning café style workshop in a local action plan on improving health outcomes for women and children from the Traveller community. The work in relation to the vision café action plan will be taken forward in 2014 subject to some investment from the PHA.

Because of this event Traveller women in our area are more informed about the health benefits for their children and themselves. They are now more confident on getting involved with other related workshops on topics such as antenatal care, breast feeding and ant-natal care. This very early health intervention is paramount for improved Traveller health outcomes.

Armagh Traveller Support Group

Maternity - Acute services continue to encourage Traveller and BME representation on the Trust’s Maternity Services Liaison Committee. A representative from a local BME support organization now attends regularly and will be supporting a lady from a BME background to attend future meetings. Local Traveller Support Groups have been contacted to see if Traveller representation can be identified.

Patient Support - At times of great distress Travellers need support from their family, chaplain or local clergy and crucially need the support from the extended and wider Traveller community. Recently the Patient Support Service facilitated an informal meeting with bereaved Traveller parents, their family, staff from the Emergency Department, Mortuary staff and the Trust Chaplin. Travellers felt better supported in their time of grief and were better informed of the process to be followed after sudden infant death. They were also informed of the support available to them in hospital. Staff in hospitals are now more aware of the Traveller grieving process and their need for extended family and spiritual support.
Progress on Action Plan—*Involvement*- continued ……

**Promoting Wellbeing** - REACH- a Big Lottery funded project within the Promoting Wellbeing Department, facilitated a number of Community Lifestyle Programmes with Travellers across the Trust area. Two of these programmes were delivered in Meigh and Bessbrook in 2013. A total of 28 Travellers participated and as well as benefitting from the information and training provided had an opportunity to give their views on issues such as:

- General health and wellbeing discussions looking at local GP registration for site based Travellers at Killeavy
- General health and wellbeing relating to access to services / maternity services / parent craft and general issues around engagement
- Smoking cessation. Some Travellers expressed interest in attending clinic however as they didn’t attend pre-arranged appointment REACH are considering bringing smoking cessation to them as part of wellbeing programme. A smoking cessation workshop for Safe and Well is planned for the end of March 2014 in Newry Golf Club

REACH has also used the All Ireland Traveller Health Study as part of on-going work with the Newry and Mourne **Confederation of Community Groups (CCG)** and **REACH Traveller Community Health Mentor Project**, designed to develop Traveller knowledge and capacity for involvement through a series of monthly meetings.

**REACH** in partnership with **Women and Family Health Initiative (WFHI)** and **CCG** facilitated 3 workshops in 2013 on behalf of a number of organisations:

1. **PHA** – Traveller barriers to breastfeeding
2. **NICEM**—Racism Consultation– which informed the UN Charter on Human Rights
3. **EQUALITY COMMISSION**—Racial Priorities Consultation

Currently the **REACH Traveller Health Mentor / WFHI / CCG** are involved in follow up consultation with **PHA** and the **Uplift Group** to implement the recommendations of the research report.

**Adequacy of accommodation is essential**

REACH Project Workers and other Promoting Wellbeing staff were involved in the establishment and continuation of Newry and Mourne District Council’s (NMDC) Traveller Forum. REACH supports Travellers to attend this forum on a quarterly basis. The Forum focuses on Traveller rights as citizens of NMDC. At the February 2014 Forum meeting agreement was secured through the Mayor and elected reps present that the Council’s Environmental Department would provide a weekly bin collection to the unofficial site at Killeavy outside Newry free of charge. The next meeting is arranged for 12th June 2014.
Progress on Action Plan—Involvement - continued ……..

There is a concerted need to address cause-specific issues for respiratory and cardiovascular disease

Hearty Lives Craigavon is a partnership between British Heart Foundation Northern Ireland, Southern Health and Social Care Trust, GPs, Craigavon Borough Council, the Public Health Agency, Craigavon Intercultural Programme, Craigavon Traveller Support Committee and local employers which aims to improve the heart health of the Craigavon community.

In February 2013 local Travellers took part in a workshop with representatives from local health and social care, the local community and voluntary organisations, as well as Craigavon Borough Council and British Heart Foundation (BHF) Northern Ireland to provide direction on ways to help improve their heart health.

