



# Your Health and Wellbeing

## A Guide for Gypsies and Travellers



From a healthy heart to a happy head!

# Irish Traveller Movement in Britain



## **Welcome**

*Statistical data are not currently collated within the National Health Service about the needs of Gypsies and Travellers or the support services they receive. National data about their health and health care service is therefore not available. However independent studies have highlighted Gypsies and Travellers have much poorer health than the general population. This directory which ITMB are delighted to publish is an attempt by the community itself to highlight what there needs are and where support and help can be sought.*

*The directory was designed by the Traveller women participating on our accredited Health and Wellbeing course as part of their work. The subjects covered reflects the content of the course . These are health and wellbeing issues that the community themselves have identified as priority. It is by no means meant to cover all areas and is not an exhaustive list of all support services but a first step.*

*I would personally like to thank all the women involved, our staff, and volunteers for their help and support in putting this together. We hope you will find it useful.*

*Best Wishes*

***Yvonne MacNamara***

*ITMB Director*

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## How to....

Throughout this guide we have referred to your **Doctor**, which means your GP. It is very important to register with a Doctor. See below for how to.

### How to use NHS Direct :

**08454647**

Providing expert health advice, information and reassurance. Open 24 hours a day, 365 days a year. When you call NHS Direct, they'll ask you to provide some basic information, including details of any medication you may be taking. If you're calling on behalf of someone else, you'll need to provide this information on their behalf. Once you have spoken to the call centre, a nurse will call you back for free. They'll assess your problem and advise you on the best course of action. If you're feeling unwell at the time of your call, you may be told how you can look after yourself at home, or they may recommend seeing a chemist. If it's something more serious, you may be advised to see another health professional, such as your Doctor. If the problem is very serious, we can help you to access the ambulance service.

### How to register with a Doctor:

Contact any Doctor Surgery you like near where you live and ask to register with them. They will ask you to complete a form called a GMS1, giving details such as:

- your name and address
- your date of birth
- your NHS number (if you know it)
- other information, such as the name and address of your previous Doctor

The Doctor Surgery will send the GMS1 to the local Primary Care Trust (PCT), who will write to you confirming that you're registered with the Doctor Surgery. Your medical records will be transferred to the new surgery.

### How to register with a Dentist:

To get NHS dental treatment, just contact a practice that provides NHS dentistry and ask for an NHS appointment. If you're not sure whether the practice provides NHS care, ask. You can find details of dentists and your local PCT dental access helpline in the following ways:

- Visit [www.nhs.uk/Livewell/dentalhealth/Pages/finding-an-nhs-dentist.aspx](http://www.nhs.uk/Livewell/dentalhealth/Pages/finding-an-nhs-dentist.aspx), and enter your postcode in the 'Services near you' box on the right hand side of the page to find your nearest dental practice.
- Text 'dentist' to '64746' from your mobile phone from the area you need a dentist
- Call NHS Direct on **0845 46 47**

# Substance misuse

Substance misuse is usually the abuse of alcohol or other drugs both legal and illegal. It can lead to dependency and in some cases addiction. Substance misuse often results in physical or emotional harm and may be the cause of difficulties in relationships, at home and at work.

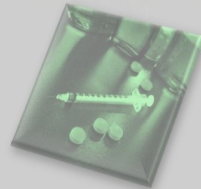
Drugs are things like, cigarettes, alcohol, cannabis, cocaine and also medication such as painkillers and antidepressants.

People take illegal drugs to get 'high' or escape worries. Some are very addictive and harmful, and it is possible that some -like 'skunk' (strong cannabis) - can lead to mental illness. Possession is illegal, and so is selling or giving to others. Penalties for being caught in possession or dealing can result in a custodial sentence

## Anti-depressants

(Seroxat, Prozac, Diazepam, Citrimil, Nardil). These can help you feel less sad or 'down', and are not usually addictive.

**Over the counter drugs:** You can buy these at the chemist. They are safe if you follow the instructions on the packet.



## Smoking

For many people, an important aspect of quitting smoking is to find other ways to handle these difficult feelings without smoking. Even when cigarettes are no longer a part of your life, the painful and unpleasant feelings that may have prompted you to smoke in the past will still remain. So, it's worth spending some time thinking about the different ways you intend to deal with stressful situations and the daily irritations that would normally have you reaching for a cigarette.

