

Southern Health and Social Care Trust Traveller Action Group Progress Report 2015/2016

What is the Traveller Action Group?

The Traveller Action Group (TAG) is a group that meets every 3 months to share information on support services for Travellers and to make sure that these services are suitable to meet Traveller needs and that Travellers are aware that they exist and how to access them.

Who attends the Traveller Action Group?

The Traveller Action Group is chaired by the Assistant Director Promoting Wellbeing and there is representation from:

- Other departments within the Southern Health and Social Care Trust
- Local Traveller Support Groups
- Safe and Well
- Early Years Toybox
- Traveller Education Support Service
- Housing Executive
- Public Health Agency

“ It has helped us to develop stronger working relationships “



Travellers did attend for a number of years when the group was established in 2010 however during 15/16 there has been no direct Traveller involvement. Traveller Support Group workers feedback to Travellers on the progress being made by the group and bring issues from the Travellers they work with to the meetings for discussion.



Excellent platform for sharing information and increasing access to, and knowledge of, health and social care, education, housing and other essential services”

Invaluable in providing us with access to training and development opportunities for our staff that ultimately benefit the Travellers we work with”



This progress report provides information on the current approaches taken to address the health and social care needs of Travellers across the Trust area and an overview of the progress made through the Traveller Action Group from April 2015 – March 2016.

TRAVELLER ACTION GROUP

What did the Traveller Action Group do during 2015/2016?

1. The Trust appointed some new staff to provide additional services for Travellers:

- Child Development Intervention Coordinator
- Public Health Nurse
- Health Training Coordinator



2. We extended the membership of the group beyond health and wellbeing.

3. We implemented our action plan under 8 key areas:

- Housing and accommodation
- Early years support and Educational attainment
- Employment and Skills
- Reducing stigma
- Traveller friendly services
- Targeted programmes
- Monitoring Evaluation and Research
- Collaboration and joint working



4. We celebrated the success of short term funded projects:

- Transforming Learning Communities
- Safe and Well Project
- Hearty Lives Craigavon Project



TRAVELLER ACTION GROUP

The Trust appointed some new staff

Health Training Coordinator

To develop an accredited training programme to provide Travellers with the opportunity to enhance their skills and knowledge and become qualified Health Champions and Health Trainers and increase employability options.

Ciara O'Hanlon took up the position in April 2015 and can be contacted at:

Tel: 028 37 412497 Mob: 07920796621
 Email: Ciara.ohanlon@southerntrust.hscni.net



Public Health Nurse

To provide targeted support for Traveller families in the Coalisland, Dungannon and Craigavon areas during ante natal and post natal period, promote infant mental health and attachment, provide Healthy Child Healthy Future programme and promote engagement with other health care services.

Deirdre McKillen took up the position in April 2015 and can be contacted at:

Tel: 028 87722821 Mob: 07770828750
 Email: Deirdre.mckillen@southerntrust.hscni.net

Child Development Intervention Coordinator

To enhance coordination of family support programmes and referral pathways.

Martina McCooley took up the position in April 2015 and can be contacted at:

Tel: 028 37 412446
 Email: Martina.mccooley@southerntrust.hscni.net



New Member Organisations

Northern Ireland Housing Executive

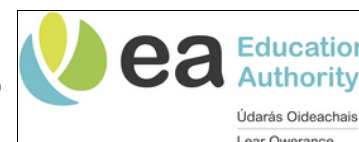


The NIHE was established in 1971 as Northern Ireland's strategic housing authority. It offers a range of services to people living in socially rented, privately rented and owner occupied accommodation as well as supporting and working with a number of other public bodies.

Since 2002 the NIHE has carried out an accommodation needs assessment of the Traveller community in Northern Ireland every 5 years to determine the housing needs of the Traveller community and examine any issues to be tackled. This provides a socio-economic profile of, and informs future planning of accommodation for, the Traveller population in Northern Ireland.

Traveller Education Support Service (TESS)

The Traveller Education Support Service provides advice, guidance and focused support to schools and to parents and pupils from the Traveller community as part of the Children & Young People's Services main aim: **"to help improve pupil outcomes and ultimately their life chances"**



Early Years Toybox



Toybox, funded by The Department of Education is an early childhood programme aimed at improving long-term outcomes for Traveller children aged 0-4 years and their families. The Programme uses home visiting, a focus on transitions, the development of inclusive early childhood practice and advocacy strategies to ensure that young Traveller children and their families have access to high quality early education, formal schooling and family support.