Craigavon Traveller Support Committee welcome the Hearty Lives Craigavon Project and are particularly pleased that the new Hearty Lives Co-ordinator, Jane Ferguson will be based in our premises as it makes it so much easier for Travellers to get to know her and to access important information and services about heart health.

Jane Ferguson, Hearty Lives Coordinator based at Moylinn

Men’s health issues need to be addressed specifically

In 2012 the Promoting Wellbeing Manager in Newry carried out a qualitative men’s health research project entitled “Dying fifteen years early—what can Traveller men and relevant agencies do?” as part of Master’s in Social Work research project. The findings of this research were published, launched and cross referenced with both the regional and Southern Trust Traveller Action Plans. The research and accompanying DVD (made in partnership with Safe and Well) is available on http://www.southerntrust.hscni.net/services/2185.htm. The research was highly commended by the PHA and IHM at an awards ceremony in November 2013 and has been disseminated through regional NISCC and BSO newsletters in January 2014 following requests for testimonials.
4. Service Provision

Through the Traveller Action Group, Trust staff continued to liaise with Traveller Support groups to deliver further training aimed at targeting services and improving access and up-take of health improvement programmes, family support, training and enablement support for Travellers in local areas. This included:

*All aspects of mother and child services merit top priority*

**Roots of Empathy** - The Roots of Empathy programme was developed by Mary Gordon in Canada and has been implemented worldwide. It is evidence based and introduces a parent and baby to the class and the babies become the ‘teachers’. Roots of Empathy helps the primary school children develop awareness of their own feelings, reduce levels of aggression, increase empathy and raise social and emotional competence. This understanding has been proven to last a lifetime. It engages all children in the classroom and complements the current Curriculum. This is a voluntary programme which relies on schools’ agreement to participate. Through TAG the TSGs identified schools with large Traveller intake and these were passed to the ROE Coordinator to try and increase the participation of schools with Traveller children attending. Within the Southern Trust area the Roots of Empathy Programme is now currently being delivered in 5 schools with Traveller children:

- St Catherine’s Armagh
- St Joseph’s Bessbrook
- St Malachy’s Newry
- St Joseph’s Meigh
- Presentation Convent Portadown

There are a further four schools with Traveller children on the waiting list:

- Primate Dixon Coalisland
- St Patrick’s Newry
- Tannaghmore PS
- St Brendan’s Craigavon

**Breast Feeding** - Recognising that Breast feeding is the healthiest start in life and that there are lower rates within the Traveller community the PHA commissioned Uplift to undertake a study with women within the Traveller Community in the SHSCT area in relation to knowledge and attitudes to breast feeding and understanding about the benefits of breast feeding. This report highlighted that increased access to appropriate information about the benefits of breast feeding is needed to support Traveller women in making an informed decision about how to feed their baby. Uplift also developed an information pack for Traveller Support Groups on breastfeeding that includes information on Galactosaemia.

Uplift has now met with 3 of the original 5 groups. Posters are currently being developed to promote and encourage breast feeding within the Traveller community with the strap line “Breast Screening—no shame in it!” Two of the Travellers involved have agreed to be photographed for the poster campaign. One Peer Mentor has been identified in Craigavon and a second in Armagh.
Progress on Action Plan—Service Provision-continued ……..

Mellow Parenting—This is a 14 week programme targeted at families with children under 4 years of age who are experiencing difficulties and meet specific criteria. To date 1 Traveller family have completed the programme and it continues to be actively offered to other families who met the criteria. For further information, please contact; Deirdre McParland, Senior Health Promotion Officer, Mental Health Tel: 028 3741 2884 E: Deirdre.mcparland@southerntrust.hscni.net

Arke Sure Start Armagh - Home from Home - This provides an opportunity for parents and children from multi-cultural backgrounds to meet up for peer support and play activities (every Monday 10-11.30am Arke Sure Start).

Cook it! - Development of Cook it! BME module and engagement with BME groups/communities. 8 ethnic groups including Polish, Chinese, East Timorese, Muslim, Bulgarian, Lithuanian, Indian and Traveller community.

CSTS Young Women’s Group and 2 older ladies from the Traveller community were involved in a Cook it initiative with Collette O’Brien to contribute to the collecting and testing of recipes from the Traveller community for the new BME Cook It! resource.