**Giving up smoking** is a great way of preventing a lot of smoking related health problems such as;

- Periodontal disease (gum disease leading to tooth loss)
- Brittle bones
- Eye cataracts
- Stomach ulcers
- Premature lines and wrinkles

If you are thinking *I would like to give up smoking but don't know where to go for help or support* here are some steps to get the support and services that are provided.

You can go to your Doctor (GP) and get advice on the best method for you to stop smoking, and if you are on benefits you will get free nicotine products from your doctor or you can go to your nearest chemist who usually have lots of leaflets and information on ways to stop smoking.

# Substance misuse

## What can I do if someone I know is taking drugs?

1. Remain Calm Losing your temper isn't going to help the situation, you or person you are trying to help.
2. Ask them a few questions: In a non-judgmental, non-confrontational way, ask them some questions –like why do you like being high? Try and encourage them to talk about it if you think it is safe to do so.
3. Express Your Concern: It is important to explain why you want them to stop smoking drugs or whatever the dependency is. You want them to know you care about them you do not want them to get hurt, lose control of their life, or make poor decisions.

## Getting Help

If you, a friend or family member have a problem with substance misuse or think you may be developing a dependency on drugs, the organisations listed below can help.

*And remember, you can go to your Doctor for help also.*

## Useful Contacts:

<b>Ask Frank:</b>	<b>T: 0800 776 600</b> Text <b>82111</b> or <a href="http://www.talktofrank.com">www.talktofrank.com</a>
<b>Narcotics Anonymous:</b>	<b>T: 0300 99 12 12</b> or <a href="http://www.UKNA.org">www.UKNA.org</a>
<b>Alcoholics Anonymous:</b>	<b>T:0845 76 7555</b> or <a href="http://www.alcoholicsanonymous.org.uk">www.alcoholicsanonymous.org.uk</a>
<b>National Alcohol Helpline:</b>	<b>T:0800 917 8282</b>
<b>NHS Smoking Helpline:</b>	<b>T:0800 169 0169</b>
<b>Quitline:</b>	<b>T:0800 002 200</b> or <a href="http://www.quit.org/uk">www.quit.org/uk</a>
<b>Drug Action Teams:</b>	<b>T: London 0845 287 0716</b> <b>T: Birmingham 0800 073 0817</b> <b>T: Manachester 01618344606</b>

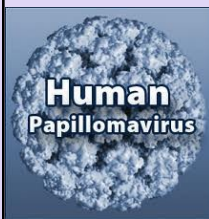
# Women's Health

There are a number of health conditions or issues which are experienced by women only. These include: periods, menopause, breast and cervical cancers and all matters to do with contraception including dealing with an unwanted pregnancy.

## Getting a smear test

When you have a smear test the doctor/nurse will take cells from your cervix. The results will show cell changes which might be linked to cervical cancer. It's really important for all women over the age of 21 to have regular smears but you are at greater risk if you started having sex young, smoke, don't use condoms, and if your partner has had more than one partner.

*Arrange to get a smear test through your Doctor*



**Human  
Papillomavirus**

## **Human Papilloma Virus**

(HPV) is the name given to a family of viruses that affect the skin and the moist membranes (mucosa) that line the body. Mucosa are found in the: Mouth, throat, cervix (the neck of the womb), anus. There are over 100 different types of HPV, with around 40 types affecting the genital area. These are classed as high-risk and low-risk depending on the type of conditions that they can cause.

## Does everyone that catches the HPV virus get genital warts?

No HPV can go undetected for years with no symptoms. There are more than 40 types of HPV that are passed on through sexual contact. These types can infect the genital areas of men and women, including the skin on and around the anus. Most people have no symptoms.

## How do you get HPV?

Genital HPV is spread through direct skin-to-skin contact with someone who has an HPV infection. Contact includes vaginal, anal, and oral sex. Some types of HPV cause genital warts, which are hard, rough lumps that develop on the skin. Anyone who is sexually active could get HPV and genital warts.

**HPV Vaccine**-HPV-16 and HPV-18 are responsible for about 70% of cervical cancer cases and so there is a vaccine against these 2 specific strains. Girls aged **12-17** should have been offered the HPV vaccine. However, the vaccine does not protect against all types of HPV and it is therefore not guaranteed to prevent cervical cancer.

