



SMASHINGTIMES

INTERNATIONAL CENTRE FOR
THE ARTS & EQUALITY

Acting for the Future: Using the arts to promote positive mental health, well-being and suicide prevention for Travellers and Roma

Final Report and Evidence-Based Evaluation

Project Lead: Smashing Times International Centre for the Arts and Equality

Partners: Smashing Times, Samaritans, Tallaght Travellers Community Development Project, TravAct, Kildare Traveller Action and Musicantia

Supported by: HSE National Social Inclusion Office and Dormant Accounts

Prepared by Mary Moynihan and Niamh Clowry,
Smashing Times International Centre for the Arts and Equality



National Social Inclusion Office



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Tallaght Travellers

Community Development

Project

Traveller Rights are Human Rights

Kildare traveller action logo?

Acting for the Future: Using the arts to promote positive mental health, well-being and suicide prevention for Travellers and Roma

Implemented by

Smashing Times International Centre for the Arts and Equality, Ireland

Supported by

HSE National Social Inclusion Office

HSE Social inclusion aims to reduce inequalities in health and improve access to mainstream and targeted health services for vulnerable and excluded groups in Ireland. HSE Social Inclusion provides a range of services to support vulnerable groups with the work underpinned by social determinants of health; inclusion health and community development approaches. The services are unique within the HSE, because while some of them are provided directly, most are delivered through funding provided to non-governmental organisations (NGOs) within the community and voluntary sector.

<https://www.hse.ie/eng/about/who/primarycare/socialinclusion/about-social-inclusion/>

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May 2020

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Executive Summary

Acting for the Future: Using the arts to promote positive mental health, well-being and Suicide Prevention for Travellers and Roma was a unique eighteen-month project using creative processes to promote positive mental health, well-being and suicide prevention with young people and adults from the Traveller and Roma communities. **Acting for the Future** was implemented by Smashing Times and the Samaritans working in partnership with four Traveller and Roma support groups - Tallaght Travellers Community Development Project, TravAct, Kildare Traveller Action and Musicantia. In addition to the four partner organisations, the project also worked with a range of Traveller and Roma Groups including South East Traveller Mental Health, Southside Traveller Action, Roma Equality Project, Tullow Women's Group, Waterford and South Tipperary Community Youth Service, Laois Traveller Action and Carlow/Kilkenny Social Inclusion.

Acting for the Future uses participative theatre workshops and panel discussions with counsellors and clinical psychologists to promote active healthy lifestyles, positive mental health and suicide prevention. The project uses creative processes to actively engage young people and adults from the Traveller and Roma community in the promotion of positive mental health and suicide prevention and to increase awareness of mental health services in Ireland for members of the Traveller and Roma Communities.

Smashing Times and the Samaritans, along with their partners Tallaght Travellers Community Development Project, TravAct, Kildare Traveller Action and Musicantia used the **Acting for the Future** structure to develop a targeted programme for young people and adults within the Traveller and Roma communities. A range of original culturally appropriate mental health education materials were developed with direct input from members of the Traveller and Roma community. The materials developed were a project information leaflet, two mental health and suicide prevention leaflets, a drama workshop model, two short film documentaries and a Final Report and Evaluation. Members of the Traveller and Roma community played a direct role in designing the project materials as they worked in partnership with Smashing Times and the Samaritans. The materials and activities were then rolled out with members of the Traveller and Roma Community and consisted of a programme of workshops and talks and a social media and traditional PR and radio campaign, all directly involving Travellers and Roma and raising awareness of how to promote positive mental health and suicide prevention and how to access mainstream mental health services.

The project included the development of two short documentary films created with Traveller and Roma communities, exploring contemporary issues facing young people and adults regarding positive mental health and suicide prevention. A series of interviews were conducted with members of the Traveller and Roma community to inform the development of the documentary.

In keeping with best practice, a support structure was in place for all project activities. A representative from Smashing Times met with each group prior to the workshop taking place to discuss elements of the project and related resource material. A key aspect of this support structure is the presence of qualified psychotherapists and members of the Samaritans at all activities. This structure provides participants with a safe space to explore the issues raised. An information pack including two leaflets with information on ways to Well-Being and Building Resilience were distributed at each event and this includes a list of support agencies and resource materials for follow-up work as well as pre and post evaluation forms.

The project promoted an intercultural approach to delivery of health care support services in an equal, accessible and effective way, acknowledging and valuing the diversity of all service users. Young people and adults from the Traveller and Roma communities had access to a programme that promote positive mental health and suicide prevention and access to a range of culturally appropriate mental health educational materials including a project information leaflet, two Mental Health and Suicide prevention leaflets, a drama workshop model, two

short documentary films and a Final Report and Evaluation, all designed in collaboration with members of the Traveller and Roma community

As a professional arts organisation, Smashing Times have worked for many years now in the area of participatory arts practice in health and health care settings. As part of the company's ongoing **Acting for the Future programme** Smashing Times have implemented a range of successful projects across Ireland and Northern Ireland using the arts to promote active health lifestyles, positive mental health and well-being and suicide prevention. We have conducted this work since 2005 in partnership with the Samaritans and currently work with a range of organisations including the Samaritans, ESB Energy for Generations Fund, Arklow Mental Health Week and Sea Change. We engage with people from all ages and cultures with a view to promoting access to high quality arts practice and to promoting each person's health and wellbeing within an inclusive, respectful environment.

Smashing Times are very grateful for the support of the HSE National Social Inclusion Office for their vision and integrity in relation to supporting the role of the arts within intercultural health care practice, promoting positive mental health and well-being with Traveller and Roma groups in Ireland. We especially wish to thank Ruth Armstrong and Michelle Hayes, National Social Inclusion Office and Pat Healy, National Director, Community Strategy and Planning, HSE, for supporting participatory arts practice in health care contexts in Ireland. This is a unique partnership that promotes access and inclusion for Travellers and Roma in Ireland, bringing together the skills, expertise and vision of a range of diverse sectors in society – the arts sector represented by Smashing Times, the healthcare sector represented by the qualified health care professionals working on the project and by the HSE National Social Inclusion Office, and the local community represented by the people from Traveller and Roma communities that are partners in the project and have attended the work to date. The work promotes access to the arts, the developing of innovative arts practice in participatory and health related contexts and the promotion of positive mental health and well-being.

The project supports a number of key strategic actions in the HSE Second National Intercultural Health Strategy 2018-2023, launched at Dublin Castle in January 2019. This strategy provides a comprehensive and integrated approach to addressing the many unique, health and support needs experienced by the increasing numbers of HSE service users from diverse ethnic and cultural backgrounds who live in Ireland¹.

‘The practice of arts and health is not a single professional role but a skills partnership of people who come together in their distinctive roles to engage the public in creative activities that aim to improve health and wellbeing’.² As artists and health care professionals working in arts and health, we are aware of the benefits of building a partnership approach to the work and of the need to create ongoing dialogue around the promotion of best practice with a focus on planning, delivery, reflection and evaluation. A key component of the work is to engage in ongoing dialogue and consultation with the participants that we work with and we are extremely grateful for their participation in the work. We extend a special thanks to the partner organisations including Linda Green, Sergio, Patrick Nevin, and all those who took part in project activities.

As part of the project Smashing Times created a good practice workshop model and resource tools suitable for project work with Traveller and Roma groups and which is applicable and available throughout the island of Ireland. It gives us great pleasure to deliver and share this innovative model with the wider community.

Smashing Times are delighted to have been a part of this process and we look forward to continuing this innovative work into the future and to promoting inclusion and positive mental health and well-being for all people across the island of Ireland.

¹ <https://www.hse.ie/eng/about/who/primarycare/socialinclusion/intercultural-health/second-national-intercultural-health-strategy.html>

² Participatory Arts Practice in Healthcare Contexts - Guidelines for Good Practice, introduction by Mike White and Mary Robson, Centre for Medical Humanities, Durham, October 2009

Mary Moynihan, Director
Smashing Times International Centre for the Arts and Equality

Section One – Overview and Context

1.1. Smashing Times – Who We Are

Name:	Smashing Times
Contact:	Freda Manweiler, Company Manager
Tel:	+353 1 865 6613
Email:	info@smashingtimes.ie / freda@smashingtimes.ie
Website:	www.smashingtimes.ie
Registered Charity Number:	CHY 11932
Tax Ref. Number:	8245850M

Led by Director, Mary Moynihan, the award-winning Smashing Times promotes social change through performance, training and participation. The work is underpinned by a rights-based approach and a commitment to artistic excellence and social engagement.

Set up in 1991, Smashing Times is a not-for-profit organisation with a defined arts and cultural focus. The company plays a leading role in the development of the arts to promote human rights, gender equality, peace building, active citizenship, social inclusion and positive mental health and well-being through high quality artistic processes. The company is lead partner and associate partner on a range of national and transnational European projects and is highly experienced in the management of large scale funding and in using the arts to promote a range of issues at local, national and European levels.

Building on its global reputation for excellence, the company have established the **Smashing Times International Centre for the Arts and Equality** dedicated to the promotion, protection, study and practice of the arts, equality and human rights. The **Smashing Times International Centre for the Arts and Equality** is a key resource service and networking forum providing information, training and a platform for discussion on using the arts to promote equality, inclusion and human rights with a strong focus on positive mental health and well-being. The arts, particularly collaborative arts practice, play a vital role in promoting gender equality, inclusion intercultural diversity and peace. Following this, the centre advocates for tactical and strategic approaches to social justice through the lens of artistic and cultural practice.

A key aim is to use creative high quality participatory artistic processes to promote active, healthy lifestyles, positive mental health and well-being and suicide prevention and to promote direct access and social inclusion for local communities and communities of interest with a focus on areas experiencing exclusion or marginalisation.

The company reaches an average of 20,000 people annually who take part directly in project activities and a further 100,000 who are reached through communication and dissemination activities. The company has experience working with a broad range of community groups and individuals and has an extensive network of contacts at a grass roots level across Ireland, Northern Ireland and Europe. The company specialises in working with hard to reach groups. The company have a current membership base of over 450 members that currently covers all 32 counties and reaches across Europe and internationally.

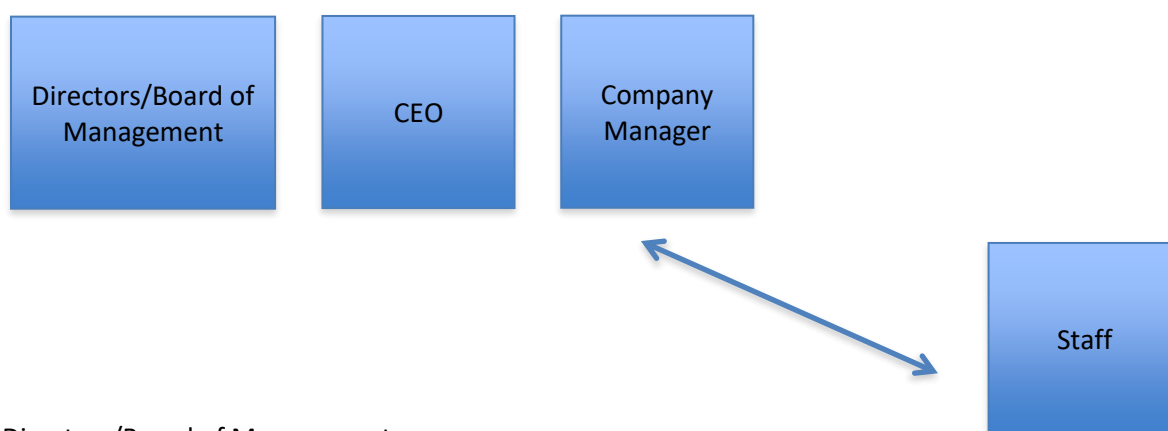
The company has five high-profile patrons – Sabina Higgins, Áras an Uachtaráin First Lady; Senator Joan Freeman, founder of Pieta House; Ger Ryan, actor; Tim Pat Coogan, writer and historian; and Mary Lawlor, founder of Front Line Defenders. The company remembers and honours our founding patrons – writers Maeve Binchy and Brian Friel, and the historian Robert Kee.

In 2017 the company were delighted to be awarded the daa Arts Award at the Allianz Business to Arts Award Ceremony at Bord Gáis Energy Theatre, Dublin presented by Pascal Donohoe TD, Minister for Finance and Public Expenditure and Reform and to have been awarded a GSK Ireland Impact Award and a Dublin Bus Community Spirit Award.

Company Aims

- To use creative high quality participatory artistic processes to promote a range of issues and direct access and social inclusion for local communities and communities of interest
- To support the use of the arts as a form of knowledge and as a means of transforming society so as to promote social justice, equality and inclusion
- To work in a range of settings from the professional theatre space to the local community with a focus on areas experiencing exclusion or marginalisation
- To engage directly with targeted communities to provide professional practice and to promote the use of theatre for personal and social development, for individual and community empowerment and the exploration of issues relevant in our lives today
- Our vision is for a creative society where theatre is open for all to be involved in and enjoy

Management and Financial Management structure



Directors/Board of Management:

Dr Eric Weitz (Chairperson), Sandra Berger (Treasurer), Olivia O’Hagan, and Mary Lawlor

Executive:

CEO: Mary Moynihan

Company Manager: Freda Manweiler

Administrative and outreach staff

Volunteers

Advisory Board: Margaret Toomey, Mary Moynihan, Gillian Hackett, Eric Weitz.

Advisory Panel for Acting for the Future: Dr John Connolly, Irish Association of Suicidology; Dr Ella Arensman, Researcher, National Suicide Research Foundation; Representative of the Dublin Samaritans; Karen Ward, Holistic Psychotherapist; and Eimear Burke, Counselling Psychotherapist. For Smashing Times: Mary Moynihan, CEO, Freda Manweiler, Company Manager, and Jenny Mcdonnald. Facilitator.

Financial Management

The directors/board of management are responsible for overall financial management and overseeing all company projects. They meet minimum four times per year re financial accounts. The directors/board of management and the company manager take responsibility for financial control of each project carried out by the company. Budgets are monitored, tracked and checked at management meetings. All accounts are checked monthly including reconciliations. Financial reports are prepared mid-term and at the end of each project. Accounts are audited yearly with an outside auditor. The company is currently using Sage Accounts Production finance software. It is fully compliant with the new FRSSE 2015 and FRS 102 standards and the Revenue iXBRL requirements, making the production of compliant iXBRL accounts simple and fast, allowing us to work efficiently and accurately.

Overall, Smashing Times has a strong and rigorous project management and quality assurance structure in place with successful documentation, monitoring and evaluation procedures, and on-going marketing and communications strategies for different projects and these systems are tried and tested. A clearly detailed and financially viable budget is in place, providing excellent value for money and the company will prepare an event management plan for all activities ensuring that all legal requirements including health and safety are fully met. The company is compliant with the Statement of Guiding Principles for Fundraising and the Governance Code.

1.2. Smashing Times Expertise in Arts and Health

Feedback for Acting for the Future:

'This work is excellent... we don't do enough emotional training and that is why drama is so important, particularly for young people in schools.'

– Secondary School Principal, CBS, Westland Row

'I always knew promotion of mental health was important but now I believe that it should be promoted even more and more workshops and performances like this should be available for everyone.'

– Second Level Student

'The overall feedback was that Smashing Times was the most positively evaluated of all events, deeming it an example of best practice!'

– Barbara Duffy, HSE, Arklow Mental Health Week, 28 February 2014

'We believe that drama is an extremely effective way of giving teenagers permission to ask some very real questions on the ever expanding issues that surround suicide and self harm... The monologues are extremely effective in expressing the multitude of feelings experienced by those bereaved by suicide and of those with suicidal thoughts. It is very important that they continue to run in schools, youth clubs and theatres around the country.'

– The Samaritans on Acting for the Future

In preparation for this project Smashing Times drew on their experience conducting the highly successful **Acting for the Future** programme. The award-winning **Acting for the Future** uses participative drama workshops, professional performances and film-screenings and post-show panel discussions with counsellors and clinical psychologists to promote active healthy lifestyles, positive mental health and suicide prevention with schools and communities on the island of Ireland.

The aim of the project is to **promote active healthy lifestyles, positive mental health and suicide prevention** through creative processes and to work with partners and stakeholders to develop learning in relation to the importance of looking after your mental health.

The project is implemented by Smashing Times in partnership with the Samaritans with assistance from a panel of advisors and is delivered in the Republic of Ireland and Northern Ireland with second level schools, universities and with a range of youth and adult groups and the general public. The project reaches over 3,000 young people and adults annually. Participants are senior cycle secondary school students (transition, fifth and sixth class in the Republic of Ireland) and senior cycle in Northern Ireland; students from all years at university level and young people and adults from youth and community groups and the general public.

Acting for the Future comprises three main elements: Participative Drama Workshops for adults or young people; a performance of original plays (dramatic monologues on mental health) which are followed by a post-show panel discussion with counsellors, psychologists and invited guest speakers; and, in keeping with best practice, the third element is a full support structure put in place for all events. The professional theatre performance is the highly acclaimed *Testimonies* by Mary Moynihan and Paul Kennedy and the workshops were designed by Mary Moynihan and Paul Kennedy, with advice from Senator Joan Freeman, founder of Pieta House, and Karen Ward, Clinical Psychotherapist.