REACH Coordinator Geralyn Maguire is currently facilitating a 5 week Cook It programme for older Traveller women focusing on the Multi-cultural aspects of food including recipes for Indian curry, lasagne, etc. Cook It! was also delivered to 28 Travellers in Meigh and Bessbrook in 2013.

Family Nurse Partnership - This service is available for young women under 20 who are expecting their first baby. A family nurse can visit to help them have a healthy pregnancy and enjoy being the best mum they can. A specially trained family nurse will help young mothers-to-be understand all about their pregnancy and how to care for themselves and their baby. The nurse will visit regularly during the pregnancy and then after the birth until the baby is two years old. The mother-to-be and the family nurse decide together what will be covered in each visit. The nurse will share lots of information about pregnancy, giving birth and looking after babies and toddlers, to help with preparation well and deciding what is right for the mother-to-be and her family. The mother-to-be and the nurse will get to know each other well and the mother-to-be will be able to rely on the nurse to help out if things get difficult in any way. To date 2 young Traveller women have benefited from this service.

Breast Screening - Trust Staff and Traveller Support Workers are currently working in partnership with the Public Health Agency to develop a breast cancer screening pilot for Traveller women in the Southern Trust area. These will be held in Daisy Hill Hospital and Portadown Health and Treatment Centre in October 2014. The local Traveller support groups are currently providing information and actively encouraging and supporting Traveller women to attend.

Skin Care - In 2012 the MacMillan Cancer Information Officer worked with Travellers and Craigavon Traveller Support Committee to develop an education package for Traveller Community on the dangers of sun-bed use and skin cancers in general.
Currently the Promoting Wellbeing Cross Directorate Specialist is involved in the Cancer Focus programme Living Willows for Shade through the Regional Skin Strategy Implementation group.

The four schools across the Trust area participating in the programme this year which entails the Willow build, Sun Scientist and Puppet Show are:-
- St Brendan’s Primary School, Craigavon
- Primate Dixon Primary School, Coalisland
- St Joseph’s Primary School, Bessbrook
- St Malachy’s Primary School, Newry

School Nurses can also avail of training delivered by Cancer Focus regarding skin Care.

Mental Health - B+ training delivered to a cross border group of 10 Traveller women in partnership with the CAWT Social Inclusion Project. Creche facilities were provided.

Impact of Alcohol
Meetings have now taken place with the Impact of Alcohol Coordinator Kieran Devlin, TSGs and the newly appointed project Midwife (Esther Reid). Information sessions are being planned for TGS/Safe & Well workers with the view to rolling out programmes to:
- 1st time mothers
- Young mothers
- Grandmothers

Smoking Cessation - Workshops were delivered in Keady to 5 Traveller women.

Men’s health issues need to be addressed specifically (men are dying 15yrs younger than their settled counterparts)

In addition to the qualitative men’s health research project entitled “Dying fifteen years early - what can Traveller men and relevant agencies do?” There are a number of health and wellbeing programmes addressing the health issues of both men and women. Traveller women play an important role in facilitating engagement with Traveller men by encouraging their involvement.

Drugs and Alcohol - In 2012 the Southern Trust Drug and Alcohol Coordination Team’s BME worker, in partnership with Armagh Traveller Support Group, successfully completed the delivery of a 6 week awareness programme aimed at addressing alcohol consumption in the wider Armagh area. A total of 18 sessions were delivered to participants over a 6 week period. The programme’s overall aims were to address parental alcohol consumption and the impact this had on children and young people, to address alcohol and mental health and alcohol in pregnancy. A total of 36 participants engaged in the sessions.

Hidden Harm – A 3 week Hidden Harm programme was delivered to 12 Traveller men and 4 women in Keady in February 2013.

Man Alive Bus - Craigavon Traveller Support Committee has had two very successful events focusing on men’s health by involving this personalised and interactive service.
Progress on Action Plan – Service Provision - continued .........

There is a concerted need to address cause-specific issues for respiratory and cardiovascular disease.

Hearty Lives Craigavon - In 2012 funding was secured from the British Heart Foundation for a 3 year project to raise awareness of the causes of cardiovascular disease and the associated risk factors and to provide screening, information, resources and sign posting to local support services to facilitate early intervention for Traveller and BME communities in the Craigavon area. Hearty Lives Craigavon commenced in January 2013. A Coordinator was appointed and stakeholder events with Traveller and BME communities were held in February and March 2013. Working in partnership with Craigavon Traveller Support Committee and other local BME support groups, this Project is now well underway with 53/50 Travellers and 118/200 BME screened at December 2013.

