

TRAVELLERS TIMES

We are publishing this edition to give you some top tips and advice about looking after your health and wellbeing.



LOOK OUT
FOR THE FULL
SIZE MAGAZINE
COMING
OUT IN EARLY
AUTUMN, FROM
THE TT TEAM

TT CORONAVIRUS HEALTH & WELLBEING SPECIAL

TRAVELLERS TIMES SPECIAL EDITION FOR GYPSIES,
ROMA AND TRAVELLERS.



GYPSIES AND TRAVELLERS CAME FROM ALL OVER THE UK TO TAKE PART IN THE STOCKTON-ON-TEES FUNDRAISING HORSE DRIVE FOR THE NHS © ALR PHOTOGRAPHY

'THEY CAME FROM ALL OVER THE UK!'

Coronavirus has hit Gypsy and Traveller people hard. Many Gypsies and Travellers' are self-employed and have seen a loss of income. The lockdown has also meant that families have not been able to visit relatives in other parts of the UK, weddings have had to be postponed, funerals have been disrupted and funfairs and horse fairs have been cancelled. Tragically, some families are also mourning losing relatives and friends to Covid-19 and yet more are worried and praying for those who are ill in hospital.

Yet all over the UK Gypsies and Travellers have been doing their bit for their family, their community, the NHS, and for everyone else.

In Stockton-on-Tees Gypsies and Travellers came from all over the UK to

The front cover was drawn by Paris Owen from Lancaster in honour of her sister who is a nurse and has been working throughout the pandemic. You can read the full article and watch a short video on the TT website. We are still working at home so check out travellerstimes.org.uk.

Twitter @travellerstimes / Facebook @travellers.times / Instagram @travellers_times

take part in a fundraising horse drive for the NHS. The organisers raised hundreds of pounds.

The Lister family in Worthing, loaded up with provisions and fresh fruit trays and donated it all to the charity 'Love your Hospital', which supports NHS staff at St Richards Chichester, Worthing Hospital & Southlands Shoreham.

Traveller Jack Brennan and his business JB Landscaping are offering free gardening services to key workers in Surrey during the coronavirus crisis.

Paris Owen, a Traveller lass from Lancaster, who is shielding from her job designing clothes for a well-known brand because of underlying health conditions, made a very personal contribution to the NHS with her drawing of her sister and a video thanking her for her frontline work. "I've seen first-hand the pain my sister is going through working on the front line at the hospital so I have been doing a lot of things to try help," Paris Owen told the Travellers' Times.

The Travellers' Times also kept working during the lockdown, covering all the stories above and more, and making videos

and fact sheets giving advice and information about how to keep well during the epidemic, both mentally and physically, and explaining the many rules and guidelines issued from the government.. You can see all these in a special section on our website at Travellerstimes.org.uk.

The government is now saying that the Covid-19 is now under control and Prime Minister Boris Johnson is telling us all that we will return to normality by Christmas ('It will all be over by Christmas' – where have we heard that before?). This means that some horse fairs are starting to re-open and funfairs, albeit with strict social distancing and contact tracing, are set to start as well.

If the government are right and the virus is under control then that will be due in part to the efforts and sacrifices of the UK's Gypsy and Traveller people. If the government are wrong and there is a second wave of infections, then the UK's Gypsies and Travellers will no doubt again rise to the challenge and again do their bit, and we will continue to report on this.

Stay safe and kushti bok –
from all at the Travellers' Times
Editorial team.

www.travellerstimes.org.uk/news/2020/07/they-came-all-over-uk-gypsies-and-travellers-do-their-bit-nhs

www.travellerstimes.org.uk/features/paris-owen-supporting-her-sister-and-nhs

www.travellerstimes.org.uk/news/2020/05/traveller-and-landscape-gardener-jack-brennan-supporting-key-workers-doing-their

www.travellerstimes.org.uk/news/2020/04/worthing-romany-gypsy-family-give-support-local-hospitals-during-coronavirus-crisis

THESE CAN BE WORRYING TIMES FOR US ALL, BUT YOU ASKING YOURSELF HOW YOU ARE DOING?

**ARE YOU
MANAGING TO
KEEP IN TOUCH
WITH LOVED ONES?**

**ARE
YOU STAYING
PHYSICALLY FIT
AND WELL?**

**HOW
ARE
YOUR
NERVES?**

**TAKE A LOOK AT SOME OF OUR TIPS FOR
STAYING WELL AT HOME – EVEN WHEN THERE
ISN'T A VIRUS TO WORRY ABOUT.**



CALMING ACTIVITIES

WALKING,
DRAWING,
OR THINKING
CALM
THOUGHTS.
DO SOMETHING
TO MAKE YOU
FEEL RELAXED.



ATTENDING TO BASIC NEEDS

SLEEP AND
EAT WELL.
DRINK LOTS OF
WATER AND
TRY AND PLAN
MEALS AND
SOME EXERCISE.



LEARNING TO THINK HAPPY

FOCUS ON
WHAT YOU CAN
DO. THINK OF
THREE THINGS
THAT GO WELL
EACH DAY. THEY
CAN BE SMALL
THINGS.



