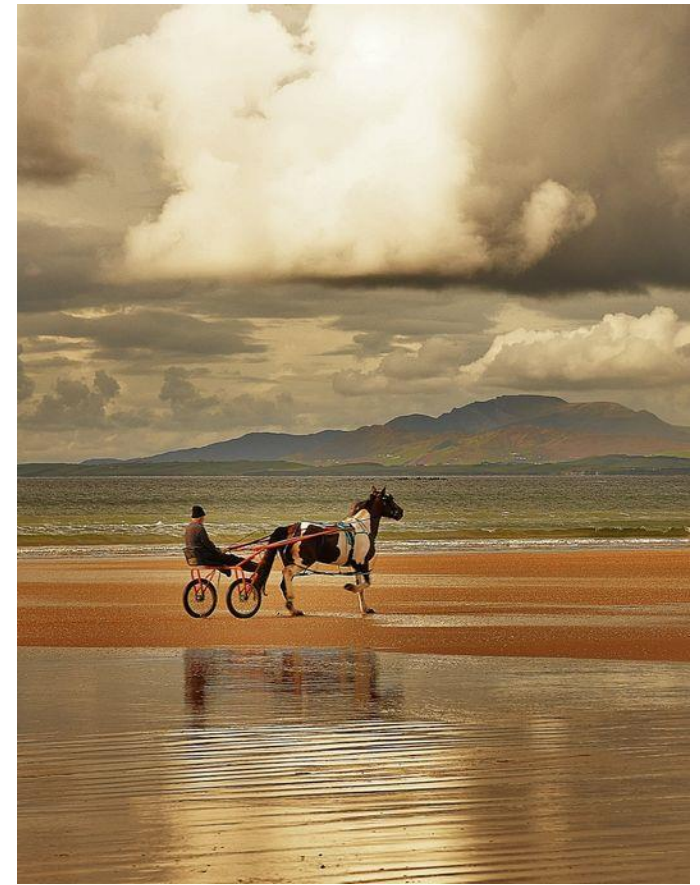


COVID-19 & The Irish Traveller Community

ANN FRIEL

DONEGAL TRAVELLERS PRIMARY HEALTH CARE COORDINATOR



Donegal Travellers Project



An NGO established in 1996

Partnership of Travellers and members of the majority population

Represent Traveller and Roma issues at local, national and international levels

Committed to anti-racism, social justice, equality and human rights

The principles of Community Development underpin our work

Working with the Roma Community and BME communities

Funded by the State (HSE, Tusla, DCYA, Dept. Justice, SICAP, Peace IV)

Real Participation for and with the Traveller community in planning, management and the development and delivery of programmes

‘Nothing about us, without us’





Donegal Travellers Project

National Traveller Programme

Primary
Health Care
Team

Youth
Project

Roma
Community
Project

Education
Project

St. Gabriel's
Intercultural
Preschool
Afterschools

Irish Travellers

Travellers are an indigenous minority ethnic group, documented as being part of Irish society for centuries. Travellers have a long shared history and value system, their own language, customs and traditions.



The distinctive Traveller lifestyle and culture, based on a nomadic tradition, sets Travellers apart from 'settled people'.