An information session has been held with CSTC Homework Club in February 2014 and a joint event is planned for 12th March 2014 for Non-Smoking Day.

Access to services

Locally Enhanced Services Agreement

Links made with the Integrated Care Team, HSCB to ensure that opportunities are maximised with GP’s under the LES (Locally Enhanced Services Agreement) for outreach and Traveller appropriate service delivery have been maintained. The Traveller LES is still operational and is being reviewed as part of a wider review of enhanced services across the five Local Commissioning Group areas. The review of enhanced services is now a regional initiative. Travellers are registered with a wide range of GP practices in the Southern area, not just the small number providing the enhanced service.

Improved Access to Trust services

Through the TAG meetings linkages between local Traveller Support Group Workers and Trust service Teams continue to be supported. To date TSG workers have received training and information from Trust staff teams on Mental Health and Addiction services, Specialist Primary Care services such as COPD, Diabetes, Heart Failure, Child Protection and Adult Safeguarding services, Cancer Information and screening, breast feeding, Occupational Therapy and the Family Nurse Partnership. Traveller Support Workers are now aware of the criteria and benefits of the services and are able to clearly communicate to Traveller communities the importance of attending clinics with nurse/Allied Health Professional specialists.

“Links have been made between Trust staff and ATSG and one of the many benefits of this partnership has been the uptake of Travellers of the Telehealth service. Travellers are now more aware of how to access COPD diabetes and heart failure services.”

Under the Trust in Community Initiative, the Trust has made a commitment to provide a number of E-learning licences under The Trust’s Corporate Social Responsibility Policy to Community Groups, Voluntary Groups and Social Enterprises. This will enable members of these groups to complete a number of the Trust’s E-learning programmes free of charge.
Progress on Action Plan– Access to Services -continued

- Control of Substances Hazardous to Health (COSHH)
- Moving and Handling
- Safeguarding Children & Vulnerable Adults
- Waste Management
- Display Screen Equipment (DSE)
- Fraud Awareness
- Data Protection
- Records Management
- IT Security
- Freedom of Information
- Haemovigilance - Right Patient Right Blood
- Food Safety

The modules listed above are now available on the e-learning platform. To date two of the Traveller Support Groups have expressed an interest in this scheme.

**Regional Initiatives to improve access to services**

**Mental Health Promotion**- PHA Regional specification currently being developed to provide a range of services and support to address the mental health and emotional wellbeing of BME Communities within the Southern Area.

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**5. Employment**

As a partner in the CAWT Social Inclusion project, the Trust employed a CAWT Traveller Development Worker to develop a programme to support Travellers right through from training programme into paid work placement.

A total of 8 Travellers participated in “Train the Trainer” and of those 5 completed an OCN level 3 accreditation in ‘Train the Trainer’ which enable them to co-deliver the ‘Employment and Skills’ Training. 18 Travellers completed an OCN level 2 in ‘Employment and Skills’ Training and of these, 5 were provided with 12 week paid placement opportunities- 2 in SHSCT and 3 in HSE and 2 secured employment in the fields of transport and community health.

**Southern Trust Traveller placements**

In September 2012, the Southern Trust developed a Placement Policy with Supporting Protocols which included guidance on the provision of paid and unpaid placements in a variety of settings for Travellers who completed the CAWT ‘Employment and Skills’ training programme in order to enhance their job opportunities and build upon the learning and skills developed. As a CAWT partner, the Trust provided two 12 –week placement opportunities.

One of the placements was with the Booking and Contact Centre at Craigavon Area Hospital. With the support of a mentor from the hospital and the Trust’s CAWT Traveller Development Officer, one young Traveller woman gained valuable work experience and an understanding how the hospital booking systems work. Initially concerned about fitting in she quickly realised that her fears were unfounded. She said: “I really enjoyed the work placement and being part of a team was great. All staff members were very supportive and friendly. I learned new skills and am aware of the importance of confidentiality of patient details when working within the health service.” She added: “I now feel more confident about applying for other jobs.”
Progress on Action Plan—Employment- continued ........