A Service Design Manual has been developed containing a detailed background to the programme, details of the proposed/anticipated outcomes for children, practitioners/teachers, parents and communities. The manual supports effective home visiting with Traveller families however, the tools described will support any group plan in the delivery and evaluation of an effective home visiting programme.

In the period April 2015 to March 2016 178 families and 243 children across Northern Ireland accessed the project including 86 new children.



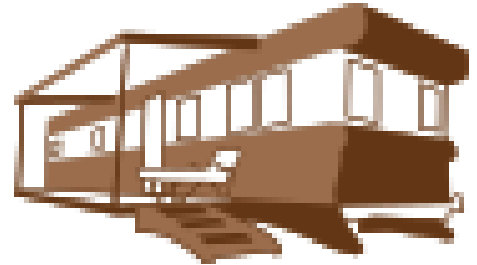
For further information on Toybox in Southern Trust area please contact:
Shirley Gillespie shirleyg@early-years.org Mob: 07968874414

TRAVELLER ACTION GROUP

We implemented our action plan...

1. Housing and Accommodation

- ◆ The Traveller Support Groups continue to work with the Housing Executive to address housing and accommodation issues
- ◆ The Housing Executive is now a member of the Traveller Action Group
- ◆ A meeting has been planned to discuss the provision of additional permanent accommodation in the Newry, Craigavon, Coalisland and Dungannon areas
- ◆ We have been linking with the Community Planning processes in the new Council areas and we have asked each council to nominate a representative to join the Traveller Action Group



TRAVELLER ACTION GROUP

2. Early Years Support and Educational Attainment



- ◆ TESS and Toybox are now part of the Traveller Action Group
- ◆ The Trust appointed a new **Public Health Nurse** to work with Traveller families in Coalisland, Dungannon and Craigavon
- ◆ The Trust appointed an **Child Development Intervention Coordinator** so that parents can get information about all the family support programmes and know where to get help and advice
- ◆ The Trust delivered the **Roots of Empathy** programme in primary schools to help children develop awareness of their own feelings, reduce levels of aggression, increase empathy and raise social and emotional competence



This is a voluntary programme and schools have to agree to participate. The Traveller Support Groups identified Schools that Traveller children go to and these were passed to the Roots of Empathy Coordinator to try and encourage these schools to take part.

Traveller Support Workers have also been trained to deliver this programme in these schools.

Within the Southern Trust area the Roots of Empathy Programme is now currently being delivered in 6 schools with Traveller children attending:

- | | |
|------------------------------|--------------------------|
| ◆ St Catherine's Armagh | ◆ St Joseph's Meigh |
| ◆ St Joseph's Bessbrook | ◆ St Peter's Bessbrook |
| ◆ Christian Brother's Armagh | ◆ Drumgor Primary School |

For further information, please contact; Maureen McSorley Senior Health Promotion Officer -Youth Tel: 028 3741 2763 E: Maureen.mcsorley@southerntrust.hscni.net

TRAVELLER ACTION GROUP

3. Employment and Skills



The Department of Employment and Learning now receive the minutes of our meetings and will attend on request.

The Trust appointed a Health Training Coordinator to develop a programme to enhance Traveller skills and qualifications.

Volunteering - Community Health Champion Programme

Community Health Champion training programme was delivered by CDHN (Community Development Health Network) in each locality – Portadown, Coalisland and Newry.

This was a 3 day accredited training programme to prepare and support volunteers to tackle health issues in their local community. There were 2 Open College Network (OCN) units - Community Health Champions & Group Work Skills for Health and Wellbeing.

Travellers trained as Community Health Champions alongside volunteers from local Neighbourhood Renewal areas.

To date 16 Travellers have been trained as Community Health Champions.

Wraparound training in topics such as cancer screening, child safety has also been provided and other topics will continue to be provided to increase knowledge in key areas of health improvement.