MAKING YOURSELF FEEL GOOD

STAY IN TOUCH
WITH OTHERS.
DO THINGS
YOU ENJOY,
PLAN POST-
LOCKDOWN
TRIPS.

Try and stay active whilst at home.
Try moving around regularly and
doing exercise at a level that suits you.

Cut down on sugar, caffeine and
alcohol. This can be bad for your
physical and mental health long-term.

Eating healthy meals with lots of fruit,
veg and protein is good for your
immune system – and cooking can be
fun too?

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

HOW ARE YOU DOING? ARE YOU STAYING WELL AT HOME DURING COVID-19?

Families come in all shapes and sizes, but doing calming activities together can reduce tension and re-assure children.



Older people are at 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 making lists things that have gone well or saving great ideas for what you want to do after lockdown there are lots of things you can do to try and stay positive.



As YTT editor Lisa says
“Let's go back to our roots, we've got time to go back to do the things we do best - cooking, gardening and teaching our children real life skills”

When things are difficult it's important to remain connected to your support network – family, friends, neighbours, work colleagues or your wider community.





LOOKING AFTER YOURSELF

TYLER HATWELL (SHOWMAN & PSYCHOTHERAPIST)

Lockdown is enough to cope with, but if your family is anything like mine you'll also be contending with rows, health, money. Chaos. You might also be dealing with bigger stuff. Someone you love could be dying, it could be a difficult anniversary for you, or you may struggle with your identity.

As a therapist, I work with a wide range of people, but I'd say the most common thing I encounter is people struggling because they can't admit to themselves they're finding it hard. Telling yourself that you're overwhelmed and that that's ok is a helpful step to take.

Once you admit that, you can ask yourself a question we often forget to ask ourselves: "What do I need?"

For me, it's usually space. That's not always easy in a quarantined Traveller site, but now I know that what I usually need is a bit of my own space and time I can factor that in and go sit in the lorry for a bit or go for a walk.

So what do you need?

LGBT+

Being a Traveller is only part of everyone's identity. For some of us who are LGBT+, some of the isolation or other difficulties can feel more pressurised. Traveller Pride run a system where you can request a call, email, text or whatsapp conversation if you need a safe confidential place to unwind.

Find out more at
lgbttravellerpride.com
or call 07395 355 066



Better sleep, better mental health and breaking up the day are all realistic rewards to be gained by keeping active during these strange times... says Rob Smith from the West Midlands.

KEEPING FIT

ROB SMITH



It's common knowledge that keeping active can help us not only feel better physically but also mentally. It's also a great stress reliever as the release of endorphins in our brain when we're active makes us feel happier and we all need a boost right now as lockdown restrictions start to ease and we all try to find some new level of normality.

Lockdown has left a lot of us feeling anxious about the future – I've been trying to reduce the amount of caffeine and alcohol I drink and have noticed it's helped. If you already suffer from anxiety or panic attacks caffeine and alcohol can cause these symptoms to become worse.

I've been making the most out of everyday jobs for exercise for example did you know cleaning the windows, washing your car or doing some gardening can burn up to 200 calories in just 30 minutes. Even better crank up the music and make it fun! Not only will you feel a bit better for getting active but when you do sit down to watch Netflix you can with the satisfaction you've earned it!

There are also heaps of videos and apps out there to choose from that will keep you inspired and healthy. I've been tuning in to Joe Wick's daily P.E lessons on YouTube that you can do at home with your kids too and have been using a simple app called home workouts that helps keep me motivated.

CORONAVIRUS

HELPLINES AND USEFUL WEBSITES

(PLEASE TRY AND GET ONLINE IF YOU CAN)

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.

GENERAL

For the National Health Service go to www.nhs.uk/conditions/coronavirus-Covid-19, or if you cannot get online then telephone them at 111.

SAMARITANS: 116 123 or visit www.samaritans.org

CHILD LINE: 0800 1111 or visit www.childline.org.uk

NATIONAL DOMESTIC VIOLENCE HELPLINE: 0808 2000 247

WOMEN'S AID (DOMESTIC ABUSE): visit www.womensaid.org

MIND: 0300 123 3393 or visit www.mind.org.uk

ALCOHOLICS ANONYMOUS: 0808 2000 247

SERVICES AND INFORMATION FOR GYPSIES, ROMA AND TRAVELLERS

TRAVELLERS ADVICE TEAM (legal advice and support for Gypsies and Travellers facing eviction)
0121 685 8677

FRIENDS FAMILIES AND TRAVELLERS: visit www.gypsy-traveller.org

TRAVELLER MOVEMENT: visit www.travellermovement.org.uk

LEEDS GYPSY AND TRAVELLER EXCHANGE CORONAVIRUS ADVICE:

visit www.leedsgate.co.uk/coronavirus-news-and-information

ONE CALL AWAY: Gypsy & Traveller Mental Health and Support 07748997617

LGBT TRAVELLER PRIDE: Travellerlgbtpride@gmail.com 07395 355 066

