

WHERE TO GET HELP

Exchange House National Travellers Service is the leading provider of front line services to some of the most marginalised Travellers in Ireland since 1980.

We are a multi-disciplinary frontline service provider offering Family Support Services, Youth Services, Addiction Services, Prison Services and Education Services to members of the Traveller community based in the greater Dublin area.

In addition, we deliver a national service through training, provision of expertise and partnerships with other organisations providing services to Travellers in Ireland.

Exchange House has been providing a professional standard of practice that has been shown to produce good results with our client group, particularly as it relates to domestic violence.

Exchange House utilises a distinctive multi-disciplinary approach. Clients are facilitated to address their individual situation and needs under one roof; from crisis intervention through to



Travelling to Wellbeing
is kindly funded by the
The Genio Trust

OTHER EXCHANGE HOUSE SERVICES

Family Support Service

Addiction Service

Youth Service

Education Service

Research & Policy

Training Programmes

Conference Facilities

Visit our website

www.exchangehouse.ie

for more information



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EXCHANGE HOUSE
National Travellers Service

TRAVELLING TO
WELLBEING

TRAVELLING TO WELLBEING

The service aims to reduce the stigma around mental health and suicide in the Traveller community.

The Travelling to Wellbeing service was developed to support individualised recovery plans/programmes with Travellers experiencing mental health issues.

The service will develop a culturally appropriate recovery model using a community development approach.

In developing the service we will address inequalities by working with Travellers and service providers to deepen their understanding, improve referral pathways and aid recovery.

THE BENEFITS

- Travellers will get the support they need to aid their recovery from mental health issues.
- We will work with at least 40 clients on individual recovery plans.
- Travellers will become more informed, confident and supported in their recovery and in using other services.
- Services will be better informed, supported, effective and confident in responding to the needs of Travellers.
- Stronger and more responsive pathways will be forged with services.
- Culturally appropriate recovery plans will be developed which will be a resource for other services.

GUIDING PRINCIPLES

Travelling to Wellbeing will be based on a number of guiding principles:

- The service will work on Community Development principles and practice.
- Travellers are active participants in all aspects of the service and are supported throughout.
- The service strives to effect change in empowering clients to address their mental health and help to de-stigmatise mental health.

HOW WE DO IT

We are a team of 4 professionals. 3 Mental Health Social Workers and 1 Mental Health Family Support Worker with expertise in Art Therapy:

- We work with Travellers on a 1:1 basis to support their journey to recovery.
- Each person's recovery plan is unique to them and they are the "expert" in how they travel their journey.
- We work with a range of other agencies and value partnership working.
- We work within a framework of human rights and equality.

WHO WE ARE

At Exchange House National Travellers service, our vision is an Ireland which values Travellers as a distinct ethnic group and where Travellers can reach their full potential in a socially inclusive and equitable society.

The Travelling to Well Being Service is funded by Genio, an organisation that brings together government and philanthropy to develop, test and scale cost-effective ways of supporting people who are disadvantaged to live full lives in their communities. Genio's vision is that of a society that benefits by valuing all of its citizens.

The Travelling to Wellbeing service is a partnership between Exchange House and three local Traveller projects:



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