Participants receiving their accredited qualification certificates - Newry & Coalisland



TRAVELLER ACTION GROUP

Employment and Skills continued



Community Health Trainer Programme

Kathleen Toland from Lurgan completed the Health Trainer qualification in February 2016. Kathleen has many years volunteering experience with Traveller women's group and completed the Community Health Champion training qualification in June 2016. She progressed to the Health Trainer qualification in November and was trained alongside other volunteers from local neighbourhood renewal areas.

As with the Health Champions, wraparound training in topics such as Diabetes awareness, Cook It!, Walk Leader, Cycle Leader, 5 Ways to Wellbeing and smoking cessation has also been provided and will continue to be provided to increase knowledge and skills in key areas of health improvement.



Kathleen has already started to provide Health Trainer sessions:

- ◆ To groups
- ◆ 1-1 health checks
- ◆ Pop-up events and campaigns

"I am really enjoying being a Health Trainer – meeting new people and advising and supporting them to improve their health and wellbeing"



This is Kathleen on No Smoking Day 9th March 2016 promoting the 28 day challenge

TRAVELLER ACTION GROUP



4. Reducing Stigma



Local Travellers working with Safe and Well provided Traveller Cultural Awareness work shops to a number of staff and volunteers from a range of organisations that provide services to Travellers. These included: youth groups, council workers, community organisations, health workers and other professionals.

Feedback from those attending the workshops included:

“Myths were busted, the session was interesting, informative and useful”

“It was extremely informative, Geraldine & Kathleen were a joy to listen to. I really enjoyed hearing about their cultural experiences”

“The two Traveller ladies were inspirational. They were open, honest and refreshing”

All of the feedback provided by participants was extremely positive with the fact the programme was Traveller led being a common theme.

The sessions delivered to professionals in the Health and Social Care Trusts not only increased awareness of the issues faced by Travellers but provided those professionals with contact to marginalised groups through which further links were developed.

The workshops also helped the Travellers involved to improve their confidence and skills.

- ◆ All of those involved gained new qualifications and are now sharing their literacy and computer skills with family and friends
- ◆ One of the Travellers has now gained employment, which she stated would not have been possible without her involvement with the Traveller Cultural Awareness Workshops



5. Traveller Friendly Services

My Child

Toybox developed a DVD, My Child in 2009 the work of which was revisited in November 2014 (My Child Revisited).

Together these capture the many positive experiences Traveller children and families have had in relation to early years education.

This case study follows four families from different geographical areas over five years.

We hear from both the children and parents how they have benefited from a range of different learning experiences which started with Toybox.

These DVD's are being used to support parents who are engaged in services and for other agencies to strengthen their practice.



Service Design Manual

In December 2015, **Toybox** launched The Service Design Manual which has a strong evidence based approach, contains a detailed background to the programme, and details of the proposed/anticipated outcomes for children, practitioners/teachers, parents and communities. It lists the service components which make up this intervention programme and describes what needs to be put in place under each component.

The manual describes the model that has been developed to create effective partnerships with Traveller families. This model could also be applied to working in partnership with other vulnerable families to improve outcomes for children.

The Toybox Service Design Manual has been developed to support and assist Practitioners/ Teachers, Early Years Specialists, Training Facilitators, Home Visiting and Outreach staff, and other Early Year's agencies to implement the Toybox approach and is available for purchase from Early Years Headquarters, Boucher Road, Belfast (Tel 02890662825).



Michael Ward and his son Michael at the launch of the Toybox Service Design Manual

Traveller Friendly Services continued

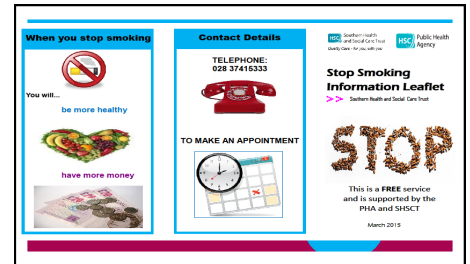


During the year we responded to some of the issues that were of concern for some Travellers:

Smoking Cessation

We worked with Travellers in the Newry area to develop a leaflet so Travellers would know how to get help to stop smoking.

We shared this leaflet at the Regional Traveller Health and Wellbeing Forum and other Trusts thought it was a good idea and have developed their own leaflets with Travellers in their areas.