**The menopause** is when a woman's periods stop. They do not usually stop suddenly. They become less frequent, missed and then they stop altogether. In the UK, the average age for a woman to reach the menopause is 52. As a result of hormonal changes, many women experience both physical and emotional symptoms, such as hot flushes, night sweats and irritability. Most women reach the menopause without seeking medical advice. However, treatments are available that can ease menopausal symptoms that are severe or distressing.

*Speak to your Doctor if help needed.*

# Women's Health

**Safe sex** If you are having sex and don't want to get pregnant you need to use contraception see list below for contraceptives you can use and get from your doctor.

1. The Pill
2. Mini-Pill
3. Male condom
4. Vasectomy
5. The coil
6. Contraceptive injection
7. Mirena–Skin patch.
8. The cap or diaphragm –Female condom



Only a condom can stop the spread of an STD

*Go and see your Doctor about what contraception is best for or go to your nearest walk in health clinic.*

## **Why is safe sex important?**

For many, the only concern before having sex is the risk of pregnancy. Unsafe sex carries many risks. These are just a few.

**Chlamydia, Genital Herpes, Gonorrhea, Hepatitis B.** You can catch any of these from some one you are having sex with. Your partner may not even realise that they have a infection, this is why it's important to be tested regularly when you're sexually active.

**G.U.M.** clinic is an for all aspects of sexual health And urinary medicine e.g. cystitis (Urinary tract infection)

STD stands for sexually transmitted disease and can be passed during a sex act.

## **Useful Contacts:**

**GUM clinics (Genito-Urinary Medicine) :** [www.better2know.co.uk](http://www.better2know.co.uk)  
**T:** London **02076009304**  
**T:** Birmingham **01212375700**  
**T:** Manchester **01618277868**

[www.nhs.24.com/cervicalscreening](http://www.nhs.24.com/cervicalscreening)

**The menstrual cycle:** [www.pms.org.uk](http://www.pms.org.uk) [www.nhs.uk/conditions/periods-heavy/pages/treatment](http://www.nhs.uk/conditions/periods-heavy/pages/treatment)

**Cancer Research:** **T: 03001231861**

**Marie Stopes** for advice on contraception, emergency contraception, pregnancy testing, unplanned pregnancy consultations, early medical abortion, abortion, vasectomy, STI testing and treatment, cervical screening: **T:0845 300 8090** [www.mariestopes.org.uk](http://www.mariestopes.org.uk)

# Emotional Wellbeing

How you think and feel about yourself and your life affects how you behave and how well you cope when times are tough. One in four of us will have mental health problems at some point in our lives and with the right support we can make a full recovery, this may come from friends or family or from health professionals

Whether you call it emotional well-being, or a problem with nerves. Mental health, is key to living a fulfilling life. It affects your ability to make the most of the opportunities that come your way and play a full part in your family, workplace, community and among friends. It's also closely linked with your physical health.

## **A range of common mental health conditions and disorders below (this is not an exhaustive list)**

- Anxiety, panic and phobias
- Bipolar disorder
- Dementia
- Depression
- Drug abuse
- Eating disorders
- Insomnia
- OCD (obsessive compulsive disorder)
- Personality disorder
- Postnatal depression
- Post-traumatic stress disorder
- Selective mutism
- Schizophrenia
- Stress
- Suicide



## **Are you stressed?**

In small doses stress isn't a bad thing. Stress can challenge you to do your best. But too much stress can affect both your emotional and physical health. Learning what brings on stress in your life is the first step toward managing it. Certain things can trigger stress such as big events, changes in life i.e. having a child, financial difficulties, moving and family problems.

## **Suicide**

Most suicidal people don't actually want to die, they want an answer to their problems. It's a decision made when other decisions seem impossible. While suicide can seem like the only way to deal with the pain, there's ALWAYS another way – it's just finding it that can sometimes be tricky. So don't try and find it on your own. Two heads are better than one. Talk it over with someone. Tell them what you're thinking and why.

# Bereavement

You have experienced bereavement when someone close to you dies. For many people, bereavement is a journey during which they'll experience a variety of changing emotions, such as guilt, anger and depression.