The project was developed and continues to be supported by a **panel of advisors** consisting of qualified personnel in the area of suicide prevention and counselling. The **Advisory Panel Members for Acting for the Future** are: Dr John Connolly, Irish Association of Suicidology; Dr Ella Arensman, Researcher, National Suicide Research Foundation; Representative of the Dublin Samaritans; Karen Ward, Holistic Psychotherapist; and Eimear Burke, Counselling Psychotherapist. For Smashing Times: Mary Moynihan, Freda Manweiler and Jenny Macdonald.

At Arklow Mental Health Week the project was independently evaluated and was described as 'an example of best practice in how it was organised and delivered'. According to Barbara Duffy of the HSE in relation to **Acting for the Future** activities conducted for Arklow Mental Health Week, she stated that 'The overall feedback was that Smashing Times was the most positively evaluated of all events, deeming it as the example of Very Good Practice!'

Feedback from formal and informal evaluations indicate that the work is of a high quality and that people have access to a quality arts experience while developing a stronger awareness of the issues raised. There is a quality, empowering experience within each drama workshop and the performances and post-show discussions. Most importantly, feedback and evaluations strongly indicate that awareness of the issues surrounding positive mental health and well-being and suicide and suicide prevention have increased as a result of attending the drama workshops, performances and post-show discussions. Drama and theatre have proved to be a powerful and accessible medium for dealing with such a sensitive subject.

In relation to **Acting for the Future** the Samaritans have stated that 'We believe that drama is an extremely effective way of giving teenagers permission to ask some very real questions on the ever expanding issues that surround suicide and self-harm . . . The monologues are extremely effective in expressing the multitude of feelings experienced by those bereaved by suicide and of those with suicidal thoughts. It is very important that they continue to run in schools, youth clubs and theatres around the country.'

Successful Developments

Acting for the Future was originally set up in 2005 by Smashing Times in association with the Samaritans and Irish Association of Suicidology with support from Joan Freeman, founder of Pieta House. The project consisted of ten participative drama workshops conducted with a range of organisations in which participants were facilitated to explore, through the medium of drama, issues surrounding suicide and suicide prevention. Ten interviews were conducted with people who had lost loved ones to suicide or who had been through a suicidal crisis themselves and survived. The ten interviews were used to create an original script *Testimonies*,

addressing issues surrounding suicide and bereavement by suicide, *Testimonies* was presented as a professional theatre performance for five performances from 15-19 November, 2005, at The Helix, DCU, Collins Avenue, Glasnevin, Dublin 9. Performances were followed by post-show discussions during which audience members were invited to discuss the issues raised with invited guest speakers.

A drama workshop model was designed by Mary Moynihan with support from Joan Freeman, founder of Pieta House, Paul Kennedy, arts facilitator and Karen Ward, counsellor. Ten participative drama workshops were implemented with second level schools and communities and an Information Pack was delivered at the workshops. A Documentation Brochure detailing a Model of Best Practice was created and made available as a tool for using creative processes to promote positive mental health and suicide prevention. Over 1,000 people benefited directly from this project in its first year.

Following the run in the Helix Theatre, Smashing Times were invited by the Samaritans to present *Testimonies* at the launch of their Suicide Awareness Month at the Bank of Ireland Arts Centre, Dublin on 28 January 2006 attended by the Lord Mayor of Dublin at the time, Councillor Catherine Byrne. Following the excellent media coverage of the play and public attendance at the shows, Smashing Times received many requests to deliver workshops and performances at various venues and schools around the country. Smashing Times went on to present the performances and project at a range of conferences and events and has toured on an annual basis. There has been a great response to the project from schools, support organisations and individuals. The project is now implemented on a yearly basis with support from the Samaritans and a range of organisations.

Today *Acting for the Future* is implemented by Smashing Times in partnership with the Samaritans and runs on a yearly basis due to demand for service. The project reaches over 3,000 people annually. The company have developed a long-term partnership with the Samaritans and have established a panel of qualified counsellors and psychotherapists who work with the company on a regular basis.

In using the arts to promote positive mental health and well-being, Smashing Times are drawing in their expertise on previous arts and issue-based projects. In 2015 Smashing Times established **Drama for Change**, a three-year partnership project run with five European partners from Ireland, Germany, Bulgaria, Spain and the Netherlands. The project used creative methods to develop a new training curriculum for adult educators using the arts to promote anti-racism, gender equality and diversity and was funded by Erasmus+ with special thanks to Léargas and the Higher Education Authority.

Drama for Change brought together a cross-sector of European organisations and developed a **Drama for Change Curriculum** and **Toolbox of Resources** with **research** and **video demonstrations** on how to conduct theatre games and exercises to promote anti-racism, gender equality and diversity. The new curriculum is available on-line in digital format, to provide adult educators, teachers and artists with the skills necessary to work with adult learners through a creative medium using drama and theatre to promote anti-racism, gender equality and diversity. **Drama for Change** addressed a gap in training for adult educators aiming to use creative processes to address issues of rising inequality and racism and the lack of inclusion for marginalized groups. The training curriculum is available here

In 2018 in partnership with Trinity College Dublin, Smashing Times were delighted to expand **Acting for the Future: Theatre for Positive Mental Health** as a two-year project involving five partner organisations from across Europe, supported by Erasmus+. The five partners are Smashing Times, Dublin, Ireland (lead partner); EURORESO, Naples, Italy, www.euroreso.eu; Biedriba Eurofortis, Riga, Latvia, www.eurofortis.lv; Fundacion Intrás, Valladolid, Spain; www.intras.es and Trinity College Dublin, Ireland, www.tcd.ie.

The European partnership project promotes an exchange of good practice for adult educators and artists in relation to using creative processes to promote positive mental health and coping strategies for stress and anxiety, and brings together the skills and expertise of five partner organisations in order to create high quality outputs that can be implemented on a Europe wide basis. The project resulted in the creation of an innovative e-book, video demonstration and short film, using creative processes of theatre and film to promote positive

mental health and well-being and to develop coping skills for handling stress and anxiety. A key output was the creation of a unique film *The Big No*, by young Irish writer Féilim James, a film about a young person's experiences of social anxiety in today's modern society.

In 2018, Smashing Times and the Samaritans with support from the HSE National Office for Social Inclusion were delighted to develop *Acting for the Future* to incorporate working with refugees from diverse ethnic and cultural backgrounds, using creative processes to promote intercultural health with a focus on positive mental health and social inclusion. The work is conducted as part of **Acting for the Future: Theatre for Positive Mental Health** and promotes an intercultural approach to delivery of health care support services in an equal, accessible and effective way, acknowledging and valuing the diversity of all service users. The project and workshop model is outlined in this book. The work uses creative processes in an innovative and accessible way to promote social inclusion and the health and well-being of all people equally. Participants have access to a quality arts experience creating a safe and welcoming space and a fun and engaging way to explore positive mental health and active healthy lifestyles.

In 2019 Smashing Times expanded **Acting for the Future** using the arts to promote positive mental health and Suicide Prevention with members of the Traveller and Roma communities in Ireland. This work is supported by the Dormant Accounts Fund and HSE National Office for Social Inclusion and implemented by Smashing Times in partnership with Tallaght Travellers Community Development Project, Travact, Kildare Traveller Action, and Musicantia.

For further information please see
<http://www.smashingtimes.ie/acting-for-the-future/>

1.3. Partner Organisations – Traveller and Roma

Acting for the Future used the arts to promote a collaborative and participatory approach to the promotion of positive mental health and suicide prevention with Traveller and Roma communities. Smashing Times and the Samaritans partnered with four Traveller and Roma support groups Kildare Traveller Action; Tallaght Travellers Community Development Project; TravAct from the Northside of Dublin; and Musicantia, a Roma support group based in Dublin and Balbriggan. Members from all four partner organisations will be directly involved in and benefit from project activities. Smashing Times, the Samaritans and the four partner organisations worked together closely from the beginning of the project to design and implement project activities and to ensure that members of the Traveller and Roma communities benefitted directly from the project actions and activities.

The partner organisations were:

Kildare Traveller Action

The purpose of Kildare Traveller Action is to support Travellers in Kildare to develop their potential, ability and skills, to address the issues which affect the quality of their lives through the provision of education and training programmes and services, and to achieve equality in both participation and outcomes.

Kildare Traveller Action

Contact: Linda Green, Primary Health Care Worker, Kildare Traveller Action, Aras, Main Street, Newbridge, County Kildare.

Tel: 087 2510958

Email: Kildareprimaryhealthcare@gmail.com

Tallaght Travellers Community Development Project

Tallaght Travellers Community Development Project support and respond to the needs of the Traveller community in Tallaght and is a partnership between Travellers and settled people working together to create opportunities that enable Travellers to bring about improvements in their status, life chances and living conditions which validates and respects Traveller culture and ethnicity. Programme's include education (homework club), youth work (personal development, recreational activities), Primary Health Care for Travellers Project and Men's work. The vision and mission of the organisation is of a society where justice, equality of opportunity and diversity are cherished and secured for all the population, and within which the Traveller community can flourish as an equal and respected partner actively contributing to the well-being of the whole community. Their mission in building this kind of society is to support Travellers and state agencies to address the legacy of racism experienced by Travellers through achieving equality of outcomes for Travellers in key social and economic areas, and through taking actions to reverse a decline in the quality of aspects of the Traveller culture and way of life.

Tallaght Travellers Community Development Project, 12 Brookfield Court,
Brookfield Road, Tallaght, Dublin 24, D24YW80

Contact: Fran Keys Tel: 085 2372522 Email: frankeyes@tallaghttravellerscdp.com

TravAct

TravAct, formally Northside Travellers Support Group, is a Traveller focussed training and advocacy group. The organisation operates a number of different programmes, covering primary health care, community development, housing advocacy, educational support and outreach support for alcohol, drugs and related problems.

TraAct, Resource Centre, Clonshaugh Drive, Priorswood, Dublin 17

Contact: Brigid Nevin, Primary Health Care Support Worker.

Tel: 01-848-6515 Email: Brigidnevin_travact@eircom.net Email: bridgetnevintravact12@gmail.com

Musicantia

Musicantia is a Roma cultural and advocacy project which runs a music school for young Roma in Dublin. The organisation is based in Old St. George's School, Hampton Street, Balbriggan, County Dublin. Musicantia ('Musicians' in the Romanes language) is a Roma community-led group of professional musicians and accredited music teachers working in partnership with indigenous Irish and other migrant community development workers. The focus of Musicantia is to ensure that Roma and other young people gain high quality musicianship skills to sustain and promote the centuries old tradition of music performance among Roma community in their adopted country of Ireland, and to assist Roma and their neighbours to integrate more fully within local Dublin communities. They specifically aim to support Roma children, young people and their parents to contribute to their local communities.

Musicantia Roma Cultural and Educational Centre, Old St. George's School, Hampton Street, Balbriggan, Co. Dublin

Contact: Sergiu Pruteanu Tel: 086 3415554 Email: Info@musicantia.com

The Samaritans

Established in Ireland in 1962, there are now 20 Samaritans branches across Ireland with nearly 2,000 active volunteers. A key aim of the Samaritans is to reach out to individuals to provide emotional support and reduce the risk of suicide and to work in partnership with other organisations. Smashing Times Theatre has found that our current long-term partnership with the Samaritans has been very successful and feedback from evaluations and from audiences at the performance and post show discussion has been exceptional. This partnership is in existence since 2005.

Section Two - Project Documentation

2.1. Acting for the Future: Using the arts to promote positive mental health and Suicide Prevention for Travellers and Roma – Description of Project Activities

Smashing Times implemented **Acting for the Future** Programme using creative processes to promote positive mental health and suicide prevention with young people and adults from the Traveller and Roma communities. **Acting for the Future** was implemented by Smashing Times and the Samaritans working in partnership with four Traveller and Roma support groups - Tallaght Travellers Community Development Project, TravAct, Kildare Traveller Action and Musicantia.

Acting for the Future used participative theatre workshops with counsellors and clinical psychologists to promote active healthy lifestyles, positive mental health and suicide prevention. The project used creative processes to actively engage young people and adults from the Traveller and Roma community in the promotion of positive mental health and suicide prevention and to increase awareness of and access to mental health services in Ireland for members of the Traveller and Roma Communities.

Smashing Times and the Samaritans, along with their partners Tallaght Travellers Community Development Project, TravAct, Kildare Traveller Action and Musicantia used the **Acting for the Future** structure to develop a targeted programme for young people and adults within the Traveller and Roma communities. A range of original culturally appropriate mental health education materials were developed with direct input from members of the Traveller and Roma community. The materials developed were a project information leaflet, two mental health and suicide prevention leaflets, a theatre workshop model, guidelines for facilitators, a document with ten interviews, two film documentaries and a Final Report and Evaluation. Members of the Traveller and Roma communities played a direct role in designing the project materials as they worked in partnership with Smashing Times and the Samaritans.

The materials and activities were then rolled out with members of the Traveller and Roma Community and consisted of 20 positive mental health and well-being theatre-based workshops and online events, development of two documentaries, a social media and traditional PR campaign, three radio campaigns, 12 audio interviews and 10 audio-visual interviews, all directly involving Travellers and Roma and raising awareness of how to promote positive mental health and suicide prevention and how to access mainstream mental health services. Four project partner meetings took place, as well as three meetings with project funders and an event with 200 young people from second level schools to raise project awareness.

As part of the twenty events, participants took part in seventeen Acting for the Future workshops, two online Acting for the Future workshop talks and one positive mental health and well-being symposium. The workshop was a theatre based intercultural healthcare workshop attended by Travellers and Roma and used creative processes of theatre based exercises and discussion forums to promote positive mental health and well-being and suicide prevention with Travellers and Roma.

The two online events titled Acting for the Future were streamed live and took place on 10 April and 22 May, at 7.30pm and featured a film extract from *The Big No* followed by a self-care talk and exercise demonstrations to promote positive mental health and well-being. The panel members were Eimear Burke, Counselling Psychotherapist, Larissa Manley, Arts Facilitator and Development Officer, Smashing Times and Paul Barr from the Samaritans. The three speakers talked about how to maintain positive mental health and well-being and tips for handling stress and anxiety in difficult times. The film shown was an extract from the film *The Big No* written by Irish writer Féilim James, directed by Mark Quinn, High Wire Productions and produced by Smashing Times. In this film a young person tells the story of their psychological unravelling and subsequent mental health crisis.

Told in the form of a voiceover monologue accompanied by compelling imagery, this poetic short film takes us on a journey of despair, introspection, and hope. As the young person battles against panic attacks and suicidal thoughts, they are forced to face the 'why' of the problems head on, learning some essential truths about themselves and the world. The events were presented as part of the Art Connects: At Home with Smashing Times series and was accompanied by a self-care newsletter on positive mental health and well-being distributed online.

The project included interviews conducted with members of the Traveller and Roma community and these interviews are available in written format. These interviews and evidence-based research on the Traveller and Roma communities, their history and culture and contemporary issues facing young and adults regarding positive mental health and suicide prevention were used to inform the creation of two documentaries.

The first documentary features interviews with Travellers and one primary health care coordinator and raises awareness of issues relating to positive mental health and well-being and suicide prevention amongst Travellers and the importance of full recognition of, and respect for Traveller identity and culture as a key ingredient in promoting equality for Travellers in Irish society into the future. The second documentary is based on the Acting for the Future project itself and features interviews with key people involved in the project including Travellers, Roma and members of Smashing Times.

In keeping with best practice, a support structure was in place for all project activities. A representative from Smashing Times met with each group prior to the workshop taking place to discuss elements of the project and related resource material. A key aspect of this support structure is the presence of qualified psychotherapists and members of the Samaritans at all activities. This structure provides participants with a safe space to explore the issues raised. An information pack including two leaflets with information on 5 ways to Well-Being and Building Resilience are distributed at each event and this includes a list of support agencies and resource materials for follow-up work as well as pre and post evaluation forms.

The project promotes an inclusive, partnership approach to delivery of health care support services in an equal, accessible and effective way, acknowledging and valuing the diversity of all service users. A total of 553 participants took part directly in project activities, 31,500 were reached through outreach and 116,976 were reached through dissemination making an overall reach of 149,029

Young people and adults from the Traveller community had access to a programme that promoted positive mental health and suicide prevent and access to a range of culturally appropriate mental health educational materials including a project information leaflet, two Mental Health and Suicide prevention leaflets, a drama workshop model, a documentary and a Final Report and Evaluation, all designed in collaboration with members of the Traveller and Roma community.