Population : 30,987 Census 2016

All Ireland Traveller Health Study 2010

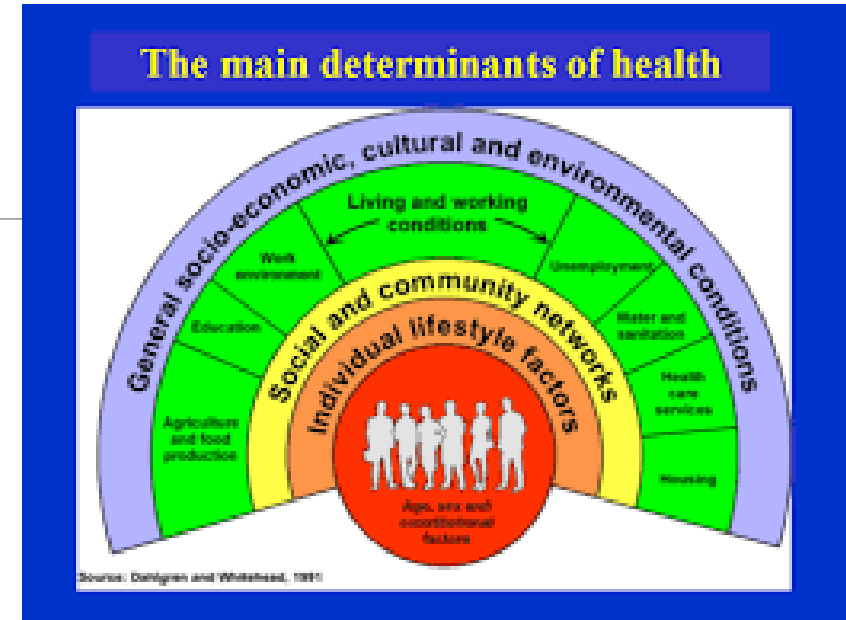
ROI: 36,244

Northern Ireland: 3,905



Health Inequalities in the Traveller Community (AITHS, 2010)

- Peer led research into Traveller health in Ireland
- Every 1,000 Traveller babies born 3 are expected to die before their 1st Birthday
- Over 50% of Travellers have issues with literacy
- Travellers continue to live in sub –standard accommodation
- Average Traveller male life expectancy is 61.7 years compared with 76.8 for general population (**16 years**)
- Average Traveller female life expectancy is 70.1 compared with 81.6 for general population (**11 years**)
- Discrimination and racism impacts on health, education, accommodation, employment



Attitudes to Travellers 2017

In 2017 only 26% of Travellers consider life in general to have got better for the community in the last 5 to 10 years

82% of the community have been affected by suicide

77% of Travellers have experienced discrimination in the last year/43% accessing services

The majority of Travellers feel that they are not respected in Ireland nor is Traveller culture

90% of the community agree that mental health is an issue

Accommodation, employment and Mental Health are perceived to have declined over the past years.

Continued....

78% of the settled community surveyed would not have a member of the Traveller Community as a neighbour

83% said they would not employ a Traveller

91% said they would not have a Traveller as a family member

83% said they would not have a friend who is a member of the Traveller Community

55% said they would not have Travellers part of the community

75% said they would not work with a Traveller

COVID-19 Pandemic

Further Challenges for Ethnic Minority Communities

Describes the virus as treating everyone the same

Closer Look

Are we all in this together?

Highlighted and Increased the level of inequalities in the Traveller Community

Coronavirus COVID-19

Keeping Travellers Well

MINDING OUR NUCKS
It's normal to feel worried about what is happening with COVID-19 (Coronavirus) at the moment.

HERE ARE 5 SIMPLE STEPS THAT MIGHT HELP:

1 FOCUS ON WHAT YOU CAN CONTROL

- Keep washing your hands
- Practice social/physical distancing - stay away from older Travellers, those with ongoing illnesses and pregnant Traveller women
- Remember most people with the virus **will get better**
- Remember this will pass and **we'll get through this together**

2 AVOID CHECKING NEWS AND SOCIAL MEDIA A LOT

- Don't check social media or the news all the time - it can make you more worried or stressed
- Get information from the HSE, evening news and Pavee Point
- Double check information shared through WhatsApp or Social Media

3 SCHEDULE ACTIVITY

- Keep busy while practising social/physical distancing
- Try to get out in the fresh air once a day
- Do the 'minding your mental and physical health exercises' shared by Pavee Point to help keep your mood up

4 SEEK SUPPORT

- Travellers are used to always being together but if we want to protect our grandparents and our community, we need to keep our distance during this crisis
- Keep in contact through video calls and texts instead

5 TAKE CARE AND BE KIND

- Be kind to yourself and others during this time
- If you're well, help your family and other Travellers - you can pick up groceries or medicine for them
- Prayer and listening to mass on the radio or television might be helpful



Named as an 'At Risk Group'

Low Life Expectancy/High infant Mortality Rates

High Suicide Rates

Poor Housing & Accommodation

High Levels of Racism experienced

Unemployment

Educational Disadvantage

Poverty

Responding to COVID-19



Donegal Travellers Project
30 September at 11:01 · 🌐



PLEASE SHARE WIDELY 🙏🙏🙏🙏

Even though Donegal is in Level 3, you should send your children to school. The only reason you should not send your child to school is if your child has:

- a fever (high temperature - 38 degrees Celsius or above)
- a cough, loss or change to their sense of smell or taste, or shortness of breath
- Been in close contact with someone who has Coronavirus

Be... See more

When Should I Not Send My Child To School?

