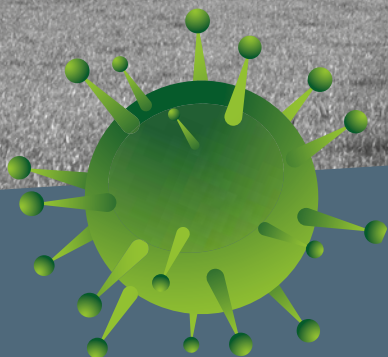


TT CORONAVIRUS SPECIAL EDITION FOR WALES

TRAVELLERS TIMES, CORONAVIRUS SPECIAL EDITION
FOR GYPSIES, ROMA AND TRAVELLERS IN WALES

TRAVELLERS TIMES

WAGON © ALISON CHAPMAN



Llywodraeth Cymru
Welsh Government

HELLO AND WELCOME TO THIS SPECIAL EDITION OF THE
TT FOR WALES SUPPORTED BY THE WELSH GOVERNMENT

EDITORIAL MESSAGE FROM JANE HUTT



**Jane Hutt, MS
Deputy Minister
and Chief Whip.
The Welsh Government**

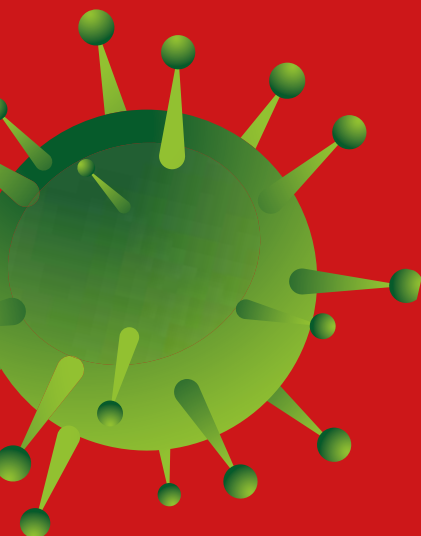


**Llywodraeth Cymru
Welsh Government**

"The safety, health and wellbeing of Gypsies, Roma and Travellers during the Coronavirus pandemic, is a priority for the Welsh Government.

This special Welsh edition of the Travellers Times shares experiences of Gypsies and Travellers from across Wales. It contains useful advice and information to make sure you get the help you need.

I want to thank everyone who has shared their stories here and I hope the information in this magazine helps you to keep safe through the pandemic".



ROYAL WELSH SHOW NOT GOING AHEAD THIS YEAR



A MESSAGE FROM THE ROYAL WELSH AGRICULTURAL SOCIETY'S CHIEF EXECUTIVE, MR STEVE HUGHSON.

"It is with deep regret that the Royal Welsh Agricultural Society after taking careful account of the latest Government and Public Health guidance, made the difficult decision to cancel the 2020 Royal Welsh Show and other events.

The Government advises against attending mass gatherings, calls for social distancing, self-isolation and stopping unnecessary travel, as such the Society felt there was no other option.

As the event is not going ahead, the designated stopping place

for the Gypsy and Traveller communities will not be open. Please do not travel to the area.

The Society would like to thank our members, friends and supporters for their understanding and patience during this period of uncertainty."

The Welsh Government rules on travelling can be found here:
<https://gov.wales/coronavirus-regulations-guidance>

However we urge people to think not only about what you can't do because the law says so, but also about what you shouldn't do, because it could increase the spread of coronavirus and your risk of getting ill.

You should avoid travelling and avoid going to crowded places, especially indoors, wherever possible.

COPING AND KEEPING SAFE BY LAUREL PRICE

LAUREL PRICE HAS LIVED ON ROVER WAY IN CARDIFF FOR AROUND 48 YEARS. SHE IS A MOTHER OF 10, A GRANDMOTHER OF 37 AND A GREAT GRANDMOTHER OF 71. SHE SHARED HER EXPERIENCE OF LIVING THROUGH THE PANDEMIC WITH US.

"I see my two boys, they come every day to see if I'm alright, my daughter checks my curtains every morning to check I'm okay.

I don't get out much. I'm dependent on people to go to the shop. Sometimes I manage to get out twice a week but if I've got enough food I don't go.