Aims

- Use of workshops to break down silences surrounding suicide and mental health in the Traveller and Roma communities
- Promotion of positive mental health and suicide prevention for the Traveller and Roma community through creative processes
- Raised awareness of the importance of looking after your health and emotional wellbeing
- Promotion of emotional resilience and coping skills
- Highlighted support services available to those in danger of or affected by mental health issues and suicide
- Raised awareness of the importance of physical health in relation to positive mental health and emotional wellbeing

Objectives Achieved

As part of this project, Smashing Times and the partner organisations successfully completed the following:

1. Developed a **Partnership Agreement** and MOU which was signed with four partner organisations with agreed roles and responsibilities for all partner groups.
2. Smashing Times organised **four partner meetings**, attended by Smashing Times and four partner organisations - Tallaght Travellers Community Development Project, TravAct, Kildare Traveller Action and Musicantia. Outputs included the development and signing of a partnership agreement, a project action plan with timelines and deadlines, a Communications and Dissemination Strategy, a Final Report and Evaluation and reports on ongoing project activities. The four partner meetings took place on 23 January, 14 and 16 May and 25 June, 2019, attended by 11.
3. Smashing Times conducted **one outreach campaign** reaching Traveller and Roma representatives, groups and individuals with raised awareness of the project and associated activities via a project flier and information distributed to 31,500 and a webpage established on the Smashing Times website.
4. Research was conducted into Traveller and Roma stories and needs related to positive mental health and suicide prevention with contributions from the partner organisations. The research included the identification of 12 people from the Traveller and Roma community who took part in 10 interviews. The twelve interviewees include two people from Kildare Traveller Action; four from Tallaght Travellers Community Development project; three from TravAct; one from Musicantia Roma Cultural and Education centre and two individual travellers identified through researcher Dr Patricia Kennedy. The twelve interviews are contained in a book available online. Arising out of the interviews, a list of recommendations for the promotion of positive mental health and well-being for Travellers and Roma were prepared. See research section. Smashing Times conducted research to identify a list of current services available and a list of resource and support organisations were documented in two information leaflets distributed at 20 workshops and events.
5. Development of an innovative toolkit consisting of a theatre workshop model and resource tools suitable for practitioners – health care workers, artists, teachers, facilitators - working in intercultural healthcare contexts using creative processes to promote positive mental health and well-being with Travellers and Roma in Ireland. The toolkit consists of:
 - A participative Acting for the Future Theatre Workshop Model using creative processes to promote positive mental health and well-being and coping strategies for handling stress conducted with Travellers and Roma. With step-by-step instructions. The model is two hours in duration and was created by Mary Moynihan with input from Larissa Manley, facilitator, Charlotte Tiernan, facilitator and Eimear Burke, counselling psychotherapist.
 - Guidelines for Facilitators planning a creative-based workshop programme with Traveller and Roma groups, to promote positive mental health and well-being
 - Two Acting for the Future Information leaflets with information on how to look after your positive mental health and well-being and a list of resource services.
6. 20 Acting for the Future events were completed attended by a total of 520 people. Seventeen events were conducted face-to-face and two on-line and consisted of the Acting for the Future theatre workshop model using creative processes of theatre and discussion to promote positive mental health and well-being, conducted with a range of Traveller and Roma groups as follows: Four workshops with Travact on 21, 28 May, 29 October, 5 November; three workshops with Kildare Traveller Action on 29 May, 26 June and 11 September; three workshops with Musicantia on 6, 13 June and 26 August; two online workshops for all groups on 10 April and 22 May, and one workshop with each of the following seven groups:
 - South East Traveller Mental Health, Wexford, 11 June
 - Southside Travellers Action group, Dublin; 16 July
 - St Catherine's Community Services, Carlow (Tullow Women's Group), 16 October
 - Waterford and South Tipperary Community Youth Service, Kilkenny, 18 October
 - Laois Travellers Action group, 29 October
 - Youth Work Group Roma Inclusion programme, Wexford, 26 September
 - and Carlow Kilkenny Social Inclusion, Kilkenny, 27 November

The two Online-Events conducted on 10 April and 22 May, were presented by Eimear Burke, counselling psychotherapist, Larissa Manley, Facilitator, Paul Barr, Samaritans and the MC was Freda Manweiler, Smashing Times. A Creative Approaches to Positive Mental Health and Well-Being symposium was

conducted with second level schools at Trinity College Dublin on 20 September 2019 and a presentation was made on the Acting for the Future project to 200 students.

7. Two short film documentaries created. The first is based on interviews with Travellers and aims to raise awareness of positive mental health and well-being and suicide prevention in the Traveller community. The second is based on interviews with a range of people including Travellers and Roma and members of Smashing Times and raises awareness of the Acting for the Future project and the role of the arts to promote positive mental health and well-being in Traveller and Roma communities.
8. Implemented a Support structure for all project activities.
9. Conducted a Communications and Dissemination Campaign including one social media campaign and radio campaigns ongoing throughout the lifetime of the project reaching 116,976
10. Conducted an Evidenced-based Evaluation with needs analysis, prepared by TCD to research the impact of using creative processes to promote positive mental health and social inclusion and the findings are included in the Final Report and Evaluation distributed online to 3,000.

Numbers

Activities: 553

Outreach: 31,500

Communications: 116,976

Total Project Reach: 149,029



Adam Traynor performing in *Testimonies* for Acting for the Future

2.2 Documentation of Expected and Actual Outcomes

Expected Outcome: Project Action Plan and Partnership Agreement	Actual Outcomes Completed
Develop a Partnership Agreement and Project Action Plan outlining roles and responsibilities of all partner groups, signed at the first project partner meeting.	Smashing Times developed a Partnership Agreement and MOU which was signed with four partner organisations with agreed roles and responsibilities for all partner groups.
Expected Outcome: Partner Meetings	Actual Outcomes Completed
Conduct three partner meetings, one at the beginning of the project, one mid-term and a final meeting at the end of the project, attended by Smashing Times and four partner organisations - Tallaght Travellers Community Development Project, TravAct, Kildare Traveller Action and Musicantia – and representatives of the HSE as required.	<p>Smashing Times organised four partner meetings, attended by Smashing Times and four partner organisations - Tallaght Travellers Community Development Project, TravAct, Kildare Traveller Action and Musicantia. Outputs included the development and signing of a partnership agreement, a project action plan with timelines and deadlines, a Communications and Dissemination Strategy, a Final Report and Evaluation and reports on ongoing project activities. The four partner meetings took place on 23 January, 14 and 16 May and 25 June, 2019, attended by 11.</p> <p>Summary of Four Partner Meetings Completed Project Partner Meeting One: 23 January 2019, 2-4pm Carmichael Centre for Voluntary Groups, North Brunswick St, Dublin 7. Attendees: Five Project Partner Meeting Two: 14 May 2019., 10-11am The Aras, Newbridge, Co Kildare. Attendees: Three Project Partner Meeting Three, 16 May 2019, 3.30-5.00pm Tallaght Traveller CDP, Brookfield Court, Tallaght, Dublin 24. Attendees: Five Project Partner Meeting Four: 25 June 2019, 2-4pm Carmichael Centre for Voluntary Groups, North Brunswick St, Dublin 7. Attendees: Eight</p> <p>Eleven Attendees Freda Manweiler, Company Manger, Smashing Times Mary Moynihan, Director, Smashing Times, Niamh Clowry, Smashing Times Patrick Nevin, Tallaght Travellers Community Development Project Sergiu Pruteanu, Musicantia, Culture and Educational Roma Centre Linda Greene, PHC Project Coordinator, Kildare Traveller Action Bridget O’Brien, Primary Health Care Worker, Kildare Traveller Action Kathleen McDonagh, Primary Health Care Worker, Kildare Traveller Action Bridget O’Brien, Primary Health Care Worker, Kildare Traveller Action Fran Keyes, Tallaght Community Development Project</p>

	<p>Alan Kavanagh, Tallaght Travellers Community Development Project</p> <p>See below for full details of meetings.</p>
Expected Outcome: Outreach Campaign	Actual Outcomes Completed
<p>Conduct one Outreach Campaign to connect with Traveller and Roma representatives and groups with final needs analysis identified. – Reach 2,000</p>	<p>Smashing Times conducted one outreach campaign that reached Traveller and Roma representatives, groups and individuals and raised awareness of the project and associated activities. Smashing Times provided information to all Traveller organisations locally and nationally, consisting of the circulation of a project flier to 1,500 contacts with further dissemination of the project to 30,000 contacts via Mental Health Reform. The total outreach was 31,500. The four project partners conducted outreach within their own communities.</p> <p>A webpage for the project was also created http://smashingtimes.ie/centrefortheartsandhumanrights/acting-for-the-future-using-the-arts-to-promote-positive-mental-health-and-suicide-prevention-for-travellers/</p>
Expected Outcome: Research and Collection of Traveller and Roma Stories	Actual Outcomes Completed
<p>Conduct period of research into Traveller and Roma stories and needs related to positive mental health and suicide prevention with contributions from the partner organisations.</p>	<p>Research was conducted into Traveller and Roma stories and needs related to positive mental health and suicide prevention with contributions from the partner organisations. The research included the identification of 12 people from the Traveller and Roma community who took part in 10 interviews. The research and interviews aimed to explore current situations regarding positive mental health and suicide prevention with and for the Traveller and Roma community ; to identify current barriers and needs in relation to positive mental health and suicide prevention and to identify means and supports for ensuring that Travellers and Roma can interact fully with the public health sector. The twelve interviewees include two people from Kildare Traveller Action; four from Tallaght Travellers Community Development project; three from TravAct; one from Musicanta Roma Cultural and Education centre and two individual travellers identified through researcher Dr Patricia Kennedy. The twelve interviews are available online. Arising out of the interviews, a list of recommendations for the promotion of positive mental health and well-being for Travellers and Roma were prepared. See evidence based research section three below. Smashing Times conducted research to identify a list of current services available and a list of resource and support organisations were documented in two information leaflets distributed at 20 workshops and events. An additional 10 interviews took place in audio-visual format to create two documentaries.</p>
Expected Outcome: Theatre Workshop Model to promote positive mental health and well-being	Actual Outcomes: Completed
<p>Create one Acting for the Future theatre based</p>	<p>Development of an innovative toolkit consisting of a theatre workshop model and resource tools suitable for practitioners –</p>

<p>workshop model using creative processes of theatre and discussion to promote positive mental health and well-being with Travellers and Roma</p>	<p>health care workers, artists, teachers, facilitators - working in intercultural healthcare contexts using creative processes to promote positive mental health and well-being with Travellers and Roma in Ireland. The toolkit consists of:</p> <ul style="list-style-type: none"> - A participative Acting for the Future Theatre Workshop Model using creative processes to promote positive mental health and well-being and coping strategies for handling stress conducted with Travellers and Roma. With step-by-step instructions. The model is two hours in duration and was created by Mary Moynihan with input from Larissa Manley, facilitator, Charlotte Tiernan, facilitator and Eimear Burke, counselling psychotherapist. - Guidelines for Facilitators planning a creative-based workshop programme with Traveller and Roma groups, to promote positive mental health and well-being - Two Acting for the Future Information leaflets with information on how to look after your positive mental health and well-being and a list of resource services. <p>Process: The researcher prepared the transcribed versions of the interviews, conducted desk research and worked with Smashing Times to develop the drama workshop model and best practice guideline for facilitators using creative methods to work with Traveler and Roma communities to promote positive mental health and well-being. The actual model was created by Mary Moynihan, arts consultant working with the facilitators and psychotherapist to develop the draft workshop model and the development of best practice outline for using creative methods to promote positive mental health with Traveller and Roma communities.</p>
<p>Expected Outcome:</p>	<p>Actual Outcomes: Completed</p>
<p>Conduct 20 events made up of a theatre based participative workshop with six youth and four adult groups from the Traveller and Roma communities plus Travellers from additional groups - 20 participants per workshop by twenty groups totals 400. Each event features an Acting for the Future Workshop Model using creative processes of theatre and discussion to promote positive mental health and well-being with Travellers and Roma.</p> <p>The original attendance figures were: 10 workshops x 20 = 200 plus 10 events x 100</p>	<p>20 Acting for the Future events were completed attended by a total reach of 520. Eighteen events were conducted face-to-face and two online. The workshops included the Acting for the Future theatre workshop model using creative processes of theatre and discussion to promote positive mental health and well-being, conducted with a range of Traveller and Roma groups as follows:</p> <p>Four workshops with Travact on 21, 28 May, 29 October, 5 November; three workshops with Kildare Traveller Action on 29 May, 26 June and 11 September; three workshops with Musicantia on 6, 13 June and 26 August; two online workshops for all groups on 10 April and 22 May, and one workshop with each of the following seven groups:</p> <p>South East Traveller Mental Health, Wexford, 11 June Southside Travellers Action group, Dublin; 16 July St Catherine's Community Services, Carlow (Tullow Women's Group), 16 October Waterford and South Tipperary Community Youth Service, Kilkenny, 18 October</p>

<p>= 1,000 (made up of 800 from Traveller community and 200 from settled community). Total Reach: 1,400</p>	<p>Laois Travellers Action group, 29 October Youth Work Group Roma Inclusion programme, Wexford, 26 September and Carlow Kilkenny Social Inclusion, Kilkenny, 27 November</p> <p>The above events were conducted by:</p> <p>Mary Moynihan, Director Larissa Manley, Facilitator Charlotte Tiernan, Facilitator Michael McCabe, Facilitator Eimear Burke, Psychotherapist Gerry McNevin, Psychotherapist Derek Mc Donnell, Psychotherapist</p> <p>Two Online-Events were conducted on 10 April and 22 May, presented by Eimear Burke, counselling psychotherapist, Larissa Manley, Facilitator, Paul Barr, Samaritans and the MC was Freda Manweiler, Smashing Times.</p> <p>Smashing Times have created two short film documentaries. A screening of the documentary was not possible due to Covid-19. Smashing Times are proposing to organise an online screening in October 2020 as part of the Dublin Arts and Human Rights Festival. As part of the screening we will hold a post-show panel made up of representatives from the Samaritans; the HSE; the Traveller and Roma partner organisations and a trained psychotherapist. The documentary will also be available online.</p>
<p>Expected Outcomes: Documentary</p>	<p>Actual Outcomes Completed</p>
<p>The original objectives were to create a theatre play but based on discussions with our partner organisations this was changed to a film documentary.</p> <p>Put in details of change requested to HSE and how this was agreed.</p> <p>Insert objective for the documentary. as per the changed plan.</p>	<p>Smashing Times have created two short film documentaries. The first is based on interviews with Travellers and aims to raise awareness of positive mental health and well-being and suicide prevention in the Traveller community.</p> <p>The second is based on interviews with a range of people including Travellers and Roma and members of Smashing Times and aims to raise awareness of the Acting for the Future project and the role of the arts to promote positive mental health and well-being in Traveller and Roma communities.</p> <p>The following activities took place.</p> <ol style="list-style-type: none"> 1. A treatment script was prepared by Mary Moynihan – see draft outline below. 2. Two meetings and online consultation took place between Mary Moynihan, Director and Mark Quinn, editor, High Wire to confirm documentary outline and film schedule. 3. A series of film interviews were organised and took place on 17 December 2019, at Newbridge Townhall, Newbridge, Co Kildare. 10 people were interviewed.