Bereavement and grief are experiences which are almost certain to happen to each of us sooner or later in life. Other losses we've experienced in our lives can help us deal with the death of a loved one.

The most important thing in this period is to have someone you can talk to about these emotions and experiences, since keeping things to yourself will often prolong the pain.

The other important thing to remember is that the intense pain does pass. It's not so much a case of 'getting over it', it's more the realisation of how much the experience has changed you and your life - and learning to live with and accept those changes.

## These are some things you can expect when you have had bereavement

- Panic Attacks
- Loneliness
- Sleep Problems
- Anger
- Suicidal Feelings
- Worries
- Depression and Stress

Always talk about how you are feeling. If you can't talk to a friend or family member,

*go see your Doctor*

and there are some support groups that you can call or visit.

## Useful Contacts:

**Travellers Counselling Service (Dublin):**

**ICAP:**

**Mind:**

**Anxiety UK:**

**Hope line UK:**

**National Suicide Prevention Lifeline:**

**Sane:**

**Cruse Bereavement:**

**Manchester Area Bereavement Forum (MABF):** T: 0161 371 8860 Email [grief@mabf.org.uk](mailto:grief@mabf.org.uk)

[www.mabf.org.uk](http://www.mabf.org.uk)

**The bereavement trust:**

**Solihull bereavement counselling service:**

**The Miscarriage Association:**

**The Samaritans:**

**The Stillbirth & Neonatal Death Society:  
(SANDS)**

**T: 00353863081476**

**T: 0207 272 7906** Email [info@icap.org.uk](mailto:info@icap.org.uk)

**T: 03001233393** Email [info@mind.org.uk](mailto:info@mind.org.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**T: 08444775774** [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**T: 0800 068 41 41**

**T: 0800 273 8255**

**T: 020 7375 1002** Email [info@sane.org.uk](mailto:info@sane.org.uk)

**T: 07538 490163**

**T: 0161 371 8860** Email [grief@mabf.org.uk](mailto:grief@mabf.org.uk)

[www.mabf.org.uk](http://www.mabf.org.uk)

**T: 0800435455**

**T: 0121 424 5103**

**T: 01924 200 799**

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

**T: 08457 90 90 90** [www.samaritans.org.uk](http://www.samaritans.org.uk)

**T: 02074365881** or [www.uk-sands.org](http://www.uk-sands.org)

# Maternity

Pregnancy is an exciting and worrying time. There are limitations on what you can eat, how you can exercise and your racing hormones can play havoc with your body but always feel you can go to your doctor for advice on any area of your health.

## Trying to get pregnant

It's impossible to say how long it takes to get pregnant because it's different for each woman. Many factors can affect your chances of conceiving, such as: your age, your general health your reproductive health or how often you have sex. Some women become pregnant quickly, while it takes longer for others. This may be upsetting, but it's normal.

## Birth

If haven't had your baby yet it can be an intensely difficult time to decide and think about giving birth. You will usually give birth naturally unless there are reasons that you need a caesarean section. You may need to be induced to start the labour off and all the same decisions need to be made about pain relief and what you would like to happen. You have so many options now when giving birth, but you are not always let know this but you could have anything from a home birth to a water birth and you would get special support from your midwife for this.

## Not getting pregnant

If you have been trying for longer than a year you may need to see a doctor, who can do tests to see if there is a reason why you're not getting pregnant. Check out [www.nhs.uk/livewell/Fertility](http://www.nhs.uk/livewell/Fertility) and put in your postcode to find your nearest clinic

*When you know or think you are pregnant, you can go to your Doctor, your nearest walk-in health clinic or A&E for advice*

**It's a good idea to make a birth plan** - a written plan of how you would like to give birth. The plan can be made together with your partner or birthing companion or you can talk to your midwife about any of this . By making a birth plan, you will be making a conscious choice before birth about how you want you're labour to be managed, rather than making decisions once labour is underway.

**Antenatal classes** can help you to prepare for your baby's birth and learn to look after and feed your baby. They can help you to keep fit and well during pregnancy, and give you confidence and information. You can learn about the different arrangements for labour and birth, and the choices available to you.