Fire Safety



We shared this leaflet developed by the NI Fire and Rescue Service so that Travellers would know how to stay safe and what to do to prevent a fire.

Staying Safe at Hallowe'en

At Hallowe'en we also shared information about fireworks, how to keep children safe and some activity sheets.



Doctors and Dentists

Safe and Well developed information leaflets to assist with doctor and dental registration.





6. Targeted programmes



Mental Health and Suicide Prevention

- ◆ Gatekeeper training continues to be promoted with the Traveller Support Groups across the Southern Trust area. Traveller Support Workers have attended training on Mental Health First Aid and ASIST
- ◆ The Trust's Protect Life Coordinator has attended training on Cultural Competence with a view to rolling it out across Mental Health Services in the Trust
- ◆ The Public Health Agency under the Protect Life implementation Group (PLIG) in the Southern Trust area has appointed AWARE NI to develop and deliver bespoke mental health programmes for Travellers. The Traveller Support Workers and Trust staff are supporting this.



The first session was delivered in Armagh to ATSG's Women's Group.

Following on from the Women's Craft Workshop and with the ladies consent ATSG drew on the expertise of AWARE NI to deliver 2 programmes:

- Mood Matters for Adults, and
- Living Life to the Full

Both programmes use concepts from the Cognitive Behavioural Therapy Model (CBT) and introduced the ladies to the 'Five Areas Approach' which they could use to challenge and change unhelpful thinking and behaviour in order for them to make a positive difference to their lives.

ATSG acknowledge the strength of talking and the important part it plays in our relationships, how it strengthens our ties with other people and helps us to stay in good emotional health.

Our aim was to provide a safe environment in which the group could support one another, gain inner strength, learn new skills and not be afraid to talk about their own emotional wellbeing.

Overall the programme resulted in several positive outcomes. The ladies reported to having higher levels of self-worth and self-esteem thus developing a changing in attitudes and building inner strength and self-empathy which in turn enhanced the ladies' confidence.



TRAVELLER ACTION GROUP



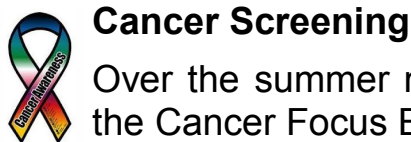
Targeted programmes continued

Healthy Eating

Over the summer months (2015) Safe and Well arranged for the Cancer Focus Bus to visit Armagh, Craigavon, Dungannon and Killeavy and provide sessions on health eating.

A 6-week “Enjoy Healthy Living” course that included Weigh to Health, sunbed awareness and accident prevention was delivered to 5 Travellers in Coalisland and 3 in Armagh. Weigh to Health was delivered to 4 Travellers in Craigavon.

1 member of Armagh Traveller Support Group staff was trained in Cook It! and Weigh to Health - both programmes were delivered twice in year.



Cancer Screening

Over the summer months (2015) Safe and Well arranged for the Cancer Focus Bus to visit Armagh, Craigavon, Dungannon and Killeavy and provide sessions on **safety in the sun**.



In January 2016, Ciara O’Hanlon and Nuala Carlin Promoting Wellbeing staff delivered a 3-week **Breast, Bowel and Cervical Screening Awareness** programme to Traveller women in Dungannon.

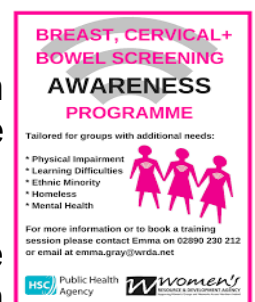
Ciara and Nuala undertook a Community Facilitator programme with WRDA (Women’s Resource & Development Agency) to support the development of facilitation skills of women in disadvantaged areas.

The Breast, Bowel & Cervical Screening programme funded by the Public Health Agency has been developed in partnership with health experts and piloted thoroughly at grassroots level. Although people living in NI are entitled to free health services, including screening programmes, it is often the case that those who are most marginalised do not access these services. This health awareness programme informed the Traveller women of the screening services available and gave them the support and confidence necessary to access them.

Anyone wanting the Breast, Bowel & Cervical Screening programme delivered to their community group, please contact:

Ciara O’ Hanlon, Health Training Coordinator.