	<ol style="list-style-type: none"> 4. A first draft of the original film documentary was created and reviewed by Smashing Times. 5. The film interviews were transcribed. 6. A second draft of the film was proposed with the interviews divided into two separate films. 7. Two short documentaries were transcribed, edited, and completed. <p>Traveller and Roma Documentary Credits:</p> <p>Production: Smashing Times and Highwire Limited Camera: Ken O'Mahony Lights: Fintan Byrne Director: Mary Moynihan Editor: Mark Quinn, High Wire</p> <p>Interviewees Linda Green, Project Manager, Kildare Traveller Action Bridget Dooley, Primary Health Care Worker, Kildare Traveller Action Bridget O'Brien, Kildare Traveller Action Bridget Cawley, Kildare Traveller Action Kathleen Cawley, Kildare Traveller Action Marie Cawley, Kildare Traveller Action Patrick Nevin, Tallaght Traveller Action Sergiu Pruteanu, Musicantia Roma Culture and Educational Centre Eimear Burke, Psychotherapist Freda Manweiler, Company Manager, Smashing Times</p> <p>Smashing Times have created two short film documentaries. A screening of the documentary was not possible due to Covid-19. Smashing Times are proposing to organise an online screening in October 2020 as part of the Dublin Arts and Human Rights Festival. As part of the screening we will hold a post-show panel made up of representatives from the Samaritans; the HSE; the Traveller and Roma partner organisations and a trained psychotherapist. The documentary will also be available online. The estimated initial reach is 1,200 and the reach into the future will be 5,000.</p>
<p>Expected Outcome: Support Structure</p>	<p>Actual Outcomes: Completed</p>
<p>Ensure a Support structure is put in place for all project activities including distribution of 1,000 leaflets</p>	<p>The support structure was implemented on an ongoing basis throughout the lifetime of the project and consisted of:</p> <ul style="list-style-type: none"> • A representative from Smashing Times meets with a representative from each group prior to the workshop, taking place, to discuss elements of the project and related resource material. • A key aspect of this support structure is the presence of qualified psychotherapists for all activities

	<ul style="list-style-type: none"> • This structure provides participants with a safe space to explore the issues raised. • An information pack including two leaflets with information on 5 ways to well-being and building resilience are distributed at each workshop • A list of support agencies and resource materials for follow-up work, as well as pre and post evaluation forms are also distributed <p>An information pack including two leaflets with information on ways to Well-Being and Building Resilience were distributed at each event and this includes a list of support agencies and resource materials for follow-up work as well as pre and post evaluation forms. The Acting for the Future Information Leaflet used for the Travellers and Roma was edited and designed and is available online.</p>
Expected Outcome: Communications and Dissemination	Actual Outcome: Completed
<p>Conduct a Communications and Dissemination Campaign including one social media campaign and one radio campaign. Reach: 200,000. The project coordinator will identify a list of national and local radio stations and target a minimum of one radio station in the catchment area of each of the four partner groups. The aims are to propose a programme format that will be aired on-line by a minimum of four radio stations focusing on the theme of positive mental health and suicide prevention for the Traveller community. Each of the Traveller or Roma support organisations will provide a person to speak on the radio, and the format also includes a short clip from the theatre performance that can be performed on-air followed by a post-show panel discussion. Radio listeners are invited to ring in and ask questions live on air in response to the issues raised in the performance and through the panel discussion.</p>	<p>A Communication and Dissemination strategy was agreed and implemented and consisted of a PR campaign and an eextensive social media campaign including Facebook, Twitter, and Instagram. The reach was as follows:</p> <p>Facebook: 10,397 Twitter: 11,680 Instagram: 5,603 Website: 2,059 External Websites: 24,036 Events: 270 Newsletters: 13,431 Project Flier: 31,500 Radio Interviews: 49,500 Total Reach: 116,976</p> <p>Radio Interview One – Date: Friday 28 February 2020 Time: 7.30pm Radio Station and Program: KCLR - The Way it is with Sue Nunn Interviewer: Sue Nunn Interviewees: Mary Byrne, Traveller Mental Health Coordinator, Southeast Community Healthcare, Hannah Carty, and Freda Manweiler, Company Manager, Smashing Times, Link: https://kclr96fm.com/the-way-it-is-friday-28th-february-part-1/</p> <p>Radio Interview Two - Date: Saturday 27 June 2020 Time: 1pm Radio Station and Program: NEAR FM, Northside Today Interviewer: Ken Kilbride Interviewees: Freda Manweiler, Company Manager, Smashing</p>

<p>The aim is to present on four national or local radio programmes.</p>	<p>Radio Interview three Date: Monday 29 2020 Time: 7pm Radio Station and Program: Phoenix FM, D15 Today Interviewer: Sean Coogan Interviewees: Freda Manweiler, Company Manager, Smashing</p> <p>The project coordinator identified a list of national and local radio stations and conducted interviews on three radio stations focusing on the theme of positive mental health and suicide prevention for the Traveller and Roma community. In addition, 20 public events were held attended by 513 who were Travellers, Roma and members of the public, plus four project partner meetings took place with eleven members of the partner groups.</p>
<p>Expected Outcome: Final Report and Evidence Based Evaluation</p>	<p>Actual Outcomes:</p>
<p>Conduct an Evaluation and Monitoring Strategy and prepare and distribute a Final Report and Evaluation. Reach: 3,000. An Evidenced based evaluation is conducted by Trinity College Dublin into the impact of using creative processes to promote positive mental health and social inclusion and the findings are included in the Final Report and Evaluation.</p>	<p>For this project Smashing Times commissioned evidence-based research to be conducted by Trinity College Dublin into the impact of using creative processes to promote positive mental health and suicide prevention with the Traveller and Roma community. The Company Manager, director and project coordinator liaised with Trinity College Dublin to implement the evidence-based research process.</p> <p>This document is a Final Report with evidenced-based Evaluation and needs analysis prepared by Trinity College Dublin to research the impact of using creative processes to promote positive mental health and social inclusion and the findings will be distributed online to 3,000.</p> <p>The evidence based independent evaluation conducted by Trinity College Dublin for Acting for the Future with Travellers and Roma demonstrates that there was a successful increase for participants in relation to having increased awareness of positive mental health; increased awareness of the importance of healthy lifestyles; increased knowledge of techniques for positive mental health and coping strategies; having information on support services; and being more confident in discussing mental health. Participants felt that the arts have a key role in positive mental health promotion.</p>

2.3 Details of Meetings, Workshops, Events and Interviews

2.3.1 Acting for the Future: Using the arts to promote positive mental health, well-being and suicide prevention for Travellers and Roma - Twenty Events.

Organization	Date	Time	Venue	Facilitator and Counsellor	Numbers in attendance
TravAct	21 May	5.00-7.00	Resource Centre Clonsaugh Drive Priorswood Dublin 17	Charlotte Tiernan, Theatre Facilitator and Drama Therapist and Gerry Mc Nevin, Psychotherapist	14 made up of 9 Teenagers and 5 Adults. All women
TravAct	28 May	5.00-7.00	Resource Centre Clonsaugh Drive Priorswood Dublin 17	Charlotte Tiernan, Theatre Facilitator and Drama Therapist and Gerry Mc Nevin, Psychotherapist	14 made up of Teenagers and 5 Adults. All women
Kildare Traveller Action	29 May	10.30-12.30	Newbridge, Co Kildare	Charlotte Tiernan, Drama Therapist and Mary Moynihan, Artistic Director, Writer, Theatre and Film Maker	7 women
Musicantia Roma Centre	6 June	14.30-16.30	Old St. George's School, Hampton Street, Balbriggan, Co. Dublin	Larissa Manley, Drama Facilitator and Derek McDonnell, Psychotherapist	12 men
South East Traveller Mental Health	11 June	10-12	Enniscorthy, Co Wexford	Larissa Manley, Drama Facilitator and Eimear Burke, Psychotherapist	14 women
Musicantia Roma Centre	13 June	15.00-17.00	Old St. George's School, Hampton Street, Balbriggan, Co. Dublin	Larissa Manley, Drama Facilitator and Derek McDonnell, Psychotherapist	12 men
Kildare Traveller Action	26 June	10.30-12.30	Newbridge, Co Kildare	Charlotte Tiernan, Drama Therapist and	7 women

				Eimear Burke, Psychotherapist	
Southside Travellers Action Group	16 July	11.00-1.00pm	Beaumont Ave, Churchtown Upper, Dublin	Charlotte Tiernan, Drama Therapist and Eimear Burke, Psychotherapist	16 13 teenagers (8 young women and 5 young men) 3 men
Musicantia Roma Centre	26 August	15.00-17.00	Old St. George's School, Hampton Street, Balbriggan, Co. Dublin	Charlotte Tiernan and Derek McDonnell, Psychotherapist	12 men
Kildare Traveller Action	11 September	10.30-12.30	Newbridge, Co Kildare	Charlotte Tiernan, Drama Therapist and Eimear Burke, Psychotherapist	7 women
Youth Work Group Roma Inclusion Programme Lead Roma Equality Project FDYS Island Road Enniscorthy, Co Wexford	26 September	4.30-6.30	Enniscorthy, Co Wexford	Larissa Manley, Drama Facilitator and Karen Ward, Psychotherapist	11 young women
St Catherine's Community Services, Carlow – Tullow Women's Group	October 16th	10.30-12.30	St Catherine's Community Services Centre, St. Joseph's Road, Carlow, R93 T4C6	Larissa Manley, Drama Facilitator and Eimear Burke, Psychotherapist	22 women
Waterford & South Tipperary Community Youth Service	October 18	1.30-3.30	Solas Building, Belmont Park, Ferrybank, Co. Kilkenny, Eircode: X91 NCX7	Larissa Manley, Drama Facilitator and Eimear Burke, Psychotherapist	9 young men
Travact	29 October	5.00-7.00	Resource Centre Clonshaugh Drive Priorswood Dublin 17	Michael McCabe, Drama Facilitator and Gerry McNevin Psychotherapist	15 made up of 10 Teenagers and 5 Adults. All Women

Travact	5 November	5.00-7.00	Resource Centre Clonsaugh Drive Priorswood Dublin 17	Michael McCabe, Drama Facilitator and Gerry McNevin Psychotherapist	15 made up of 10 Teenagers and 5 Adults. All Women
Laois Travellers Action Group	29 October	7-9pm	Pepper's Court, James Fintan Lalor Ave, Kylekiproe, Portlaoise, Co. Laois	Larissa Manley, Drama Facilitator and Eimear Burke, Psychotherapist	20 adults All Women
Carlow/Kilkenny, Social Inclusion	27 November	10.30-12.30	Traveller Mental Health Liaison Nurse Carlow/Kilkenny, Social Inclusion Department, HSE/South East Community Healthcare, Room 207B St Canices Hospital, Dublin Road, Kilkenny. R95 P231	Larissa Manley, Drama Facilitator and Eimear Burke, Psychotherapist	18 All Women
Acting for the Future Live stream Event	10 April 2020	7.30-8.30pm	Acting for the Future Online Event	Larissa Manley, Facilitator, Eimear Burke, Psychotherapist, Paul Barr, Samaritans	55
Acting for the Future Live stream Event	22 May 2020	7.30-8.30pm	Acting for the Future Online Event	Larissa Manley, Facilitator, Eimear Burke, Psychotherapist, Paul Barr, Samartians	40
Positive Mental Health and Well-Being Youth Symposium Put in names of schools	20 September 2019	10am-1pm	Samuel Beckett Theatre	Presentation on Acting for the Future programme for Travellers and Roma	200 – mixed audience of secondary school students
Twenty Events Conducted					520

2.3.2. Four Project Partner Meetings with eleven attendees

Project Partner Meeting One

Date: Wednesday 23 January 2019

Time: 2-4pm

Venue: Carmichael Centre for Voluntary Groups, North Brunswick St, Dublin 7

Attendees: Five

Freda Manweiler, Company Manger, Smashing Times; Mary Moynihan, Director, Smashing Times, Niamh Clowry, Smashing Times, Representatives from the Partner Organisations, Patrick Nevin, Tallaght Travellers Community Development Project, and Sergiu Pruteanu, Musicantia Roma Centre

Achieved: Partnership Agreement and MOU's developed and signed with roles and responsibilities agreed for all partner groups. Project Action Plan agreed. Communications and Dissemination Strategy agreed. Evaluation processes discussed at first partner meeting based on liaison with TCD and the partner organisations.

Project Partner Meeting Two

Date: Tuesday 14 May 2019

Time: 10-11am

Venue: The Aras, Newbridge, Co Kildare

Attendees: Three

Freda Manweiler met Dr Linda Greene, PHC Project Coordinator and Kathleen McDonagh Primary Health Care Worker, Kildare Traveller Action.

Achieved: Freda Manweiler met Dr Linda Greene, PHC Project Coordinator and Kathleen McDonagh Primary Health Care Worker, Kildare Traveller Action. Freda provided details of the project and the expected outputs. She gave details of the workshop process the format with which it would take and the details of the research which will be conducted. Freda went on to conduct an interview with a member of the traveller community to be included in the research. When discussing the final outputs of the project in relation to the artistic outputs of the project. Patrick Nevin made it clear that what they would most like is that although the performance / film will be to promote positive mental health for travellers that is should also be for the wider settled community to understand the devastation that suicide and poor mental health has had on the traveller community. Patrick Nevin also said that we should meet with John Connor and Michael Collins but that is was not essential that we have a traveller writer as long as the message we deliver is for both the traveller and settled community.

Project Partner Meeting Three

Date: Thursday 16 May 2019

Time: 3.30-5.00pm

Venue: Tallaght Traveller CDP, Brookfield Court, Tallaght, Dublin 24

Attendees: Five

In attendance from Tallaght Traveller CDP, Patrick Nevin, Fran Keyes and Alan Kavanagh and from Smashing Times, Mary Moynihan and Freda Manweiler.

Achieved: Freda Manweiler and Mary Moynihan gave the team from Tallaght Traveller CDP an outline of the project and what they have been funded to do as part of the project. The interview and research process was discussed with a focus on identifying needs and experiences of mental health and wellbeing. The drama

workshop process was explained with a focus on how the methodologies of drama games, exercises, image work and improvisations are used to promote wellbeing and positive mental health. The workshops are participative and fun and we work at the pace of each group. Members of Smashing Times outlined how the project is run over 12 months and the need to document the workshops so as to inform the creation of a final workshop model.

During the discussion Fran from Tallaght Traveller CDP outlined that she would need to check with the women's groups who meet every Tuesday evening, but that first we should meet with the primary health workers, all female, to conduct the interviews. This was agreed and it was proposed by Fran that Smashing Times conduct three joint interviews on May 22, at 10am in the offices of Tallaght Traveller CDB. Fran will also be in contact with the groups to see if a workshop can be scheduled in the near future. The group discussed that although the main gender affected by issues with poor mental health is male the main people we are working with are female. Patrick Nevin said he could get us some men who might participate in a workshop and Freda and Mary said we could run a talking workshop with them and we do not have to run theatre games to begin with, that the workshop process is very malleable and accessible and can be adapted to suit the needs of all different groups.

During a discussion in relation to the final outputs of the project with a focus on artistic outputs, Nevin made it clear that what they would most like is for the creative work to promote positive mental health for travellers and that the work should equally also be available for the wider settled community to assist them to understand the devastation that suicide and poor mental health has had on the traveller community. Patrick Nevin also said that we should meet with John Connor and Michael Collins but that it was not essential that we have a traveller writer as long as the message we deliver is for both the traveller and the settled community.

Project Partner Meeting Four

Date: Tuesday 25 June 2019

Time: 2-4pm

Venue: Carmichael Centre for Voluntary Groups, North Brunswick St, Dublin 7

Attendees: Eight

Mary Moynihan, Freda Manweiler, Niamh Clowry, Smashing Times

Linda Greene, PHC Project Coordinator, and three Primary Care Workers Bridget O'Brien, Kathleen McDonagh and Bridget O'Brien, Kildare Traveller Action. Sergiu Pruteanu, Managing Director, Musicantia Culture and Educational Roma Centre

Achieved: Partners updated on project progress to date and changes confirmed in final project outputs from a devised theatre piece to a film/documentary piece. Arrangements made to complete final project activities with discussion on a joint workshop for bringing together Travellers and Roma.

2.3.3. Meetings with Funders

Meeting the HSE Social Inclusion Office

Date: Thursday 30 May 2019

Time: 3pm

Venue: National Office for Social Inclusion

Attendees: Freda Manweiler, Mary Moynihan and Michelle Hayes

Achieved: Freda Manweiler and Mary Moynihan met with Michelle Hayes to discuss the progress of the project and to formally request a change in the final outputs of the project, moving from a theatre performance to a documentary. This change was approved subject to the submission of a revised budget, which was duly submitted and approved.

Meeting the HSE Social Inclusion Office

Date: Tuesday 12 November 2019

Time: 11am

Venue: Smashing Times Office, Coleraine House, Coleraine Street, Dublin 7

Attendees: Freda Manweiler, Niamh Clowry and Michelle Hayes

Achieved: Freda Manweiler and Niamh Clowry met with Michelle Hayes to discuss the progress of the project and go through all the financial reporting documentation for the project and the final report.

In addition to 20 public events, with Travellers, Roma and members of the public and four project partner meetings with eleven members of the partner groups, Smashing Times also met with Dr Sindy Joyce on 25 May 2019, 3pm, University of Limerick, Castletroy, Co Limerick and with John Connors, on 2 July 2019, Film Base, Dublin, to discuss the project. In the first meeting, Dr Sindy Joyce explained her journey of completion for her Phd which focussed on the experiences of Young Travellers and their experiences of integration with the settled community. In the meeting with John Connors, Mary Moynihan and Freda Manweiler met with John Connors to fill him in on the project.

Section Three - Acting for the Future Evidence-based Research and Evaluation

3.1 Evidence Based Research and Evaluation

3.1.1 Role of Trinity College Dublin

Smashing Times worked with the School of Psychology at Trinity College Dublin who conducted an independent evaluation. Freda Manweiler and Mary Moynihan met with Charlotte Wilson, Assistant Professor in Clinical Psychology, School of Psychology and David Hevey, Head of School, School of Psychology, to discuss the research process. For this project Smashing Times have commissioned evidence-based research to be conducted by Trinity College Dublin into the impact of using creative processes to promote positive mental health and suicide prevention with the Traveller and Roma community. The Company Manager, director and project coordinator liaised with Trinity College Dublin to implement the evidence-based research process

Activities:

1. Smashing Times met with Trinity College Dublin to prepare the evidence-based research process. The contact for TCD is Charlotte Wilson, School of Psychology, TCD. The meeting took place Tuesday 14 May 2019, 4.30pm at Trinity College Dublin.
2. Trinity College Dublin provided a first draft of an evidence based strategic approach and this document was circulated to the partners and agreed for use at all the workshops.
3. Forms were distributed to all participants prior to taking part in each activity and after completion of each activity.
4. Forms were collated from each partner for the Final Evaluation including dates, times, venue per event, numbers in attendance, description of activities and report on final project outputs and outcomes.
5. All partners provided evaluation forms to be completed by participants and photographs and videos of events where feasible with written permission of participants.
6. Smashing Times conducted a follow-up meeting with Charlotte Wilson, School of Psychology, TCD. The meeting took place on 25 February 2020, at Buswells
7. Smashing Times and the School of Psychology were in regular contact via telephone and email.