## Maternity

### **Baby Blues.....Or Post Natal Depression?**

**Baby Blues** for some woman It's normal to get really sad about a week after the birth. You might cry for no reason, or feel you are 'out of control'. This is just your body adjusting to not being pregnant. It is perfectly normal and should pass after a few days.



# Maternity

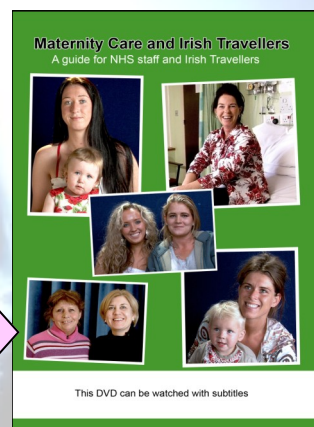
**Post Natal Depression** is if the Baby-Blues last for longer than 10 days.

Symptoms include:

- crying a lot
- sleep problems
- thinking you can't cope
- feeling anxious, tense, irritable, having panic attacks
- can't concentrate
- thinking you're a bad mother

*Don't suffer in silence – talk to your midwife, health visitor or see a doctor. You may need treatment.*

Call ITMB for a copy of **Maternity Care and Irish Travellers DVD**



## What is Cot Death?

Around 300 babies die suddenly and unexpectedly in the UK every year. Cot death can happen to any baby. But it's more common in babies between one and three months, premature babies, and babies with a low birth weight. It's also more common in baby boys. Most cot death happens when a baby is asleep in their cot at night. However, it can happen wherever your baby is sleeping, such as when in a pushchair or even in your arms. It can also happen sometimes when your baby isn't sleeping – some babies have died in the middle of a feed.

## Stillbirths and miscarriage

**Stillbirth** refers to the death of a baby after 24 weeks of pregnancy but before birth. A **miscarriage** is the loss of a baby before 24 weeks of pregnancy. The medical profession describes stillbirth as either 'intra-uterine' or 'intra-partum'. An intra-uterine stillbirth means that the baby has died in the womb. An intra-partum stillbirth means that the baby dies during labour.

## **Useful Contacts:**

**National Child Birth Trust:** T: 0300 330 0772

**MAMA helpline:** T: 0845 120 3746 [www.mama.co.uk](http://www.mama.co.uk)

**Association for Postnatal Illness:** T: 0207 386 0868 [www.apni.org](http://www.apni.org)

**PeriNatal Illness UK:** T: 01335 347599 [www.pni-uk.com](http://www.pni-uk.com)

[www.nhs.uk/Planners/breastfeeding](http://www.nhs.uk/Planners/breastfeeding) or [www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)  
Pregnancy [www.nhs.uk/conditions/postnataldepression](http://www.nhs.uk/conditions/postnataldepression) for lots of advice and information.



# Healthy Lifestyle



A healthy lifestyle isn't just about looking better or thinner, or feeling fitter. It's about living a long healthy life, feeling good about yourself, getting the most out of life it's about exercise and eating healthy and involves all the family.

Just a few changes to what you eat and what exercise you do. You can improve all health. A small change **NOW** will make a big difference **LATER**.

- **Base your meals on starchy foods**  
Starchy foods include potatoes, cereals, pasta, rice and bread
- **Eat lots of fruit and veg**  
It's recommended that we eat at least five portions of different types of fruit and veg a day
- **Eat more fish**  
Fish is a good source of protein and contains many vitamins and minerals
- **Cut down on saturated fat and sugar**  
We all need some fat in our diet. But it's important to pay attention to the type of fat we're eating.
- **Eat less salt**  
Even if you don't add salt to your food, you may still be eating too much
- **Get active and be a healthy weight**  
Eating well plays an important part in maintaining a healthy weight
- **Drink plenty of water**  
Try to drink about six to eight glasses of water (or other fluids) a day to prevent dehydration

Healthy lifestyle and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for **at least 30 minutes of physical activity every day**. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns remember hovering, walking the kids to school can make a difference you don't need drastic changes.