-  A temperature of 38 degrees Celsius or more
 -  Any other common symptoms of coronavirus - a new cough, loss or changed sense of taste or smell, or shortness of breath
- If my

Donegal Travellers Project
2 October at 08:30 · 🌐

As temperatures drop and we enter into the winter months it's important to know that the following together are NOT symptoms of COVID-19:

- ❌ Sneezing
- ❌ Runny nose

Your children can continue to go to school if these are the only symptoms they have. For educational support please contact Caoimhe on 0868580298 or dtpedteam@gmail.com

You do not need to restrict your child's movements if the only symptoms they have are:

- **A RUNNY NOSE**
- **SNEEZING**

They can continue to go to school or childcare if these are the only symptoms they have. A runny nose or sneezing on their own are more likely to be symptoms of a cold or other viral infection.




Donegal Travellers Project is  sharing a COVID-19 update.
7 October at 14:28 · 🌐

Ann Friel Primary Healthcare Coordinator and Rose Ward Project worker discuss the HSE guidelines for level 3. Please listen below and share this post to your newsfeed.

It's so important that we continue to listen to these guidelines so that we can keep each other safe.

If you need support or have any concerns please get in touch with us below ... See more



Donegal Travellers Project is  sharing a COVID-19 update.
25 September at 10:58 · 🌐

****PLEASE SHARE****

From Midnight tonight Donegal will go to Level 3.

Please see below on what you need to know for the next three weeks.

... See more



Level 3

New COVID-19 Restrictions in Donegal

What do I need to know?

Stay informed and in touch.

-  Avoid non-essential Travel outside of the county
-  Maximum of 6 visitors to your home from only 1 home
-  Up to 25 people can attend a wedding ceremony and reception
-  Non-Contact training in pods of 15 allowed outdoors, no matches allowed
-  Restrictions set to last until Friday 16th October

If you feel concerned about COVID-19 please get in touch 0861453429 or 074 912 9281

Coronavirus COVID-19

Prevention Steps



COVER

Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Always put your tissue straight into the bin after use.



WASH

Wash your hands really well with soap for at least 20 seconds. (Sing Happy Birthday twice, or say the Our Father Prayer once slowly).



AVOID

Do not touch your eyes, nose or mouth with unwashed or dirty hands.



CLEAN

Clean and disinfect all surfaces and items you use regularly for example: kitchen tops, tables, door handles, remote controls, phones, baby bottles. Don't forget to clean surfaces in your car /van if you're visiting the shop such as: door handles or steering wheel.



Coronavirus COVID-19

Prevention Steps

SOCIAL/PHYSICAL DISTANCING



Assume that we all have the virus and can spread it to others - that's why it's really important to keep our distance.

If we all stay 6 feet away from other people it will help to slow down the spread of the Coronavirus. By doing this it will help save lives.

Travellers like to come together for weddings, funerals, christenings, confirmations and other family occasions. But if we want to protect our Grannies, our families and our community, we need to stay away from large group gatherings and keep our distance from others.

It's also important to remember this is not a school holiday for our children and they can easily spread the virus. We need to get more involved by finding ways to help them to learn and play indoors where possible.

SHOW SOLIDARITY

Visiting family and community is very important to Travellers. But, by keeping away from older Travellers, anyone with long-term medical issues and Traveller women who are pregnant - it will help us to protect them from the virus.



DO stay away from older Travellers, those who have a long term illness and pregnant Traveller women.



DO check in with older family members and friends by phone and make sure they have everything they need.



DO use phones and messages to stay in touch with the people you love and care about. Make calls and send messages of support.

FOR MORE INFORMATION

Get your information from reliable sources.

Check the HSE website www.hse.ie/coronavirus or the Department of Health website www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus for daily updates.

You can also get information updates by watching the Irish evening news.