Smashing Times provided information on the company, the project and on previous independent and in-house evaluations conducted to date. The School of Psychology agreed to do the research and a series of meetings took place to identify the research parameters. The structure and content of the forms were created by TCD, distributed by the facilitators and psycho-therapists at the activities, and then returned to TCD for evaluation.

Charlotte Wilson
 Assistant Professor in Clinical Psychology
 School of Psychology
 Trinity College Dublin, the University of Dublin
 Dublin 2, Ireland.
 Tel: +353 1 896 3237
 Email: cewilson@tcd.ie
<http://psychology.tcd.ie/staff/cewilson>

Trinity College Dublin, the University of Dublin is ranked 1st in Ireland and in the top 100 world universities by the QS World University Rankings.

3.1.2 What is this research about?

The aim of the research is to identify and track how the Smashing Times workshop impacts on people's understanding of mental health issues including their knowledge about how and where to ask for help, and their own willingness to ask for help when they need it. We ask every person who takes part whether they would be willing to complete a few questions before they take part in the workshop, and then again after the workshop to see whether their knowledge about mental health increases and to see whether they feel differently about asking for help in the future should they need it. Answering these questions is completely voluntary and does not impact on their ability to take part in the workshop. If participants decide to take part, but then change their mind, they can withdraw from the research study by letting one of the research team know. If they withdraw from the study their data will be erased and not used in the final report.

When TCD get the answer booklets, each one is assigned a numerical code and from this, data is entered into the computer. Smashing Times keep the hard copy of the booklet safe in a locked filing cabinet at the Smashing Times offices. When TCD. have all the data they write a final report with findings. Data is confidential, except when there is reason to believe that someone might be at risk of harm, or if the data could be needed as part of a Garda investigation. Under the Freedom of Information Act participants have the right to get a copy of their data. The questions posed are about how participants feel about managing emotions in themselves and in others. The purpose of these questions is to gain an understanding of how participants think about positive mental health.

Each question posed is linked to overall aims of the workshops, as follows:

- (i) Raised awareness of what positive mental health is

Positive mental health is about looking after yourself and minding your mental well-being, having a positive sense of wellbeing. Life is full of ups and downs and there are many things you can do that will make a difference to how you feel and can help you to cope with tough times or difficulties that may arise. Positive mental health is not just "being free of mental illness, it is also about having a positive sense of wellbeing. It is important to look after your positive mental health as it allows us to enjoy life's pleasures, believe in our own abilities, cope with the normal stresses of life, work and study productively and enjoy socialising. Positive mental health is about reaching our potential and feeling like we always have the chance to give everything our best shot. Not just feeling positive, but also getting out there in the big bad world. Positive mental health not only prevents mental ill health, it also leads to greater enjoyment and satisfaction with one's life." (www.spunout.ie).

- (ii) Raised awareness of link between active healthy lifestyles and positive mental health.

Being active promotes physical health and mental health. Being active helps release chemicals in your brain (endorphins), which have a positive effect on your mood, as well as benefiting your heart, lungs, muscles and bones. Getting out and being active is also a great way to manage stress. It is recommended to have 30 minutes of exercise 3 times a week in order to maintain fitness. This can be fast walking, running, dancing. This contributes to positive mental health.

- (iii) Raised awareness of technique/s to look after your positive mental health.

As identified in (Information Leaflet- The Five Ways to Wellbeing)

- (iv) Raised awareness of coping strategies for handling stress.

As identified in (Information Leaflet - Practical steps for promoting positive mental health)

- (v) Provide information on support services for positive mental health and wellbeing – give out handout that lists organisations that provide support and discuss this.
Information Leaflet- Current Positive Mental Health and Well-Being Services Available
- (vi) Opportunity to express your voice and to take part in and discuss issues of positive wellbeing in a safe environment, supporting self-expression and reducing stigma surrounding mental health by opening up discussion in a safe and supportive environment. Discuss with group ways to reduce stigma surrounding discussion on positive mental health
- (vii) Promoted improved vocabulary and communications skills for individuals, which can increase confidence and self-esteem.

3.1.3 The evaluation strategy

The evaluation strategy for Acting for the Future takes a pragmatic mixed methods approach. It takes a pragmatic approach to ensure that the maximum number of participants will complete the evaluation, minimising the known biases in collecting data as part of interventions that happen in everyday practice. Thus the mixed methods approach includes collecting pre-post quantitative measures with qualitative post-workshop evaluation. A number of key variables are measured for each participant prior to the workshop (more details below), and again after the workshop. This allows the changes that occur from before to after the intervention to be calculated. The mixed method approach also involves collecting qualitative data through open ended questions on the post-workshop evaluation, and where resources are available, through interviews or focus groups with participants who are willing to speak about their experiences. This qualitative data allows the researchers to explore the acceptability of the workshop, but also to explore the psychological mechanisms of change. Mixed methods approaches are particularly suited for real-life complex research problems as they are able to address the research question more comprehensively than single method approaches, partly by being both deductive and inductive.

The variables measured in Acting for the Future reflect the constructs that the workshop aims to change. These include Mental Health Literacy (Mental Health Literacy Scale), Emotional Self-Efficacy (Emotional Self-Efficacy Scale), Quality of Life/Well-being (Quality of Life Scale) and connectedness.

The qualitative questions include questions about how participants found the intervention, what they liked about it and what they didn't, and about whether they thought anything changed, and if it did, what changed, and how that change took place.

3.1.4 Results from the Evidence Based Research

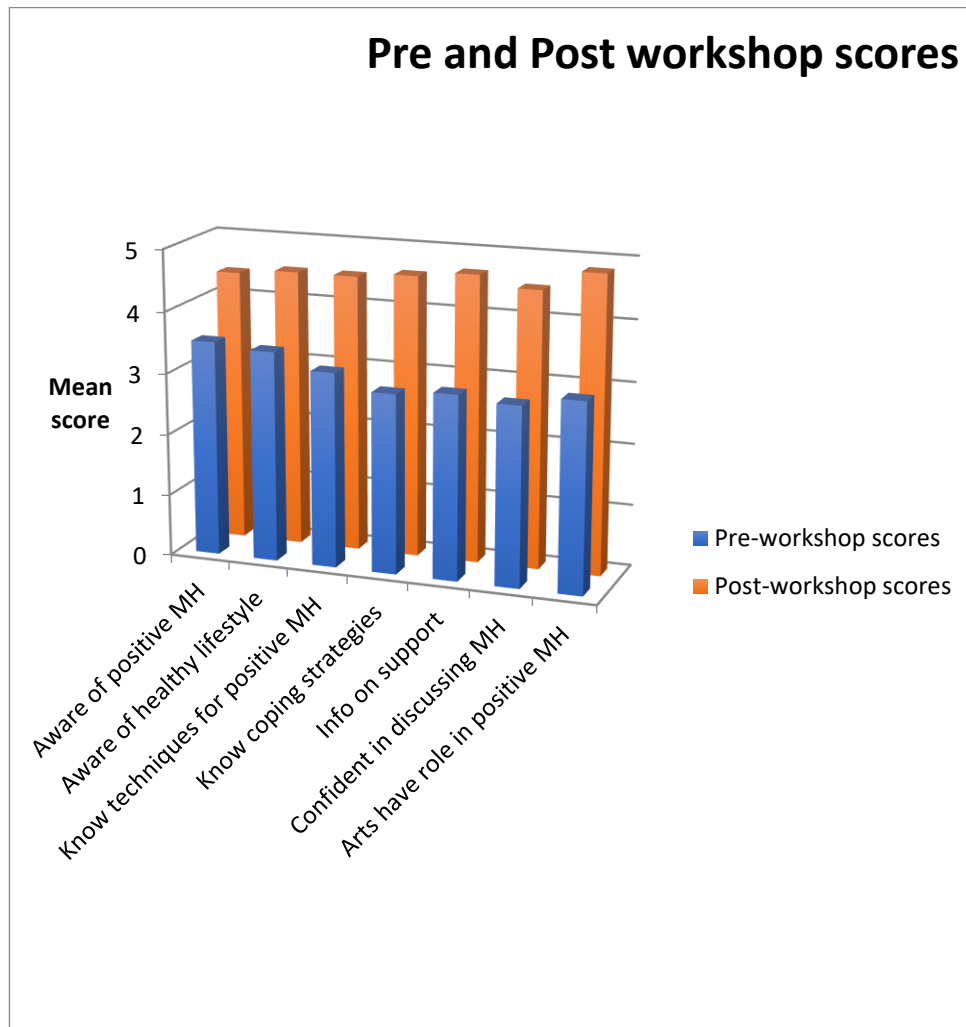
Participants were asked seven questions about their knowledge and understanding of positive mental health, their knowledge of coping strategies and information about mental health, confidence in talking about it and their belief that the arts can help all of these factors. Participants rated each item out of five before and after their participation in the workshops. A number of changes were calculated in participant's scores.

Pre-workshop scores from participants showed that knowledge and understanding of mental health was high, but there was a low average score in the pre-workshop scores in confidence discussing mental health and the belief that the arts have a role to play.

Participants' mean scores after the workshops were above 4.5 out of 5, demonstrating the impact of the workshops on participants. There were increases in scores across all questions, with some domains demonstrating larger changes than others. Confidence discussing mental health, the belief that the arts have a role in supporting positive mental health, and knowledge of coping strategies for handling stress, all showed

significant post workshop changes suggesting that participants left the workshops with very high levels of knowledge and confidence in understanding and talking about positive mental health.

The research findings indicate that although participants had a good knowledge and awareness of mental health issues before the workshops, the content of the workshops and the use of drama as a means to explore issues around mental health presented them with an alternative and fun way of exploring issues.



3.2 Project Successes

The evidence based independent evaluation conducted by Trinity College Dublin for Acting for the Future with Travellers and Roma demonstrates that there was a successful increase for participants in relation to having increased awareness of positive mental health; increased awareness of the importance of healthy lifestyles; increased knowledge of techniques for positive mental health and coping strategies; having information on support services; and being more confident in discussing mental health. Participants felt that the arts have a key role in positive mental health promotion.

The following tangible assets were developed and designed in collaboration with Traveller and Roma partner organisations.

- Project Information Leaflet
- Innovative toolkit consisting of:
 - A participative Theatre Workshop Model using creative processes to promote positive mental health and well-being and coping strategies for handling stress conducted with Travellers and Roma. With step-by-step instructions.
 - Guidelines for Facilitators planning a creative-based workshop programme with Traveller and Roma groups, to promote positive mental health and well-being
 - Two Acting for the Future Information leaflets with information on how to look after your positive mental health and well-being and a list of resource services.
- Book in digital format with 10 Interviews conducted with 12 Travellers and Roma
- Two short film documentaries
- Final Report and Evaluation

The following activities were conducted:

- One Partnership Agreement and Project Action Plan prepared and agreed by four partner organisations
- Four partner meetings conducted attended by 11
- One Outreach Campaign conducted reaching Traveller and Roma and the general public. Reach: 31,500
- Research conducted and 12 people from the Traveller and Roma community took part in 10 audio interviews
- 20 Acting for the Future Positive Mental Health and Well-Being Theatre-Based workshops and events conducted with Traveller and Roma groups and the general public, attended by 520 participants
- Two short film documentaries created based on audio-visual interviews with 10 interviewees – one primary health care worker, one member of the Roma community, six Travellers and two members of Smashing Times
- One Social media and traditional PR campaign including radio interviews reached 148,476
- Support Structure put in place
- Final Report and Evaluation prepared and distributed

Outcomes Achieved

Participants have raised awareness and access to information on how to look after your positive mental health and well-being, and access to a quality arts experience creating a safe and welcoming space and a fun, engaging way to explore positive mental health and well-being and coping strategies for handling stress. Activities directly involved Travellers and Roma and raised awareness of how to promote positive mental health and suicide prevention and how to access mainstream mental health services. On completion of the creative workshop programme, the outcomes were:

- Participants have a knowledge of how to look after your positive mental health and well being
- Participants have raised awareness and access to information on the importance of having an active healthy lifestyle
- Participants have a list of support services
- Participants have access to a quality arts experience creating a safe and welcoming space and a fun and engaging way to explore positive mental health and active healthy lifestyles
- A high quality support structure is put in place for all project activities
- Creative processes used to ensure equitable access to healthcare and other social services for disadvantaged service users and marginalised communities
- New creative based programme developed that HSE can support to run with service users
- Raised awareness of the important of creative processes to promote positive mental health and well-being and suicide prevention with advice available to health providers and other mainstream service providers working with marginalised groups on how to integrate creative methodologies of theatre and film into existing practice

3.3 Participant Evaluation Feedback

A key part of the Acting for the Future programme was the design and implementation of a creative based workshop model implemented with Travellers and Roma to promote positive mental health and well-being. According to Eimear Burke, a counsellor psychologist working on the project:

‘The workshops open up space for conversations. Women became very, very open, talking about the issues that concern them, their own mental health and the mental health of community. And how they are dealing and how they are struggling with it. For me it was opening up doors and opening up conversations. There is a greater need for more and more of that. From the women I spoke to, they want to engage, they want a dialogue, they don’t want to be isolated. Having an engagement, having a real relationship with people, helping them to move forward.

The workshop model uses a range of games, exercises, image work, improvisation and structure discussion. Areas covered include trust and teambuilding exercises, exercises for developing body awareness and awareness of the use of breathing and relaxation techniques for releasing stress, using ‘improvisations’ or structured scenarios or role-play to raise awareness of the importance of being able to talk in supportive ways and to work through and explore topics brought up by the facilitators and the participants. A handout is provided with a list of resource services which are discussed in the workshop and a list and description of techniques that participants can take away with them and these techniques are demonstrated in the workshops. An example is the Finger Hold Technique developed by Capacitor that helps people manage their own mental distress.

I did the workshop and I thought it was brilliant. First we were a bit nervous because we didn't know what to expect. But as it went on, we were there a good few days, as it went on over our time, we had the best laugh there. They really have a way of getting you to forget about the stress and forget about . . . to open up. At first you are sitting there and you don't know what to expect but I found it very, very good. We had some great craic in there now. When you think about, it do make you forget about even the silly little stressful things. I found it very good. . . We've learned how to just take a split minute out for yourself, and breath, the breathing exercises I found very good. And one thought that often stuck in my head was 'you can't change what is about happen so just calm down and take it and do the best you can with that situation'. We got very good little tips out of it and the breathing exercises and all that, was very good. At the end of each exercise then we use kind of shake off our stress, I found that very good. You're kind of fresh then for your next piece of work.

Bridgette O'Brien, Kildare Traveller Action

I find art very, very relaxing, and I find it takes your mind off of everything, your just there and you have this blank canvas when you are doing the physical act and it just calms you down and just re-fixes you if you know what I mean.

Bridgette O'Brien, Kildare Traveller Action

You can express yourself through art, you can express yourself, your feelings, and no one knows what you are doing but you can express it. I think it releases a lot of stress, for me personally . . . I found it brilliant, to release stress and I found going away from it, it's not that hard to say no.

Brigette O'Brien, Kildare Traveller Action

I can say a very good experience, very positive. They feel good, and they have said it's something new, we experienced something new which actually we find is positive, we feel good. . . . Breathing and how to feel more comfortable, I haven't done that before but actually find it's a positive way, a good way. A very good experience, very positive for all of our participants.

Sergio Pruteanu, Musicantia Roma Culture and Educational Centre

Release of stress, good laugh, better than counselling

Member of Kildare Traveller Action

The participants have loved the workshops and would love to have the opportunity to do more work with Michael and Gerry

Bridget Nevin, Travact

The games and exercises were so useful and it was fun to do something different. I'd love to do more in the future

Participant, Travact

3.4 Project Challenges

This project was the first time Smashing Times had worked with the partner organisations and from the very beginning we recognised the need to develop strong trust and open communication in order to progress positively with the project. To allow all partners to build a stronger partnership and trust, it was essential to have on going clear communication, including meetings with partners – collectively and individually; regular phone calls, emails and an understanding of the difficulties that communities who have experienced on going discrimination and marginalisation have had when working with groups outside of their communities.

We recognised that for many within the groups we were working, that family and community obligations can become priorities over scheduled meetings and workshops and therefore as with all work in this area flexibility was essential with the delivery of the work. Continuity was also a key factor in the development of trust and we ensured that the teams delivering the workshops were kept the same throughout the project. This was consistently highlighted as being very positive by project partners.