Tel: 028 37 412497 Mob: 07920796621



TRAVELLER ACTION GROUP



7. Monitoring, Evaluation and Research

The Trust continues to roll out its **new Community Information System**. This new system called PARIS has the ability to capture ethnicity.

The Health and Social Care Board (HSCB) has developed a regional ethnic monitoring poster, leaflet and tips and these resources are now available for staff on the Trust's intranet. The CIS Team continue to highlight this to teams when they move on to PARIS to ensure that staff remember and feel comfortable to ask the question.



8. Collaboration and Joint Working

The **Regional Traveller Health and Wellbeing Forum** led by the Public Health Agency (PHA) continues to bring together representation from the PHA, HSCB, Health and Social Care Trusts, Education Authority, Traveller support and relevant voluntary sector organisations.



The aim of the Travellers 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. Members are committed to undertake actions based on the findings and recommendations of the All Ireland Travellers Health Study, particularly those relating to health and wellbeing.

A yearly thematic action plan is approved and supported by the Forum and it allows a means of planning, delivery 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.

Some of the forum's activities and achievements during 2015/16 include:

- Commissioning and appointment of Traveller Health posts in Belfast, Western and Southern area
- Additional financial support for Traveller groups in the Southern area to sustain and expand services
- Commissioning of the Traveller Mental Health and Emotional Wellbeing programme (regional)
- Undertook a Breast Screening Cancer Screening Pilot in Southern area

If you would like to find out more about the Traveller Health and Wellbeing Forum contact: Lucille Lennon Lucille.lennon@hscni.net Tel: 028 95363542

TRAVELLER ACTION GROUP



We celebrated success

Transforming Learning Communities



go further - aim higher

This Project was funded for six years (2009 – 2015) through the Big Lottery's Live and Learn Programme to address educational barriers and inequalities for Irish Travellers and Migrant Workers. The project was delivered by Southern Regional College (SRC) in conjunction with Trademark, and a wide range of community and statutory partners who provided advice and support to project staff to access participants.

The focus within the Traveller strand was pre-essential skills - Literacy, Numeracy and IT, targeting those who have not previously engaged in adult learning or who may have had a poor or limited experience of formal education.

Over the last six years 101 courses were delivered to 616 Travellers including:

- 92 Travellers successfully passed their Driving Theory
- One student who completed a dressmaking course now makes a small income carrying out repairs and alterations within the Traveller community
- 35 Traveller men completed Health and Safety in the Workplace programmes focusing entirely on the types of work they were engaged in to promote increased awareness of the dangers associated with working at height, use of chemicals and machinery
- 5 Traveller men completing their Level 2 in Door Supervision through a Neighbour Renewal Programme in Craigavon (these men went on to complete their Level 2 in CCTV monitoring with another programme within SRC)
- Identifying new programme participants in rural areas who were not connected to any Traveller support groups – two of these participants went on to Level 2 programmes in Hair and Beauty with SRC
- Transferring classes from community venues in Armagh onto the Campus as Travellers expressed a wish to experience classes in the formal college environment. This indicated an increase in confidence, a reduction in barriers to access and a desire to continue learning
- 16 Traveller men who came to a clinic in Dungannon successfully completed the IOSH Level 2 in Working Safety which is an industry-recognised health and safety qualification



TRAVELLER ACTION GROUP

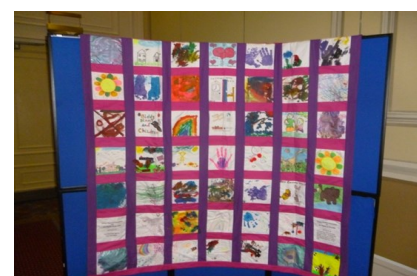


We celebrated success

SAFE AND WELL PROJECT
Southern Area Action with Travellers

The **Safe and Well Project**, a multi-sectoral partnership led by **Craigavon Traveller Support Committee** were awarded a grant from the Big Lottery Safe and Well Programme in 2010, to deliver a programme to build on and support the work of the local Traveller Support Groups in the Southern Trust area.

The programme ran until March 2016 exceeding the targets set. In February 2016, a celebration event was held in Armagh City Hotel. The focus of the event was to highlight the depth and variety of project work and individual community development work successfully undertaken by Travellers living across the Southern Trust area.