I used to drive but I can only see through my one eye now. I don't like to ask people to take me places, I get ashamed. I know I shouldn't feel ashamed asking my own family but I feel bad. My boy tells me I shouldn't, 'he says you are my mum,

it's no big deal, just an hour out of my life'.

When I go to the shop, I keep my distance, when I go out on my slab to the gate, people don't come in but I lean out over the gate. It's only my own family I see and the wardens. I don't wear a mask even when I go to the shop, I see people around doing it but I just keep away from people.

If I could tell people anything I'd say not to worry, of course I do worry about things but I try not to think about the virus, I thank God for being alive every day."

If it is not possible to keep a distance of two metres between you and others, the Welsh Government suggests you wear a face mask.

TEST – TRACE – PROTECT HOW DOES IT WORK?

- If you have a fever, a new, continuous cough or a change to sense of smell or taste, you can ask for a test. The test is free and there are enough for everyone – just call **119** or go to **www.gov.wales/apply-coronavirus-test**.
- You can choose a test at a centre or a kit you do at home and post back.
- You'll hear back in a day or two. If you have coronavirus, you'll need to stay home and avoid contact for a week. People in your home will need to stay home and avoid contact for two weeks.

- You'll be asked to speak to a "contact tracer" to ask you about anyone you have been close to recently.
- Another "contact tracer" will then speak to them to simply let them know they have been close to the virus - they won't give your name unless you let them.
- If people are told they've been close to the virus, they will be asked to stay home and avoid contact for two weeks.
- The virus is new – you can have it, give it to others, even if you seem well. Only the test is certain - only if we protect others if we might have it, can we stop it.
- Test-Trace-Protect isn't new – it's what we use when things like measles happen, so we know it works.

This is an uncertain time for us all, but have you stopped to ask yourself how you are doing?

- Are you managing to stay connected with loved ones?
- What about staying physically well? Whatever that looks like for you...
- How are you feeling?

Take a look at some of our top tips for staying well at home.

These are difficult times and with so much change we can expect to have a mixture of feelings and emotions.

Try using the C.A.L.M technique to stay mentally well.

Calming Activities- whether it's walking, drawing, or mindfulness exercises – do something that makes you feel relaxed.

Attend to basic needs- eat, sleep and drink well. Plan it out if that helps you to stick to a well balanced diet and regime.

Learning to rethink- focus on what you can do, think of 3 things that go well each day. They can be small things.

Make yourself feel good- staying in touch with others, doing things you enjoy, planning trips post lockdown.



It's important to stay active while at home. Try moving around regularly and doing exercise at a level that suits you.

Eating well balanced meals with lots of nutrients is good for your immune system. Why not get creative in the kitchen?

Have you noticed you might be drinking or smoking more? This can be bad for your physical and mental health long-term. Think about ways you can reduce or cut down your intake.

Setting a routine can help you stay active, avoid additional snacking, make healthier food choices and feel great.



How are you doing?

Staying well at home during COVID-19

Families come in all shapes and sizes, but doing **calming activities** together can reduce tension and reassure **children**



Older people are at a greater risk of getting COVID-19. Could you help or get help with having food shopping delivered and staying in touch without putting others or yourself at risk



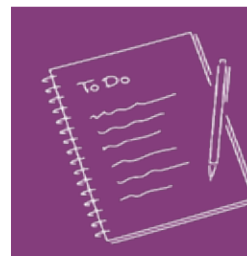
Whether it's listing things that have or haven't gone well or **saving great ideas** for what you want to do after lock down (try making a **joy jar**); there are lots of things you can do to try and **stay positive**



Lots of people are trying new ways to keep busy. From baking and crafts to writing and more, there are lots of things you can try out



At times of stress, it's important to draw on your support network – this could be your family, friends, neighbours, work colleagues or your wider community.





TEENAGE LIFE IN LOCKDOWN

THE COVID19 PANDEMIC HAS CHANGED ALL OF OUR LIVES, MARGARET (14), AND MYOMI (15), BOTH FROM WREXHAM, HAVE SHARED THEIR EXPERIENCES.