3.5 Traveller and Roma Positive Mental Health and Well-being and Suicide Prevention –Insights and Recommendations

There are a range of issues that face the Traveller community. These include extremely high rates of suicide with up to one in eight young men taking their own lives. Other issues are depression, anxiety, discrimination, gender inequality, domestic violence and discrimination experienced by women within the Traveller community, lack of education, lack of proper housing and Travel supports, a lack of willingness to access counselling services or talk to counsellors due to stigma, pride, shame, or fear of being perceived as ‘mad’ or a lack of confidence, not knowing about services, lack of time for oneself experienced by women, lack of access to employment experienced by men and women including young people and lack of support for continue education.

Research conducted for Acting for the Future with Travellers and Roma included desk-based research and direct one-to-one interviews conducted with Traveller and Roma communities. The full interviews are available online and we have summarised below references from the interviews relating to current barriers and future needs for Traveller and Roma related to Positive Mental Health and Well-Being.

Current Support Services Available

- GPs in local area or Out of Hours GP Services
- Specialised Traveller Counselling Services such as the Traveller Counselling Service which is a community based counselling service for the Traveller community
- General Counselling Services in local area
- General support services including the Samaritans – 116 123; Pieta House – 180 247 247 or text HELP to 51444 or Your Mental Health Information: 1800 742 444
- Primary Health Care Teams and Workers
- Community Services such as TravAct, Tallaght Travellers Community Development programme, Kildare Traveller Action and Musicantia Roma Cultural and Education Centre
- Counselling services for women in the Rotunda including support for post-natal depression
- Joyce ward in Beaumont
- Drug and Alcohol services
- Self-Care: Talk to family and friends, go for walks, link with a community resource service in your area, access your local primary health care workers, access counselling services, access workshops where you can learn to build coping mechanisms for handling stress, anxiety and depression

Suicide Prevention

There is an urgent need to find ways to support the Traveller community in relation to the increasingly high rates of suicide. According to Linda Green, Primary Health Care Coordinator, Kildare Traveller Action, in the last year up to 11% of all Traveller deaths were suicide related and the statistics are much higher for Traveller women and men compared to the settled population with it being ‘8% times more likely for men and 7 times more likely for women and that’s coming in off the back of NITRAS – the National Traveller and

Roma Inclusion strategy - so they are horrifying statistics . . . the 18 to 25 year old Traveller men's health is in dire straits. It's a crisis."

According to Patrick Nevin, coordinator of Tallaght Travellers Community Development Project, 'the suicide rates are extreme, they are particularly catastrophe, particularly so for young Traveller men because its 6.5. So, in essence, what that means, for every one settled, sedentary young man between the ages of 15 to 32, six and a half travellers men of a similar age profile, die by suicide. It's extraordinary, catastrophic'. Patrick says:

We would argue that the mental health situation in relation to Travellers at the moment is a direct consequence of that historical context . . . from 1922 right up until 1963 with the assimilation and absorption policies of the state. We would argue that identify and mental health and cultural identify and mental health are wrapped up in one. It's one and the same. So from that very early stage we see, particularly in the first initial weeks of the Irish Free State, you could argue that Travellers became the first 'other'. The othering process went into overdrive in 1922. . . So when we talk about the double whammy of mental health, you can see from international research that when a people have been targeted consistency and with such venom from a so-called dominant norm, that impacts both at a collective level within the community but at an individual level. There is no doubt that when you have cultural erosion and cultural denial, that has a huge impact on your own self-esteem at a personal level.

Linda Green says that 'the traveller community is really in crisis in terms of mental health and we need some serious funding and some serious educated minds in behind it and then we also need the bottom up approach as well so the Traveller people be mobilised and supported to support themselves in the grass roots communities'. According to Linda a key way forward is to provide more support and funding for primary health care workers. In addition:

We need culturally appropriate training for other services that are not Traveller specific so that there is an increased uptake in the services so that Traveller's trust can be built and Traveller people can believe that there is an understanding of what it is to be a Traveller when they go and visit that counselling service. Also the Traveller Mental Health network, we just started that there a couple of months ago, but we haven't a penny in funding. So a very practical and simple way is to fund that, the Traveller Mental Health Service and the Traveller Mental Health network. Also we fought long and hard for the last decade to get Traveller Mental Health Workers on a national level. Only six of those posts have been filled to date and the Dublin post is yet to be filled. So we need someone with real expertise coming in there who can hit the ground running.

According to Eimear Burke, 'the high levels of discrimination is immense. That can do nothing but damage your sense of self, it gives you a sense of shame over who you are, you, maybe you have to hide your identity. We all need to be able to own our identify. That contributes to positive mental health, being able to say who we are. Walk down the street with choices and with pride. But as Travellers with a high level of discrimination they don't get that. Their needs to be options and choices for Travellers to be able to engage with their values and live according to their values'. In relation to a way forward, Patrick Nevin, coordinator of Tallaght Travellers Community Development Project says that:

the state needs to say 'we are going to work with you hand-in-hand and we are going to come up with solutions'. So affirmative action programmes, reparations, state recognition of the language. So therefore, if you have state recognition of the language, there needs to be investment in that. So to protect what's left or what's there, to repair, preserve and promote. And that has to be done. And we are talking about a similar period of decades. If you look at 1963, assimilation, absorption, five decades or more. So we are looking at reparations and preparing the damage

over a period of time and not just in terms of preparing the damage within the Traveller community. But also in terms of that mind-set that was created at a state level with the majority of the population where the settled, sedentary population themselves started to believe that what the state was saying, the best option for these people is absorption, that they are failed settled people. That feeds into them and it feeds into their children, it feeds from generation to generation. It's a healing process for both, that's the way forward.

3.6. Promoting Solutions

The following are recommendations for future services re Positive Mental Health and Well-Being:

- Continued support and increased funding for the primary health care units and primary health care workers and for service to be available on a full-time basis. This includes hiring more Travellers, both women and men, to work as primary health care workers
- Provide more opportunities for Travellers to work in area of health care such as primary health care workers and through education and encouraging Travellers to become nurses and doctors
- Acknowledge and celebrate the success of the Primary Health Care programme for women – provides increased knowledge, skills, confidence and independence for women and provides much needed advice and support to the wider Traveller community in relation to physical and positive mental health and well-being and in terms of providing support to access services, keeping appointments, going for check-ups such as Breast check and cancer checks and support and advice on how to access counselling.
- Increase range and type of services available for Travellers and Roma related to positive mental health and well-being and for individuals and families who have lost someone to suicide, including increased access to free counselling services, more one-to-one advice services, reduced waiting times and access to the same counsellor over a long period of time
- Increase access to respite services for self-care with a focus on non-traditional interventions through creative processes
- Provide training in Traveller and Roma culture for counsellors and GPs
- HSE to send texts as reminders for appointments however reading an issue
- Provide Gender Equality Programmes for Men
- To be able to get quicker and better access to in-patient services in hospital when needed particularly in relation to positive mental health. This includes: access to in-patient beds through a GP service; immediate access to staff outside of normal GP hours who have knowledge of Traveller culture; and removal of long waiting periods in Accident and Emergency
- Support for people with disabilities and LGBTQI Travellers
- Better Traveller accommodation services
- Better access to women's refuges for Traveller women
- Actions to prevent discrimination in relation to Travellers being refused entry to venues
- Support in settled schools for Traveller children
- Support for families who cannot have children

Primary Health Care Workers – A Success Story

During the project Smashing Times met with a number of Traveller primary health care workers. The role of primary health care workers such as those working with Kildare Traveller Action or TravACT was discussed with a focus on the power and strength of Traveller women and the excellent work they are doing as HSE funded primary health care workers. This is a ‘success story’ as this form of employment has multiple benefits. Firstly the women themselves have benefited from training, confidence building and empowerment. The women are going out and working as leaders and role models with their community and this has the benefit of firstly passing on health related information and support in a culturally sensitive manner and secondly it provides strong female role models

However feedback indicates these services require more funding. According to Linda Green, Primary Health Care Coordinator, Kildare Traveller Action the service

‘needs to be continued and it needs to be funded appropriately and properly . . . currently the women have eleven and a half hours a week, that is what they get paid for. But the work is non-stop because they are seen as experts in their local community and because their credibility has been built up as working professionals over the years, people are constantly asking them questions when they are off the clock. . . I have seventeen and a half hours as a primary health care coordinator, it’s a full-time position. Small things like adequate funding and paying people appropriate mileage would make a huge difference in terms of how many people we can support and reach and have a positive impact on’.

How to increase Public Awareness amongst the Travellers and Roma communities of services currently available

Actions include:

- Increase media coverage by advertising Traveller and Roma services on TV
- Promote services in a wide range of places such as in supermarkets and at bus stops ‘but not endless leaflets, small things like badges with support numbers or small cards that fit in your purse or wallet with a phone number for support’
- Hold a National Positive Mental Health Day for Travellers
- Show Traveller programmes on TV that are reflective of the Traveller community and offer guidance such as healthy eating, how to maintain physical and mental health – similar to Operation Transformation and ‘not the Gypsy wedding ones’.

3.7. Promoting Solutions – Creative Arts for Health and Well-Being

A major report by the World Health Organisation (WHO) titled *The role of the arts in improving health and well-being in the WHO European Region* demonstrates how arts interventions can help improve health and well-being, contribute to the prevention of a variety of mental and physical illnesses and support in the treatment or management of a range of acute and chronic conditions arising across the life-course. The research highlights the ‘evidence for the multiple ways in which it has been demonstrated that arts programmes can benefit the health agenda, from reducing social inequalities to increasing health equity and from providing better training for health professionals to improving resilience and coping among

informal caregivers³. The report highlights the fact that the positive and beneficial impact that arts intervention can have on health and well-being is not being fully realised as more opportunities need to be provided to support collaboration between the arts and health sectors ‘ensuring that everyone has equitable access to the arts in community and health-care settings across the region.’⁴

The above report was written prior to the Corona Virus pandemic and the arts can play an important role to promote positive mental health and well-being during these changed times. Smashing Times run an annual Arts and Health programme called Acting for the Future. The work of Smashing Times using the arts to promote positive mental health and well-being is supported by the HSE National Social Inclusion Office, HSE National Lottery, ESB Energy for Generations Funds, the Samaritans and the Community Foundation for Ireland.

Acting for the Future can play a key role in improving mental health and suicide prevention outcomes for Travellers and Roma people including maintaining and promoting positive mental health and wellbeing and improving Traveller and Roma access to mainstream mental health services through the development of culturally appropriate services. This project supports the National Traveller and Roma Inclusion Strategy 2017-2021 (NTRIS) by supporting Travellers to interact with the public health sector in order to address some of the underlying health-related challenges facing those communities.

The proven benefits of taking part in a drama-based workshop programme relate not only to increased presentation and communication skills. The proven benefits also include the promotion of positive self-esteem and a sense of confidence and well-being, and the development of skills in concentration, problem solving and team building. These skills are of benefit to members of the Traveller and Roma communities in terms of promoting better employment skills and increased self-confidence. Most importantly an arts-based programme promotes an increased awareness of how to promote positive mental health and well-being and active healthy lifestyles and this is done through a participative, easily accessible, methodology.

Based on feedback conducted with Travellers and Roma as part of Acting for the Future, Smashing Times have identified a need for more community activities and events for promoting awareness of physical and positive mental health and well-being, to provide more opportunities for socialising, and to raise awareness of and more understanding for Traveller culture. Services can include:

- Self-Care Theatre-Based Workshops – Using creative theatre methods to promote self-care, taking time for self, raising awareness of the little things such as getting out every day, going for walks, how to set up a walking or a running group, talking with family and friends and providing encouragement for family units to talk about positive mental health and well-being and to work on positive thinking. The aim is to ensure there are alternative options to medication in relation to positive mental health and well-being, to ensure ‘medication is not the only solution’ and to provide support for prevention as well as intervention’ (Traveller interviewee).
- Theatre Workshops - To explore positive well-being in different ways, to open up discussion and to teach breathing and relaxation exercises, and tips and coping skills for handling stress and anxiety. Participants in the workshops were asked ‘if there was one thing you could change, what would it be’ and the reply was ‘more workshops.
- Drama workshops to train Traveller actors and theatre and singing workshops and creative events to promote Traveller Culture – exploring Traveller culture and identity and raising

³ Intersectional Action: The Arts, Health and Well-being, Sector Brief on Arts, World Health Organisation, Regional Office on Europe, September 2019. Summary

⁴ Intersectional Action: The Arts, Health and Well-being, Sector Brief on Arts, World Health Organisation, Regional Office on Europe, September 2019. Page 3

awareness of and respect for Traveller culture and identity, including ethnic status. The work to be promoted through workshops and performances in schools, in the community and on television.

- Support for workshops and television programmes on family nutrition, demonstrations on healthy food preparation and how to eat healthy and ways to promote physical activity and positive mental health and well-being – presented by Travellers
- More support for Travellers to travel, to meet and to access venues for socialising and weddings etc
- Community activities for Traveller groups to include cultural activities and community trips such as visits to the cinema, to arts venues, etc

Positive Mental Health

Positive mental health is about looking after yourself and minding your mental well-being, having a positive sense of wellbeing. Life is full of ups and downs and there are many things you can do that will make a difference to how you feel and can help you to cope with tough times or difficulties that may arise. Positive mental health is not just "being free of mental illness, it is also about having a positive sense of wellbeing. It is important to look after your positive mental health as it allows us to enjoy life's pleasures, believe in our own abilities, cope with the normal stresses of life, work and study productively and enjoy socialising. Positive mental health is about reaching our potential and feeling like we always have the chance to give everything our best shot. Not just feeling positive, but also getting out there in the big bad world. Positive mental health not only prevents mental ill health, it also leads to greater enjoyment and satisfaction with one's life." (www.spunout.ie).

Importance of Physical Health for Positive Mental Health and Well-Being

Being active promotes physical health and mental health. Being active helps release chemicals in your brain (endorphins), which have a positive effect on your mood, as well as benefiting your heart, lungs, muscles and bones. Getting out and being active is also a great way to manage stress. It is recommended to have 30 minutes of exercise 3 times a week in order to maintain fitness. This can be fast walking, running, dancing. This contributes to positive mental health.

Section Four - Research

4.1 Rationale: Evidence of Need re: Positive Mental Health and Well-Being

The following is initial research completed by Smashing Times in relation to a needs analysis. While much work has been done and successes achieved in relation to the promotion of positive mental health and well-being in Ireland much more needs to be done. Amongst the general population, suicide and mental health problems are pressing issues in our society today, affecting many young people and adults. Both National and International studies suggest that 25% of most populations will experience a mental health difficulty at some point in their lives and that 44% of people in Ireland have had a direct experience of mental health problems (either their own, or within family/friends). It is stated in Connecting for Life: Ireland's National Strategy to Reduce Suicide 2015-2020 that Ireland has the 4th highest suicide rate in the 15-19 age group across 31 European countries. Mental Health Reform further outlines that there is a need for more work on mental health promotion and early intervention programmes that can reduce the incidence of mental health difficulties.

Irish youth have higher rates of mental health problems than their peers in Europe and the US. According to research from the Royal College of Surgeons in Ireland (RCSI), one in five young Irish adults age 19-24 and one in six young people age 11-3 have experienced mental health problems. There is a pressing need for mental health work to be conducted in Ireland due to the high levels of suicide and self-harm:

- In 2015 the rate of suicide among the 15-24 age group was 12.8/100,000. It was more than six times higher among Males than among Females.
- In 2014, Ireland rank fourth of 31 European countries for suicide rates of young people aged 15-19.
- The National Self Harm Registry Ireland highlighted that in 2014 alone, 8,708 people were treated for self-harm episodes.
- In 2015, 212,555 people in Ireland had depressive disorders (4.8% of population).
- According to Social Anxiety Ireland an estimated 16.8% of Irish people have social anxiety disorder.
- Mental health problems cost the Irish economy over 8.2 million euro annually - OECD Report
- More than one in six people in European countries have a mental health problem - OECD 2018

According to an OECD Report, 'Ireland has one of the highest rates of mental health illness in Europe, ranking joint third out of the 36 countries surveyed in the annual *Health at a Glance* report. Some 18.5 per cent of the Irish population was recorded as having a mental health disorder, such as anxiety, bipolar, schizophrenia, depression, or alcohol or drug use, in 2016. Rates of depression were also well above the European average for both men and women in Ireland. However, the suicide rate here was below average. . . The report makes the case for giving greater priority to mental health across Europe, where one in six people – 84 million – had a mental health issue in 2016. More than 84,000 deaths in EU countries were attributed to mental illness or suicide in 2015⁵.