Get in touch with your Traveller Community Health Workers and local Traveller organisation

www.paveepoint.ie/traveller-organisations



Cultural Competence

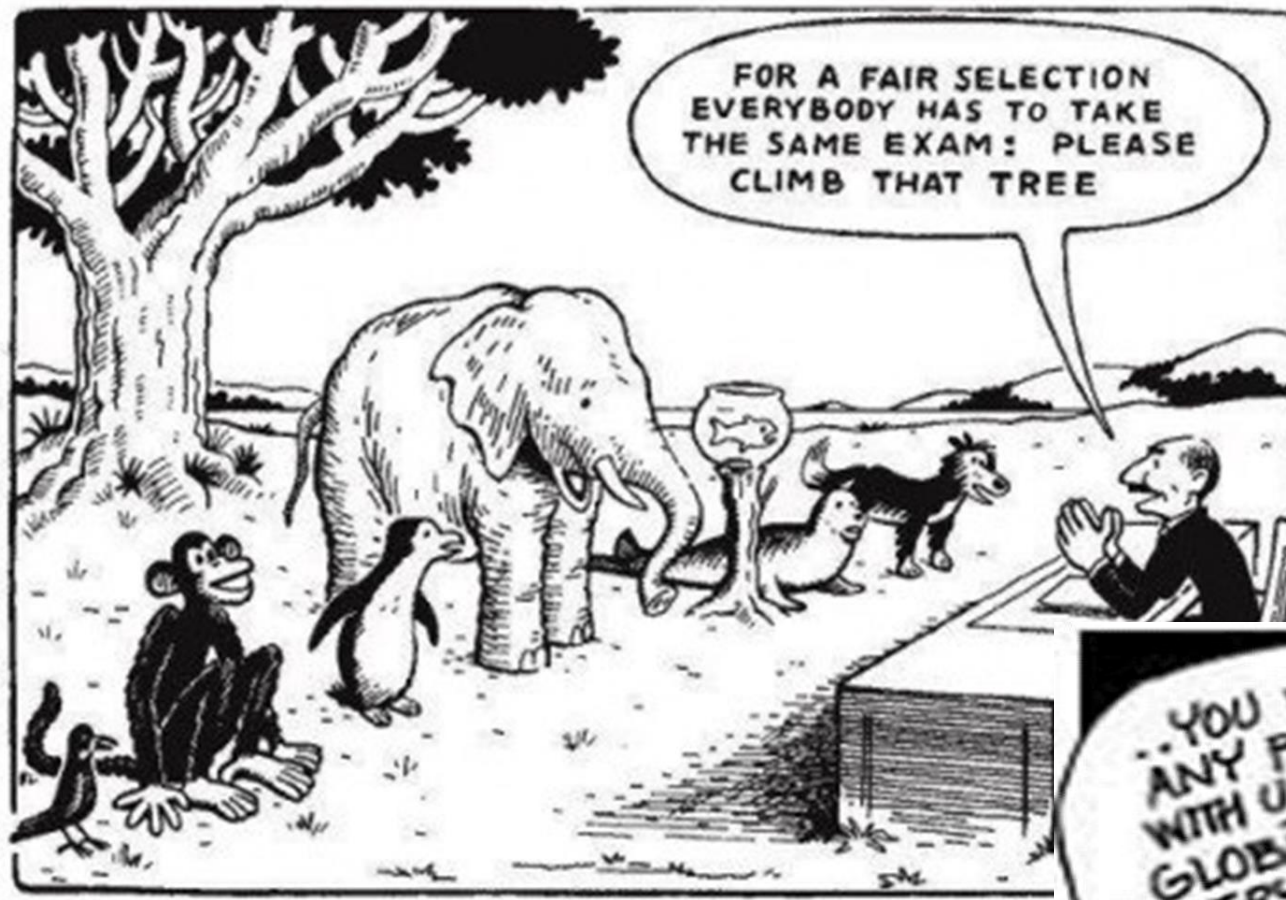
Cultural competence refers to an ability to interact effectively with people of different cultures.

It involves :

- Awareness of one's own cultural worldview
- Attitude towards cultural differences
- Knowledge of different cultural practices & worldviews
- Cross-cultural skills
- Finding ways to ensure inclusivity

Developing cultural competence results in an ability to understand, communicate with, and effectively interact with people across cultures





In order to treat people equally we have to recognise differences and take positive action