Being in Lockdown has had a big impact on both girls. As Margaret says, "Since lockdown I have found things really difficult. It has felt really strange not being able to go out and see my other family or friends" said Margaret "It have felt really low and the same routine has been the same which just makes me feel 'stuck'. At times it has made me I feel as if I can't breathe and doing the same routine every day has been so boring. It makes you think more and dwell on things which isn't good".

Myomi feels the same: "I have found lockdown really rough. It has made me feel low and it has just felt the same every day. My baby brother is poorly so we have to be very careful around him. We cannot have other people that don't live with us coming around as this could infect him. I have felt cut off from things going on."

Both girls have mixed feelings around school. Margaret says, "I am missing school and the structure that it gives me but my mommy is too nervous to send us back". Myomi has found it "really confusing living in Wales and having different lockdown rules to England. That has made things harder if anything. I feel really strongly that schools should not be opening yet. It is putting children at risk and it's wrong."

For both girls it has been really important to get the right technology in place to support their schooling. Margaret has a laptop and is hoping to do some school work on that. but things have been more difficult for Myomi "We have no laptops here which we have found difficult to so I can't access anything. I am hopeful this will change soon".

LEEANNE, A MOTHER OF TWO, LIVING AND WORKING IN WEST WALES, SHARES HER EXPERIENCE OF HOME SCHOOLING HER CHILDREN.

"I have been doing the best that I can with home schooling. It has been stressful at times, and hard work. I've had to nag my children to get work done but there has been some fun and laughter.

When the announcement came from the Welsh Government that schools in Wales were going to reopen on the 29th of June and remain open until the 27th July, I was inundated with messages asking me what was I going to do and was I going to send my children back to school? These messages came from family and friends from the Gypsy community and the settled community. We all have the same questions and concerns for our children.

I gave them all the same response. It is each individual parent's choice. Remember not to judge other parents decisions. You are not a bad parent if you send your children back to school and you are not a bad parent if you decide to keep them home for the time being."



SCHOOL'S BACK! CHECK IN AND CATCH UP – SAFELY

So it's really happening. Schools in Wales re-opened on 29th June. Does that mean they're back to normal? No!

This term it's all about keeping pupils, their families, and staff safe. Schools will have strict social distancing and hygiene activity in place, and only about a third of the usual number of pupils will attend each day.

Different year groups will go in on different days, usually staying in small socially-distanced groups.

Pupils will get a chance to meet teachers for a catch-up on how they've been doing, and to get a steer about what they could be doing next. If they've not been linked to school through the internet, teachers can help with work they can do off-line.

The important thing is keeping in touch and encouraging pupils to keep learning. It means staying connected with school and avoiding an over-long gap that might make coming back to school in September seem harder than normal.

It might even be fun!

Schools are confident that this will be a good – and safe experience.



DIRECTORY OF SERVICES

DO YOU NEED ADVICE ON YOUR RIGHTS, SUPPORT OR LEGAL HELP? NEED TO FIND OUT ABOUT A SERVICE OR A PROJECT? THESE ARE ORGANISATIONS WORKING WITH GYPSIES, ROMA AND TRAVELLERS IN WALES WHO CAN HELP.

Be aware that some of the helplines may be experiencing a lot of calls during the coronavirus crisis. If you can't get through at first, keep trying or visit their website.

TRAVELLING AHEAD

Advice and support for children, young people and adults from Gypsy, Roma and Traveller communities across Wales.

0808 802 0025

GYPSY TRAVELLER WALES

Providing advice and support to Gypsies and Travellers about accommodation, homelessness, welfare, benefits etc .

02920 214411

PLANNING AID WALES

Advice and assistance with planning applications for your own or your family's site. They have expertise in helping Gypsy and Traveller families.

Their Advice Line is **02920 625000** between 10.00am to 1.30pm, Monday to Thursday.

ROMANI CULTURAL AND ARTS ASSOCIATION

Gypsy, Roma and Traveller led community development organisation working through the arts.

02920 786 439

GWENT GYPSY AND TRAVELLER SERVICE

Help with finding a home, settling in a home, benefits, debt, bills, looking for a job, and education – if you live in Newport, Torfaen, Blaenau Gwent.

07796 825565 / 07552 808168