Activity	Calories burnt in 1 hour
Walking at a moderate pace	287
Hovering	193.7
Dusting	173.6
Painting inside projects	66
Gardening, weeding	287.8
Mopping floors	193.7
Car Washing	234
Cleaning Windows	180.3
Ironing	113.1
Wallpapering	133.2
Chopping wood	415.5
Walking up & down stairs, moderate	516.3

## Benefits of regular physical activity:

- Exercise combats health conditions and diseases
- Exercise boosts energy
- Exercise puts the spark back into your sex life
- Exercise controls weight
- Exercise improves mood
- Exercise promotes better sleep
- Exercise can be fun

# Healthy Lifestyle

## Look after your heart

Heart disease and diseases of the veins and arteries kills more women than all forms of cancer put together. Women are at increased risk after the menopause, when they lose their 'natural protection' against heart disease.

**Angina** is a heart condition that is caused when the blood supply to the muscles of the heart is restricted. It usually occurs when the arteries that supply the heart become hardened and narrowed. The main symptom of angina is a dull, heavy or tight pain in the chest that can sometimes spread to the left arm, neck, jaw or back. The pain is usually triggered by physical activity or stress and usually only lasts for a few minutes. The onset of this type of chest pain is often referred to as an angina attack.

**Asthma** is a long-term condition that can cause a cough, wheezing and breathlessness. The severity of the symptoms varies from person to person. Asthma can be controlled well in most people most of the time. Successful prevention can be achieved through a combination of medicines, lifestyle advice and identifying and then avoiding potential asthma triggers.

**Diabetes** is a long-term condition caused by too much glucose, a type of sugar, in the blood. It is also known as diabetes mellitus. There are two main types of diabetes: Type 1 Diabetes and Type 2 Diabetes. If you have type 1 diabetes, you will need to take insulin injections for life. You must also make sure that your blood glucose levels stay balanced by eating a healthy diet and carrying out regular blood tests. If you have type 2 diabetes, you may be able to control your symptoms simply by eating a healthy diet and monitoring your blood glucose level. However, as type 2 diabetes is a progressive condition, you may eventually need to take insulin medication, usually in the form of tablets.

*If you have heart disease in the family, think about getting a health check at the doctors or a Well Woman clinic.*

The single BEST thing you can do to improve your health is **STOP SMOKING**. Every cigarette shortens your life by 11 minutes. See substance misuse for more info.

## Useful Contacts:

<b>Quit:</b>	<b>T: 0800002200</b> <a href="http://www.quit.org.uk">www.quit.org.uk</a>
<b>Smoke free:</b>	<b>T: 08000224332</b> <a href="http://www.smokefree.nhs.uk">www.smokefree.nhs.uk</a>
<b>Eat Well:</b>	<a href="http://www.eatwell.gov.uk">www.eatwell.gov.uk</a>
<b>NHS:</b>	<a href="http://www.nhs.uk/livewell/loseweight">www.nhs.uk/livewell/loseweight</a>
<b>Diabetes Uk:</b>	<b>T: 02074241000</b> <a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>
<b>Heart problems/Angina:</b>	<b>T: 02079350185</b> <a href="http://www.bhf.org.uk">www.bhf.org.uk</a>
<b>Manor Garden Centre:</b>	<b>T: 07947316713</b> <a href="http://www.manorgardenscentre.org">www.manorgardenscentre.org</a>
<b>Studley grow and cook:</b>	<b>T: 01527854329</b>
<b>Ensemble Manchester:</b>	<b>T: 01612445493</b> <a href="http://www.manchesterensemble.org">www.manchesterensemble.org</a>

# Domestic Abuse

Domestic abuse commonly referred to as Domestic violence can happen anywhere to anyone of any race, religion, culture or economic status. Domestic violence affects both men and woman, children, other family members, friends and colleagues. Domestic abuse can occur in any relationship, including same-sex relationships and including by women towards men.

The majority of domestic violence is committed by a man against a woman.

Domestic abuse is not just physical violence, it can be mental and emotional abuse also.

Domestic abuse can be anything from: being beaten, rape and other forms of violent abuse. It can also take the form of mental torture and being controlled e.g. a person being told what they can and cannot wear, and who they can talk to .

## Important Personal Safety Skills? What About Fighting Back?

The most important personal safety skills include:

- Assessing the violent person's behaviour and being aware of potential danger signs
- Getting centred to calm yourself down so that they can think clearly and make safer choices instead of panicking or escalating the argument
- Protecting yourself emotionally rather than being triggered or coerced by the mean things someone says to you.
- Using verbal self-defence tactics to defuse a potentially violent interaction
- Protecting yourself physically without fighting back
- This kind of abuse can be as damaging as physical violence, and is designed to chip away at someone's feelings of self-worth and independence.