The 2016 census in the Republic of Ireland reported the number of Irish Travellers as **30,987**, up from **29,495** in 2011. Issues faced by the Travellers and Roma community include 'generalised poor self-esteem and self-efficacy which is associated with depression and other mental health problems; these conditions are, in turn, related to higher incidences of suicide'. The All Ireland Traveller Health Study (AITHS,

⁵ <https://www.irishtimes.com/news/health/ireland-has-one-of-the-highest-rates-of-mental-health-illness-in-europe-report-finds-1.3707073>

2010) highlighted that the suicide rate among Travellers is six times higher than in the general population and seven times higher amongst young Traveller men. The need to tackle the complex issue of mental health among the Traveller community has further significance; over half of Irish Travellers are aged under twenty years. There is a clear need for more work to promote social inclusion for members of the Traveller Community. According to the Traveller Health Unit Eastern Region Strategic Plan 2016 to 2018 (<http://www.paveepoint.ie/wp-content/uploads/2015/04/THU-Strategic-Plan.pdf>) a range of inequalities are present. The Our Geels, All Ireland Traveller Health Study established significant inequalities in the health status of the Traveller community and in their access to health services. It concluded that the Traveller community has a higher burden of ill health than does the general population. It further identified that the 'burden of health problems experienced by Travellers is arguably strongly attributable to social conditions and educational and cultural opportunity and engagement'. There is an increasing need to include the Travelling communities in the advancing health services available and to increase access to particularly mental health services.

According to the Our Geels, All Ireland Traveller Health Study, 62.7% of Traveller women said their mental health was not good for one or more days in the last 30 days compared to 19.9% of GMS female card holders | 59.4% of Traveller men said that their mental health was not good for one or more days in the last 30 days compared to 21.8% of GMS male card holders. 56% of Travellers said that poor physical and mental health restricted their normal daily activities compared to 24% of the GMS population. The data showed that while mental health services were available they were often perceived as inadequate. Travellers and Traveller advocates reported that Travellers tended not to use available counselling services. They were perceived to be inappropriate and Travellers and no provision said to be made for the specific needs of Travellers. Travellers said that using these services would be difficult because of social stigma.

The Traveller suicide rate is six times higher compared to the general population and accounts for about 11% of all Traveller deaths. Ample evidence was found of risk factors for mental ill-health, depression and suicide. In particular, frequent mental distress (fourteen or more days of poor mental health in the preceding month) was found to be present in 11.9% of Traveller respondents, and prevalence increased with age.

With regard to the Roma community, there are an estimated 5,000 Roma living in Ireland. In terms of Roma health, the Roma Community generally have lower than average life expectancy, higher infant mortality and higher levels of poor nutritional related illnesses etc than the majority population. Sub-standard living conditions, high levels of poverty and limited access to health care and persistent discrimination and marginalisation have resulted in poorer health for individuals and communities. As part of the Irish national needs assessment of Roma health undertaken by Dr Patricia Kennedy with Pavee Point Traveller and Roma Centre and a team of Roma peer researchers in 2015/2016, health issues, barriers to accessing health services and negative experiences in using health services were identified as major issues. 70.5% reported experiencing discrimination in accessing/ using health care services. 36.6% of respondents had no medical cards. Of 201 children, 18.9% had no medical cards. 18.7% of respondents described their health as poor and 25.2% described their health as fair. 34% of respondents said that on no day in the previous 30 did they experience good mental health. 33.3% said that their daily activities had been interrupted by mental health difficulties in each of the preceding 30 days. It is a very important time as now is the time when the National Traveller Roma Integration is being developed and there is an urgency to address the needs of Roma in Ireland.

APPENDICES

Appendix One: Research Forms

Evidence Based Research Letter for Participants attending Workshop Programme

What is this research about?

We are interested in how the Smashing Times workshop impacts on people's understanding of mental health issues including their knowledge about how and where to ask for help, and their own willingness to ask for help when they need it.

What am I being asked to do?

We are asking every person who takes part whether they would be willing to complete a few questions before they take part in the workshop, and then again after the workshop to see whether their knowledge about mental health increases and to see whether they feel differently about asking for help in the future should they need it.

Do I have to take part?

No. Answering these questions is completely voluntary and does not impact on your ability to take part in the workshop. If you decide to take part, but then change your mind you can withdraw from the research study by letting one of the research team know. If you withdraw from the study your data will be erased and not used in the final report.

What are you going to do with my answers?

When we get the answer booklets we will assign you a numerical code and use this to enter their data into the computer. We will keep the hard copy of the booklet safe in a locked filing cabinet at Smashing Times. When we have all the data we will write a final report with our findings. Your data is confidential, except when we have reason to believe that they might be at risk of harm, or if the data could be needed as part of a Garda investigation. Under the Freedom of Information Act you have the right to get a copy of your data. If you would like a copy of their answers just get in touch with one of the research team.

What do I do now?

If you are happy to answer the questions in addition to attending the workshop, please sign the consent form below.

Many thanks

Research team

Charlotte Wilson
School of Psychology
TCD

Freda Manweiler
Company Manager
Smashing Times

Mary Moynihan
Director
Smashing Times

Appendix Two: Pre- and Post-Workshop Evaluation Form for Participants attending Workshop Programme

Consent

I have read the information above and am happy to take part in the evaluation of the Smashing Times workshop.

Name: _____ Date: _____

Signature: _____

Pre and Post Evaluation

Pre-Workshop Evaluation Form

These questions are about positive mental health and well-being. Please be honest, there are no right or wrong answers. Please circle a number from 1-5 where 1 means 'not at all' and 5 means 'very well'.

	Not at all		Some-what		Very well
I am aware of what positive mental health is.	1	2	3	4	5
I am aware of the link between active healthy lifestyles and positive mental health.	1	2	3	4	5
I know about techniques to look after my positive mental health.	1	2	3	4	5
I know about coping strategies for handling stress.	1	2	3	4	5
I have information on support services for positive mental health and wellbeing.	1	2	3	4	5
I am confident discussing mental health issues in an open way.	1	2	3	4	5
I believe the arts have a role to play in promoting awareness of positive mental health and well-being.	1	2	3	4	5

Post-Workshop Evaluation Form

These questions are about positive mental health and well-being. Please be honest, there are no right or wrong answers. Please circle a number from 1-5 where 1 means 'not at all' and 5 means 'very well'.

	Not at all		Some-what		Very well
I am aware of what positive mental health is.	1	2	3	4	5
I am aware of the link between active healthy lifestyles and positive mental health.	1	2	3	4	5
I know about techniques to look after my positive mental health.	1	2	3	4	5
I know about coping strategies for handling stress.	1	2	3	4	5
I have information on support services for positive mental health and wellbeing.	1	2	3	4	5
I am confident discussing mental health issues in an open way.	1	2	3	4	5
I believe the arts have a role to play in promoting awareness of positive mental health and well-being.	1	2	3	4	5

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Appendix Three: Smashing Times Workshop Evaluation Form

Name of Project/Course: _____

Name of Drama Facilitator: _____

Date(s) and Times of Workshop(s): _____

Name of Participating Group (s): _____

Location: _____

- 1. Please tick a box below to indicate what you felt was the standard of the drama workshop presentation.**

fair

very good

excellent

Comments: _____

- 2. Do you think the venue where the drama workshop took place was suitable?**

Yes

No

Comments: _____

- 3. What would you like to see included in future drama workshops?**

Comments: _____

- 4. Any other comments that you may like to add:**

Comments: _____

5. Has your awareness of issues surrounding positive mental health and suicide awareness increased from your attendance at the workshop?

Yes No

Comments: _____

Thank you for taking the time to give us your views. If you would like to be added to the Smashing Times Mailing List please add your details below:

Name: _____

Email: _____

Please Note:

By giving us your email, you agree to the use of your details as part of internal reporting and evaluation of this project and to be contacted about upcoming Smashing Times events, workshops and news via quarterly e-newsletter.

As per our Data Protection Policy, your information will not be exploited, shared to a third party or used other than for the stated reasons. For more information on our data protection and privacy policies, please visit our website www.smashingtimes.ie.

Appendix Four: Questionnaire for Interviews

1. What are the issues affecting your happiness and keeping positive and managing stress that you or people you may know currently face? What are your current needs in relation to keeping positive and happy
2. How are your needs currently being met? For example:
 - a. What supports are you currently aware of (whether you are accessing them or not)?
 - b. What support do you access through the health service for your positive mental health?
 - c. Do you get any support from local community services? If so which ones? If not, why not. What support do you get from local community services?
 - d. What support do you get from family or friends? Immediate family/ extended family/ gender aspect.
3. How successful is the support your currently receive? Define the problem, the support, and how successful it is?
4. What, in your opinion, are the main problems/ barriers experienced by Traveller and Roma communities in accessing the health services for support around managing stress or keeping positive and promoting well being?

HSE and other services

5. Are you aware of current HSE services for travellers for promoting general wellbeing?
6. How can the HSE improve the design and delivery of its services so that they can improve the general wellbeing/ managing stress of traveller groups?
7. What do you think are the three most important things that the HSE should consider/address in terms of supporting the issues of stress and well-being of Travellers?
8. What other prevention and health promotion measures would you like to see in place to promote positivity and well-being for travellers? Or, what support can be given to traveller groups and organizations to enhance access to health Services to promote positive mental health and well-being?

Appendix Five: Smashing Times Research Ethics Policy

Introduction to the Research Ethics Policy

Maintenance of high ethical standards in research is a central and critical responsibility of the Smashing Times. This policy should be interpreted in a manner consistent with the organisations commitment to the highest standards of professional conduct. Members of the academic and research community have a responsibility not only to themselves but also to society, to act in accordance with the highest standards of integrity and to comply with the law and University codes of practice and policies. This policy addresses issues of ethics in the conduct of research.

Ethics policy for social research carried out involving human participants

(i) Respect for human dignity: guiding principles

The rights and dignity of human participants in research must at all times be maintained. We acknowledge the diversity between people and the need to act with an ethic of respect and equality throughout our research activities. Researchers have a primary ethical obligation to the people they study; this obligation can supersede the goal of obtaining new knowledge through research. Where conflicts emerge it might be appropriate not to undertake or to discontinue a research project. Researchers have a responsibility to individual participants, as well as to the wider communities in which they live. The consequences of research may reverberate at many levels, including the local community of participants, the professional community and the wider society. Researchers should be cognizant of this and sensitive to issues arising from inequalities of power.

Smashing Times requires due consideration to the following concerns whenever research involving human subjects takes place:

(ii) Minimising risk

Researchers have a primary responsibility to protect participants from harm, physical or otherwise, during the investigation. Participants should not be exposed to risks beyond what might reasonably be encountered in daily life. Researchers should be cognizant of how participants are experiencing the research process, sensitive to the potential impacts of their research and prepared to manage unanticipated outcomes. Due care must be taken by the researcher to consider the wider context and how any individual's participation in the research may lead to repercussions for that participant or for others beyond the immediate research context. Consideration should be given to appropriate methods of data storage. Researchers should consider any potential tensions that may arise from existing relationships between participants, funders or others involved in the research process.

(iii) The right of confidentiality

In many circumstances a commitment to confidentiality for participants is a necessary part of the research process. This right to confidentiality is an important, but not absolute, principle that the Company will strive to uphold by lawful means. Subject to the requirements of legislation, including the Data Protection Act and the Freedom of Information Act, researchers should protect the confidentiality of research participants. Researchers have a responsibility to ensure that participants understand the extent of anonymity and confidentiality offered at all stages of the research from data gathering to dissemination. Participants should be apprised of the limits of confidentiality.

It must be recognized that, in some circumstances, confidentiality of research data and records may be overridden by courts in the event of litigation or in the course of investigation by lawful authority. In such circumstances the Company will take all reasonable steps within law to ensure that confidentiality is maintained to the greatest possible extent. In so doing, research data and records may be accessed and held by the Company and its legal advisers, to determine their relevance to any proceedings.

When participants choose to be identified in research outputs, their explicit, unambiguous informed consent must be obtained. While endeavoring to respect participants' wishes, researchers should consider whether this puts participants at unanticipated or unacceptable risk. Researchers should be aware of the potential risks in transferring any confidential material in print or any other technological medium. As one example of consideration of limits to confidentiality, the Sociological Association of Ireland guidelines state that: Research participants should be given the opportunity to refuse the use of data-gathering devices such as tape recorders and video cameras. Researchers should be careful, on the one hand, not to give unrealistic guarantees of confidentiality and, on the other, not to permit communication of research films or records to audiences other than those to which the research participants have agreed.

(iv) Informed consent

The right of the individual to give informed consent is paramount. Informed consent does not necessarily have to be obtained in written form; the quality of the consent is more important than the format. Under no circumstances should participation in research be coerced by any means. The researcher should inform participants about all aspects of the research process that might reasonably be expected to influence willingness to participate, including limits to confidentiality. Consent should be an ongoing, negotiated process, particularly in circumstances where the research is carried out over an extended period of time or through repeated data collection sessions. Researchers should clearly indicate to participants their right to withdraw from the research without negative consequences.

(v) Inducements

Participants should not normally be paid or otherwise compensated to participate in research. However, it is reasonable to note that in some countries, particularly developing countries, some forms of payment may be expected and necessary. It is important therefore to take account of the research environment. If a form of payment is to be given it should not be so attractive as to induce participants to undertake risk against their better judgment. Excessive payments or compensations constitute undue inducement and are considered unethical.

(vi) Working with students as research participants

In some research situations, the recruitment of students in educational institutions, including the University, is integral to the research protocol. This is particularly true of research related to the scholarship of teaching and learning, curriculum development and teaching methods. Researchers should be cognizant of their academic and ethical obligations towards students and should carefully consider the ethical implications of the research in terms of their own dual roles as researcher/educator and the potential vulnerable position of students as research participant/student. Researchers should be particularly diligent in ensuring that participation is not coerced in any way and that the individual's right to discontinue participation without penalty is respected.

(vii) Working with vulnerable persons

Researchers have a special responsibility for safeguarding the interests of vulnerable persons. It is the responsibility of the researcher to consider carefully whether proposed research participants may be considered vulnerable in some way. This may also include research located in contexts or raising issues that create possible vulnerability for participants. Even though there is a special obligation to highlight the situation of such groups, vulnerable persons may not always be best equipped to protect their interests in relation to research. Suitable procedures to promote understanding of the nature of the research and process of participation should be used so that participants may give consent to the extent that their capabilities allow.

Researchers should seek the collaboration of guardians or responsible others involved in their care to assist participation in the research. Researchers need to ensure that they have adequate training to conduct and support such research.

(viii) Research with children

In accordance with the UN Convention on the Rights of the Child and the Smashing Times Policy for Child Welfare, the best interests of the child must be central to any research conducted. Young people should be given the right to informed consent in a manner suited to their age, maturity and competence. Researchers should seek the consent and collaboration of guardians or responsible others involved in their care to support young people's participation in the research. A young person's right refuse to participate or to discontinue participation should be respected even if parents or responsible others have given consent. Researchers should give due consideration to the limits of confidentiality and to the appropriate communication of such limits both to parents/guardians and to the children themselves. Researchers must ensure that they, and any other members of their research team, comply with legal requirements and professional standards in relation to working with young people. If research is to be completed with persons under the age of 18 years, researchers are required to obtain Garda clearance before the research commences.

(ix) Research using observational methods in public spaces

The observation of individuals in what would normally be considered a public space can only be undertaken without explicit consent in situations where those observed would normally expect to be observed by strangers. Investigators should be considerate of the possibility of intrusion upon personal privacy in situations where individuals, while in a public space, feel they are unobserved.

(x) Ethics in research dissemination

Researchers have responsibility for the way in which their research is disseminated and should be cognizant of where this may present difficulty, especially in situations of competing social interests. They should be aware of the possible consequences of publication of their research for participants and should ensure that published data does not enable the actual or potential identification of research participants without their explicit consent. In addition, research which aims to gather information on the behaviour of persons and groups should avoid using designations which could give rise to unreasonable generalisation, resulting in possible stigmatisation of particular social groups.

Appendix Six: Research Ethics for Interviews

Template - Participant Information Form

[PLEASE ENSURE THE INFORMATION IMMEDIATELY BELOW REGARDING THE TEMPLATE'S DESIGN IS DELETED BEFORE USE]

Individual projects vary so much that it is impossible to provide a simple template that would be suitable for providing participants with information and obtaining their consent in all cases. The template for the Participant Information Leaflet (PIL) provided below, therefore, **must be adapted for each research project**. All the key elements – description of what the participant will be required to do, listing of risks and discomforts, right to withdraw, listing of benefits, procedures regarding confidentiality – should be included in the final form however much the basic material is adapted.

The language used in the form should be modified to suit the participants whose consent is being sought. For example, each item of information should be expressed in a very simple, less detailed form for children. For obvious reasons, information to parents about their child's participation will be expressed in yet other terms. The formatting of this form may be adapted freely, as long as it is provided in an accessible and clear font.

Participants should be given a copy of this leaflet to keep. Please give an estimate of the time commitment involved from participants if they agree to the proposed procedures.

SMASHING TIMES Participant Information Leaflet

[Acting for the Future, names and degrees of Principal Investigator, Researcher or Interviewer.

You are invited to participate in this research project which is being carried out by *[repeat names only from above]*. Your participation is voluntary. Even if you agree to participate now, you can withdraw at any time without any consequences of any kind. The study is designed to investigate *the Smashing Times Acting for the Future Project*

If you agree to participate, this will involve you meeting with the researcher at an agreed location for approximately 45-60 minutes to go through series of questions which form the basis for the research in this project. These questions can be made available to you in advance if you would like them.

