

CONNECT WEEKLY

HEART TO HEART with the EDITOR



Name: Claire Kelly
Position: Operations Support Co-Ordinator

What does your role entail? I support the Operational Directors and their teams with administration support.

Can you share some inspirational thoughts of how you coped during this challenging period?

"Views in the morning sun shining down.

Slowed down pace while having walks in the park.

Painting on the green with late evenings just you and me.

Birds singing day and night with gentle breeze blowing by"

When did you start working with Momentum Support at Head Office, Textile House? October 2006 when the company was Maybin Support Services.

As a loyal person what has made you stay thirteen and a half years? I enjoyed working for a family company and watching it grow over the years. One could say I experienced births, death and marriages like as if it was my own family.

As a member of Momentum Support Mental Health and Wellbeing Working Group what success have you seen and what is planned for 2020? In April 2019, our chosen charity partner in the area of Mental Health - Suicide or Survive (SOS) was introduced across the business. I was involved with the Mental Health & Wellbeing workshops which helped create awareness across the business. We had fun times with Pizza Friday, raising funds for Suicide or Survive and had an opportunity to share our thoughts. Coming up next week is the launch of Momentum Support website "Employee Hub" section.

What book has inspired you in life?

Tuesday's with Morrie - an old man, a young man and life greatest lesson. This book has impacted and influenced my life on two different occasions.

Share with us a personal tip for positive mental health? You are not ALONE. Remember the rainbow always shines through the darkest of clouds.

What is on your bucket list for the future?

I hope to walk up the mountain with my son Luke as it is on his to do list after COVID 19.

One last remarks Claire Kelly? Even though facing this time as a single parent was daunting. I have appreciated the love and support from friends, work colleagues and family alike as it helped me realise, I will never walk alone.