**Find a professional to help you create a safety plan for how to leave or how to get help.**

Witnessing abuse can have a serious and lasting effect on children, and can cause them psychological damage. Children might feel the need to be able to speak to someone in confidence about what they're going through

Children can also experience abuse within their families. Support is available to help them understand what it's happening, and help them to cope. **CHILDLINE** has a free confidential helpline for children and young adults. See useful contacts.





## Domestic Abuse

Many people don't realise that abuse can involve sexual assault and rape, even within the marriage. If you think someone may have been raped or sexually abused -even by her husband – you could suggest she contacts relevant organisation below which offers free and confidential advice to anyone who has been the victim of rape or sexual abuse.

If you know anyone who may be experiencing problems with anger and aggression, and are violent towards members of the family, and who would like help, they can contact an organisation called **RESPECT**, see contacts below

If someone you know is suffering abuse they might want help – or just to be able to speak to someone about what they're going through. If you are trying to support a friend or family member though abuse it is important not to try to make them leave the relationship if they don't want to. Remember professional advice is available see list of contacts below.

### Useful Contacts:

<b>Solas Anois (Gaelic for Comfort Now):</b>	<b>T: 020 8664 6289</b> contact Bernie O'Rourke
<b>Birmingham &amp; Solihull Women's Aid:</b>	<b>T: 0121 685 8687</b> Email <a href="mailto:info@bswaid.org">info@bswaid.org</a>
<b>Rape crisis:</b>	<b>T: 01452 526770</b> <a href="http://www.rapecrisis.co.uk">www.rapecrisis.co.uk</a>
<b>RESPECT:</b>	<b>T: 08451228609</b> text <b>07624818 326</b> Email <a href="mailto:phoneline@respect.uk.net">phoneline@respect.uk.net</a>
<b>Women's Aid:</b>	<b>T: 08457 023 468</b> <a href="http://www.womensaid.org.uk">www.womensaid.org.uk</a>
<b>National Domestic Violence:</b>	<b>T: 0808 2000247</b>
<b>Refuge Crisis:</b>	<b>T: 0990 995443</b> <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>
<b>The Hideout:</b>	<a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a>
<b>ChildLine:</b>	<b>T: 0800 1111</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a>
<b>One Voice:</b>	<b>T: 01945477821</b>

**For further advice and information, here are some organisations we are aware of dealing with Health issues:**

**The Roma Support Group**, PO Box 23610, London E7 0XB, Tel: 0794 908 9778  
info@romasupportgroup.org.uk www.romasupportgroup.org.uk

**FFT (Friends Families and Travellers)**, Community Base, 113 Queens Road, Brighton, E. Sussex, BN1 3XG, Tel: 01273 234 777 fft@gypsy-traveller.org  
www.gypsy-traveller.org

**Leeds Gypsy and Traveller Exchange**, Ground Floor, Crown Point House, 169 Cross Green Lane, Leeds LS9 0BD, Tel: 0113 240 2444 info@leedsgate.co.uk  
www.leedsgate.co.uk

**Derbyshire Gypsy Liaison Group**, Unit 3 Molyneux Business Park, Whitworth Road Darley Dale, Matlock Derbyshire DE4 2HJ, Tel: 01629 732744, info@dglg.org  
www.dglg.org

**One Voice for Travellers**, PO Box 9635, Sudbury, Suffolk, C010 8WW, Tel: 01945477821 info@onevoice4travellers.org.uk  
www.gypsy-traveller.org/onevoice4travellers

#### **CONTACT US**

**The Irish Traveller Movement in Britain (ITMB),**

**The Resource Centre,  
356 Holloway Road,  
London N7 6PA**

**Telephone: 020-7607 2002 Fax: 020-7607 2005**

**E-Mail: [info@irishtraveller.org.uk](mailto:info@irishtraveller.org.uk)**

**Website: [www.irishtraveller.org.uk](http://www.irishtraveller.org.uk)**

**Facebook Page: Irish Traveller Movement in Britain**

**Twitter: follow ITMBritain**



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