Presentations to participants, a view of the room on the day and the Safe and Well Team



TRAVELLER ACTION GROUP



We celebrated success

Hearty Lives Craigavon, a British Heart Foundation project located in and managed by the Southern Trust commenced in January 2013.

The aim of the project was to improve heart health in BME and Irish Traveller communities.

Jane Ferguson, a qualified Nurse employed as the Hearty Lives Health Co-ordinator worked closely with Craigavon Traveller Support Committee and after school, Polish Saturday School, Wah Hep, Splash Sure Start, Richmond Community Association and Community Intercultural Programme, local workplaces and many others to provide Heart Health screening, British Heart Foundation resources and health advice.

Over the three year programme, within the Traveller strand:

- ◆ **182** Travellers received health screening
- ◆ **18** were referred to GP services
- ◆ **132** Travellers attended embedded lifestyle change activities
- ◆ **112** individuals also benefitted



Hearty Lives Craigavon is due to end in March 2016. The learning from the project will inform the development of the new NI New Entrants Service (NINES) which is due to commence later in 2016.

TRAVELLER ACTION GROUP



Future Plans

The Traveller Action Group will continue to meet on a quarterly basis.

A new action plan is currently being developed for 2016/17 under the 8 key areas identified in the regional Traveller Health and Wellbeing Action Plan.

The Traveller Action Group Action Plan will focus on the following areas:

1. Improved Inter-sectoral working under Community Planning
2. Early Years support and Educational Attainment
3. Employment & Skills
4. Reducing stigma
5. Traveller Friendly HSC Services
6. Targeted Programmes
7. Monitoring, evaluation and research
8. Collaboration and Joint working



We will continue to seek to:

- ◆ Expand membership
- ◆ Promote awareness about Traveller culture
- ◆ Provide up-dates to ensure Traveller Support Workers and Travellers are aware of Trust and other services, referral pathways and the range of programmes to improve the health and social well-being of Travellers
- ◆ Develop mechanisms to monitor and evaluate the uptake of services by Travellers
- ◆ Involve Travellers in planning, evaluation and development of improved services
- ◆ Support Traveller development
- ◆ Embed and further develop the Health Champion and Health Trainer programme
- ◆ Promote employment and volunteer opportunities for Travellers within the Trust and partner organisations

TRAVELLER ACTION GROUP

Traveller Support Contact details



An Tearmann Traveller Support Project

Community Support Centre
64 Main Street
Coalisland
Co Tyrone
BT71 4NB
Tel: 028 87 741 961



Community Worker: Una Loughran

Offices open to individual Traveller enquires for both drop-in and appointments from Monday to Friday 9.00 - 5.00pm.

Armagh Traveller Support Group

Ward 1, St Luke's Hospital
71 Loughgall Road
Armagh
BT61 7NQ
Tel: 028 37412755

Project Manager: Fidelma McCoy

Admin Support: Margaret Montgomery

Offices are open Monday to Thursday. Appointments are available Monday - Thursday from 10.00 am - 1 pm.



Craigavon Traveller Support Committee

Moylinn House
21 Legahory Centre
Craigavon
Co Armagh
BT65 5BE
Tel: 028 38342089

Project Manager: Lisa Hogg

Project Administrator: Roisin Brady

Offices are open Mon to Thur 9:15am to 5:00pm, Fridays 9:15am to 2:00pm.



Stella McLoughlin

Traveller Family Support Worker for Newry and Mourne

Promoting Wellbeing Team
John Mitchel Place
Newry
BT34 2BU

Tel: 028 30834272 **Email:** Stella.mcloughlin@southerntrust.hscni.net





Quality Care - for you, with you

If you are interested in becoming part of the Trust's Traveller Action Group, please speak to your local Traveller Support Worker or contact:

**CAROLYN AGNEW
HEAD OF USER INVOLVEMENT AND
COMMUNITY DEVELOPMENT**

**028 3741 2519
079 2087 5649**

Email: Carolyn.agnew@southerntrust.hscni.net

Southern Health and Social Care
Trust
Promoting Wellbeing Team
Ward 1, St Luke's Hospital
Loughgall Road
Armagh, BT61 7NQ