[Describe any benefits to the participant which may result from the research itself or from his/her participation. Otherwise say: You will not benefit directly from participating in this research].
My research may benefit *[discipline or research area. Mention benefit expected.]*

Any information or data which we obtain from you during this research which can be identified with you will be treated confidentially. The data will be kept in password protected files and as per our GDPR guidelines can be destroyed at any time on your express wish for us to do so.

[In the case of video/audio-recordings of the participant, make the following points as appropriate:]
If you consent to audio recordings, we will ask that to be indicated to the researcher. If you do not we consent interviews will be transcribed by hand and will be supplied before publishing to each interviewee; should they wish to change anything this will be discussed with the researcher in detail to ensure they sentiments and statements are adequately and fairly expressed.

If you have any questions about this research you can ask me. You are also free, however, to contact any of the other people involved in the research to seek further clarification and information *[list names and contact numbers for other researchers involved, or for academic supervisor, course or module instructor etc as appropriate in the case of projects being carried out by students]. [If just researcher and academic supervisor, remove mention above of 'any of the other people'.]*

Appendix Seven: Partner Roles for MOU

A partnership agreement and MOU's with the partner organisation is set up at the start of the project. The following are proposed roles. Smashing Times are responsible for:

- Financial Management and accountability and ensuring sound financial management
- Design and delivery of project content (action plan with aims, activities, timescales, outputs, outcomes) in consultation with partners, ensuring project outcomes delivered within timeframes
- Ensuring that the required controls and audit activities are in place
- Organising arrangements for relations with key partner organizations and Panel of Advisors
- Hiring/contracting personnel hired by the project
- Recruitment of participants in consultation with partners
- Organising and attending four management meetings per year, three partner meetings and preparing annual report
- Conduct publicity, documentation and evaluation
- Expand project and develop new project activities
- Responsible for funding all aspects of project,
- Ensure partners and funders are credited on literature and reports as required

The Samaritans are responsible for:

- Provide members of the Samaritans to sit on the panel for project activities (subject to availability of Samaritan representatives). A key role for the Samaritans in the project is to contribute and advise on project development and in particular to have attendance of representatives of the Samaritans on the post-show panel discussions and with other activities that take place with key stakeholders. The Samaritans provide information on services provided by the Samaritans, how they can be contacted, the confidential nature of their work and how they signpost callers to other organisations. Samaritans sitting on the panel have previously promoted the value to the individual of talking about problems in addition to the value of their 24-hour non-judgemental listening service.
- Provide one representative to sit on the Panel of Advisors (meets minimum two times per year if required and subject to availability of Samaritans representatives)
- Advise and support development of project and attend project activities

The four Traveller and Roma partner organisations are responsible for:

- To contribute and advise on project development in relation to the needs of Travellers and Roma
- To provide members and to have attendance of representatives on the post-show panel discussions and for other activities that take place with key stakeholders as required
- To take part in gathering research and identifying members of the Traveller and Roma community for interviews and research purposes in order to develop a range of culturally appropriate mental health education materials that are developed with direct input from four traveller groups
- Assist with recruitment of key groups and participants to take part in project activities
- Attend three project partner meetings and liaise with key partners
- Each Traveller and Roma partner organisation provides:
 - One Coordinator / Researcher from Kildare Traveller Action
 - One Coordinator / Researcher from TravAct
 - One Coordinator / Researcher from Tallaght Travellers Community Development Project
 - One Coordinator / Researcher from Musicantia

The coordinator/researcher from the four partner organisations will work closely with the project coordinator and researcher from Smashing Times to provide information and links to community members, to facilitate access to interviewees, and to identify key issues and concerns.

Appendix Eight: Key Terms

Culture: Ideas, customs, skills, arts, attitudes, social behaviour, etc of a particular people or society that are transferred, communicated or passed along from one generation to the next.

Cultural diversity: Having people of different cultures, religions, nationalities, ethnic groups and backgrounds making up a community. Diversity refers to the fact that everyone is unique and different and cultural diversity promotes being respectful to other cultures besides your own.

Identity: A person's identity is who a person is and what makes them who they are. A person has an individual identity and an identity based on the groups he or she belongs to. Parts of a person's identity are fixed, other parts are fluid, they can change or alter.

Stereotyping: Labels or categories used to define or describe others, particularly those they perceive to be from a different grouping to themselves. Stereotyping applies generalized characteristics to a group. Although these can be positive or negative, stereotypes always have the potential to do harm because if they are accepted as 'the truth', they lead to sweeping assumptions about entire groups.

Prejudice: A negative judgement against a group or people often stemming from stereotyping.

Discrimination: Discrimination occurs when someone or a group of people act on their prejudices. It is against the law to discriminate against a person in certain areas on the basis of: gender, marital status, family status, age, disability, race, sexual orientation, religious belief, and membership of the Travelling Community.

Racism: Racism is based on a false belief that some groups of people are superior to others because they have a different skin colour, nationality, religion, ethnic or cultural background. A person may experience racism or ethnic discrimination because they have a different nationality, have a different skin colour or culture or have a different religion. It is now recognised that there is only one race, the human race. Racism is a criminal offence and it is also illegal to encourage other people to be racist. Racism occurs on a number of levels, including individual, cultural, and institutional. Institutional racism can be described as the network of institutional structures, policies and practices that create advantages and benefits for the majority ethnic group and discrimination, oppression and disadvantage for people from targeted radicalised groups and minority ethnic groups. The advantages created for the dominant group are often invisible to them.

Racism has much in common with sexism, ageism, sectarianism or discrimination against people who live in particular areas. It is preferable to facilitate the development of a common sense of working together to achieve the rights of all groups that suffer discrimination, rather than for example prioritising one area over another.

Interculturalism: Celebrating differences, understanding that different ways of life and ways of thinking exist, and that it is a good thing that such diversity exists in the world. It is about promoting equality and challenging inequality, particularly racial or ethnic discrimination of various kinds.

Ethnic Group: An ethnic group is a group of people sharing a collective identity based on a sense of common history and ancestry. Ethnic groups possess their own culture, customs, norms, beliefs and traditions. Other relevant characteristics shared in common could be language, geographical origin, literature, or religion. An ethnic group can be a majority or a minority group within a larger community. All people belong to one or more ethnic groups but are often unaware of their ethnicity if they are part of the dominant ethnic group.

Travelling Community: People commonly called Travellers and who are identified (by themselves and others) as people with a shared history, culture and traditions, including historically, a nomadic way of life on the island of Ireland.

Sectarianism: A person is sectarian if he or she ‘adheres in a bigoted or narrow-minded fashion to a sect or body of persons who have agreed upon particular doctrines or practices’, Oxford English Dictionary. Within Ireland and Northern Ireland, sectarianism most often refers to tackling the divisions which have historically existed between the Protestant and Catholic Christian faiths / nationalist / unionist communities, etc and the bigotry that manifests itself through abusive actions and words.

Democracy: Democracy involves the active participation of the people, as citizens, in politics. It is a political system where the people elect political representatives and governments through free and fair elections. Democracy is meant to be a process where people can elect leaders and hold them accountable for their policies and time in office. In democratic countries the rule of law is meant to protect the human rights of all citizens equally.

Gender Equality: Gender equality is achieved when women and men enjoy the same rights and opportunities across all sectors of society, including economic participation and decision-making, and when the different behaviours, aspirations and needs of women and men are equally valued and favoured. www.genderequality.ie

Gender Equality states “that all human beings are free to develop their personal abilities and make choices without the limitations set by strict gender roles; that the different behaviour, aspirations and needs of women and men are equally considered, valued and favoured”. Implementing gender equality fully requires equal representation and participation of both men and women in the economy, decision-making, as well as in social, cultural and civil life. Only in this way will men and women reach their full potential in society. It implies a fair distribution of resources between men and women, the redistribution of power and caring responsibilities, and freedom from gender-based violence.

Feminism: Feminism is about advocating for and achieving women’s rights based on the principle of equality ensuring there is social, political, economic and cultural equality for all. Feminism is about equality for men and women equally.

Equality: Equality is about social and political equality for everyone in society, with everyone being valued equally. Everyone shall have fairness, equal opportunity and justice and shall not be discriminated against because of their race, ethnic origin, religion, political belief, disability, sexual orientation, age or gender.

Human Rights: The idea of ‘human rights’ implies that a person has a set of rights because she or he is a human being. While someone may have extra rights because he or she is a citizen of a particular country (the right to vote in that country, for instance) human rights apply to everyone irrespective of their country. Human rights are basic rights and freedoms that belong to every person in the world and are based on core principles of fairness, respect for human dignity, tolerance, equality, autonomy and the belief that everybody should be treated equally and with dignity – no matter what their circumstances. **Equality and Human rights apply to everyone equally – men, women, older people, children, young adults, minority ethnic people, people with disabilities, migrants, members of the travelling community, gay, lesbian and transgender people, etc.**

Gender: Refers to the socially constructed roles, behaviours, activities and attributes that a given society associates with men and women. The term 'gender' differs to the closely related term 'sex' which refers to the biological and physiological characteristics that define men and women. 'Male' and 'female' are sex categories, while 'masculine' and 'feminine' are gender categories. Aspects of sex will not vary substantially between different human societies, while aspects of gender may vary greatly. Gendered differences – those that society associates with men and women – have no necessary biological component, it is cultures that construct differences in gender and these differences are changeable over time. Some examples of sex characteristics:

- Women menstruate while men do not;
- Men have testicles while women do not;
- Women have developed breasts that are usually capable of lactating, while men have not;
- Men generally have more massive bones than women.

Some examples of gender characteristics:

- In the United States (and most other countries), women earn significantly less money than men for similar work;
- In Saudi Arabia men are allowed to drive cars while women are not;
- In most of the world, women do more housework than men.

'Gender' refers to the roles and responsibilities assigned to men and women by society. Girls and boys are not born knowing how they should look, dress, speak, behave or think. Their socialization is influenced by their families, peers, communities and institutions such as the media. Gender norms are created by our culture, not by nature and can change over time. A few decades ago, for example, it would have been highly unusual, if not unthinkable, for a man to choose to give up work in order to stay at home and look after his children. Despite many advances in equality of opportunities and rights between women and men, 'traditional' or 'rigid' gender norms remain pervasive in Europe and across the world amongst both adults and young people. Gender norms can be so ingrained that people often accept them as 'the way things are' and fail to recognise the power they have to shape expectations and behaviour (Carroll, 2010).

Gender-based violence (GBV) is an umbrella term for any kind of discrimination or harmful behaviour or act, which is directed against a person on the basis of their (real or perceived) gender or sexual orientation. GBV may be physical, sexual, psychological, economic or socio-cultural. Its root causes need to be understood in the context of gender norms, values and beliefs which support unequal hierarchies of power between women and men but also among men and among women. These hierarchies of power not only make gender-based violence possible, in some cases they create an environment where GBV is tolerated and even considered acceptable. Perpetrators may include family or community members and those acting on behalf of cultural, religious or state institutions.

Gender-based violence affects both women and men but disproportionately affects women and girls, reflecting their subordinate status in society. Different groups of women and men, such as those belonging to sexual minority groups, are also likely to be disproportionately affected by gender-based violence. Source: Youth4Youth, A Manual for Empowering Young People in Preventing Gender Based Violence Through Peer Education, www.medinstgenderstudies.org.

Gender-based violence is any act that results in, or is likely to result in, physical, sexual or psychological harm or suffering, including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or in private life...the definition should encompass, but not be limited to, acts of physical, sexual, and psychological violence in the family, community, or perpetrated or condoned by the State, wherever it occurs.'

Gender-based violence (GBV) is perhaps the most widespread and socially tolerated of human rights violations. According to the UN Declaration on the Elimination of Violence Against Women (1993) violence against women is a manifestation of historically unequal power relations between men and women, which have led to domination over and discrimination against women by men and to the prevention of the full advancement of women. Around the world, GBV has a greater impact on women and girls than on men and boys and is a human rights issue. It is important to note, however, that men and boys may also be victims of gender-based violence, especially sexual violence.

“Worldwide, an estimated one in five women will be a victim of rape or attempted rape in her lifetime. One in three will have been beaten, coerced into sex or otherwise abused, usually by a family member or an acquaintance. More often than not, the perpetrators go unpunished. Each year, hundreds of thousands of women and children are trafficked and enslaved, millions more are subjected to harmful practices.”

Gender Mainstreaming is a globally accepted strategy for promoting gender equality. Mainstreaming is not an end in itself but a strategy, an approach, a means to achieve the goal of gender equality. Mainstreaming involves ensuring that gender perspectives and attention to the goal of gender equality are central to all activities - policy development, research, advocacy/ dialogue, legislation, resource allocation, and planning, implementation and monitoring of programmes and projects. www.un.org

Gender equality cannot be achieved by dealing with the issues of one gender seen in isolation from those of the other, nor from those of society as a whole. Hence, gender mainstreaming is used in order to ensure that gender issues are dealt with at all levels and at all stages. Gender equality is about ensuring that men and women are treated equally and is a human rights issue.

References: www.unfpa.org; www.who.int; www.eeagrants.org

Summary of the Universal Declaration of Human Rights:

Article 1: All human beings born free and equal.

Article 2: Everyone entitled to rights outlined, without distinction such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.

Article 3: Right to life, liberty and security of person.

Article 4: No one shall be held in slavery or servitude.

Article 5: No one shall be subjected to torture or degrading treatment.

Article 6: Right to recognition everywhere as a person before the law.

Article 7: All are equal before the law.

Article 8: Right to an effective remedy by the competent national tribunal.

Article 9: No one subjected to arbitrary arrest, detention or exile.

Article 10: Entitled in full equality to a fair and public hearing.

Article 11: Right to be presumed innocent until proved guilty.

Article 12: Freedom from interference with privacy, family, home or correspondence.

Article 13: Right to freedom of movement in and out of a country.

Article 14: Right to asylum from persecution.

Article 15: Right to marry and to found a family.

Article 17: Right to own property.

Article 18: Right to freedom of thought, conscience and religion.

Article 19: Right to freedom of opinion and expression.

Article 20: Right to freedom of peaceful assembly and association.

Article 21: Right to take part in the government.

Article 22: Right to social security.

Article 23: Right to work and to join trade unions.

Article 24: Right to rest and leisure.

Article 25: Right to an adequate standard of living.

Article 26: Right to education.

Article 27: Right to freely to participate in the cultural life of the community.

Article 28: Right to a social order where these rights can be fully realized.

Article 29: Duties to the community essential to free and full development.

Article 30: Right to freedom from state interference re the above outlined rights.

Appendix Nine: Summary of Script Treatment for Documentary

Aims

To create short documentary that aims to

- Break down silences surrounding suicide and mental health in the Traveller and Roma communities
- Promote positive mental health and suicide prevention for the Traveller and Roma community through creative processes
- Raise awareness of the importance of looking after your health and emotional wellbeing and the importance of physical health in relation to positive mental health and emotional wellbeing
- Highlight support services available to those in danger of or affected by mental health issues and suicide

Objective

To interview Traveller and Roma people to raise awareness of ways forward on how to promote positive mental health and suicide prevention for Travellers and Roma and how to access mainstream mental health services for members of the Traveller community, with reference to culture and community values and issues experienced and what can be done.

In particular to highlight the high rates of suicide, exacerbated by continuing discrimination and what needs to be done.

Questions for all interviewees

1. Tell us your name and what area you work in or what you do.
2. What does positive mental health and well-being mean to you?
3. (Expert only): Discuss the importance of physical health for maintaining positive mental health and daily steps to take in relation to looking after your positive mental health and emotional wellbeing?
4. (Expert only): Discuss the high rates of suicides - provide current statistics, causes and impact.
5. Is there a double whammy of 'wearing a coat of discrimination' coupled with positive mental health concerns - what is the impact in the Traveller / Roma community particularly in relation to the high rates of suicide?
6. Current support services - where can Travellers/Roma currently go to access mainstream and specialised positive mental health and well-being and suicide prevention services? Identify them.
7. What needs to be done going forward? What is working, not working and what needs to be put in place?

Creativity

8. Feedback on AFTF Workshops: Did you enjoy the workshops, would you like to continue more workshops and creative based programmes to promote positive mental health and well-being with Traveller/Roma community
9. What role can the arts play in promoting positive mental health and well-being and in celebrating Traveller and Roma culture?

Power of Women

10. Describe the success story of Traveller Women working as Primary Health Care Workers – what is involved.
11. What benefits has this project created in relation to the promotion of positive mental health and well-being; and equality for women?
12. How important is it to continue this work and what needs to be done?

Old traditions versus new – Ways forward: Comment on

13. Importance of gender equality – how is this being promoted - and the importance of gender equality to promote positive mental health and well-being

14. Gay pride within the Traveller and Roma communities
15. How to get more men involved in positive mental health and well-being programmes

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