The placement provided experience of a range of clerical duties including scanning, photocopying, e-mailing, filing and mastered the various administration systems used within the Booking centre such as Ore’ing and PAS. Training including corporate induction, fire safety and manual handling training was also provided.

Christine Rankin, Acting Booking Manager with Craigavon Area Hospital described Priscilla “as an absolute pleasure to work with who approached all tasks with enthusiasm. Priscilla’s skills and attention to detail has greatly improved over the weeks.”

The second placement was with the Looked After Children 16+ Team based in Newry. On completion of the Employment Skills training programme, one of the participants indicated that she would like to work with young people who had difficulties in their lives. The placement commenced in June 2013 and worked for a number of days. Unfortunately difficulties arose in the early stages of the placement due to personal circumstances and difficulties experienced working in an office environment. Despite attempts made by the Traveller Development Officer and meetings with the placement provider, the placement did not continue beyond July 2013. The young woman however did secure paid employment in September working with young people in her own community.

Two Traveller women are employed as part time health support workers with the Safe and Well Project in Armagh.

CTSC also supported two young Traveller Women to enrol with Wade Training for hair and beauty and catering courses.

Unfortunately the young Traveller male who was supported to enrol for car mechanics dropped out of the course after 2 months.

CTSC was also successful in assisting two students at Lismore and Brownlow High School to obtain work placements with CBC and a car mechanic based in Lurgan.

6. Volunteering

The Southern Trust has a Volunteer Policy and Procedures in place and these have recently been reviewed. While there is still 1 Traveller volunteer community health mentor active under REACH Project the requirement for occupational health checks is a barrier for some Travellers who prefer to register and volunteer with their local Traveller Support Groups.

Three Travellers and one young Traveller are registered and volunteer directly for Armagh Traveller Support Group.

Winnie Mc Donagh, is an Irish Traveller who lives in Armagh and has been volunteering with Armagh Traveller Support Group for 5 years. Winnie has ten children and the youngest is eight years old.
Although initially established as a short-term working group, the Trust Traveller Action Group has been so beneficial to all the partners involved that it was agreed that the work of the group would continue. A new action plan is currently being developed focusing on the following priorities:

- Promotion of awareness about Traveller culture
- Ensuring TSG workers and Travellers are aware of Trust services and referral pathways
- Development of mechanisms to monitor and evaluate the uptake of services by Travellers
- Continued Traveller involvement in planning, evaluation and development of improved services and continued support for Traveller development
- Promotion of awareness and delivery of a range of programmes to improve the health and well-being of Travellers
- Promotion of employment and volunteer opportunities for Travellers within the Trust and partner organisations

Profile of Winnie McDonagh, volunteer with ATSG

Winnie, how did you come to be a volunteer?

I decided to become a volunteer for Armagh Traveller Support Group (ATSG) because my children were growing up, getting married and moving out, my youngest girl is in school until 3 o’clock every day and I was left with a massive gap in my life. I needed to get out of the house and meet people. I had been involved with ATSG over the years attending health and well-being programmes and educational programmes. I was approached by the worker for ATSG to deliver Cultural Awareness Training. At first I was extremely nervous I had never spoken to a group of people before but the worker supported me and I never looked back!

What’s involved in the role?

The role is varied, which I like. I help out at Summer Schemes with the children, I help out at the young women’s groups and the youth groups. I deliver Cultural Awareness Training for ATSG and Safe & Well to a wide variety of people such as Teachers, Social Workers, Nurses and Police.

What’s in it for you?

I really enjoy meeting new people, learning new skills and sharing my experiences with others. I also get fulfilment representing my people at different meetings such as the SHSCT Traveller Action Group.

I appreciate having my expenses for fuel and food, for example, reimbursed as I am not in employment and this element lifts a barrier to volunteering for me.

What advice would you give someone considering getting involved in volunteering?

I would say GO FOR IT! You meet new people, learn new skills, it gets you out of the house and gives you a sense of purpose and who knows what opportunities may come out of it, you have nothing to lose.!!!!!

Future Plans

Although initially established as a short-term working group, the Trust Traveller Action Group has been so beneficial to all the partners involved that it was agreed that the work of the group would continue. A new action plan is currently being developed focusing on the following priorities:
If you are interested in becoming part of the Trust’s Traveller Action Group, please speak to your local Traveller Support Worker or contact:

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