

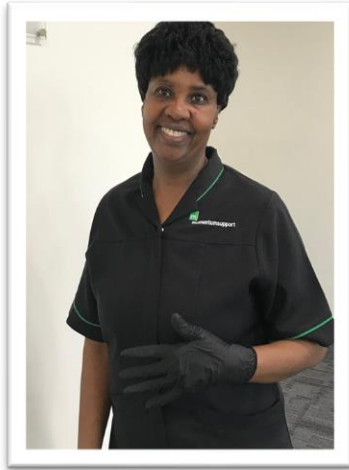


CONNECT WEEKLY

Issue Number 9

Momentum supports its Workforce through Diversity and Inclusion

Walk with me around the GLOBE



Name: Susan Wairimu Gichinga Wambui

Country: I am from Kenya.

Facts about your country:

The symbol of Africa is a flag and the shield inside

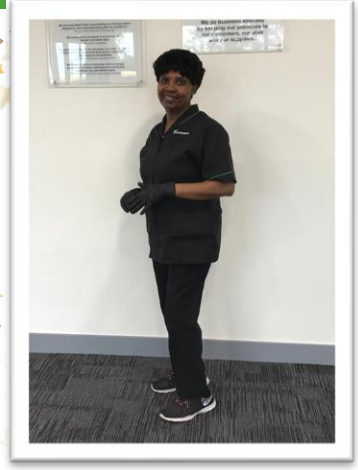
Africa is a continent

Local recipe is Ugali

Africa people are social.

Families and neighbours are

like brothers



Momentu supports its Communities

PLAY IT FORWARD FOR THE CHILDREN COVID-19

URGENT APPEAL:
Please support me to aid 75 refugee families with children

They have nothing, they fled home amidst a war-torn country. Living now at Respond properties as part of the Refugee Resettlement Programme. Distant memories of a loving Grandmother or Grandfather and friends. Ireland is the only HOPE.

Please de-clutter your home or visit the EURO SHOP.

One item is a beginning, a START:

- Deck of playing cards
- Basic board games Snakes & Ladders, Connect Four, Battleships, Twister
- Colouring books & crayons
- Jigsaws (Age range 5 to 18)
- Kids blackboard and chalk
- Soft indoor activity sets plastic bowling kits or dart sets (Child friendly)

We must be in this together ...

If you can provide games or a few euro donation, contact your Supervisor on site or email verona@momentumsupport.eu and we will arrange to collect from you.

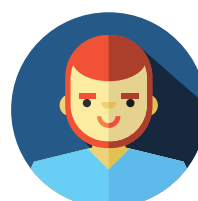
Thank you so much!!

I understand it has been difficult for all people on the **Island of Ireland**. Working on the front-line or in the many supporting roles, which are all essential services. Some suffered the loss of a loved one, without even saying goodbye. The stress of restricted travel, schooling children at home or caring for family members, friends and local Communities. Separation from friends, colleagues can be lonesome at times. As we enter a new reality. With gratitude please make a gesture to the refugee families who have reached our shores the only light to shine is one of HOPE.

Donate a little something please:

Board games, playing cards or toys.

Momentum Support will collect or arrange drop off times at Momentum House, Bluebell, Naas Road, Dublin.





CONNECT WEEKLY

Momentum supports its Workforce with a message from *Sinead Woods, Mental Health and Wellbeing Working Group Lead and her Team.*

Hi all,

We hope you are keeping safe and well in these strange times we find ourselves in.

To introduce ourselves, we are the Mental Health and Wellbeing Working Group and our aim is to introduce wellbeing initiatives into the company. As we are limited with the activities we can do at present due to the current restrictions, we thought it would be a nice idea to capture the moments you have experienced during the restrictions.

We would therefore like to introduce our "New World Campaign". The aim of the campaign is to capture, in words or a picture, the positive changes you have seen over the past number of weeks.

Examples – Sean's Photo of quiet road

Example – few sentences

The campaign will run for the month of June and we would love you to get involved! Email wellness@momentumsupport.eu with your new perspective of the world! The campaign will be uploaded to the company website so please ensure you are happy for your photos to feature!

Looking forward to seeing your new world!

#ChooseLifeLiveWell

Kind Regards,

Sinead Woods

Learning & Development Manager



INSPIRATIONAL QUOTES FROM OUR MENTAL HEALTH AND WELLBEING GROUP

"GIVE YOURSELF THE SAME CARE AND ATTENTION THAT YOU GIVE TO OTHERS AND WATCH YOURSELF BLOSSOM"

"As regards my health, I put this as the most important aspect in my life. You do not realise this, until you have ill health, even a minor problem, say a tooth ache, and how debilitating it can be. Similarly, with my Mental Health, which I place as just as important, as my physical health, even though many people still do not give it the importance it deserves, which of course leads to many mental health issues going unnoticed, until a major catastrophe occurs. The old phrase "Health is Wealth", is never truer, until you have ill health, (be it Mental or Physical)."

Sean Carroll

"Choose everyday to forgive yourself. You are human flawed and most of all worthy of Love"

Geraldine Monaghan

"What doesn't kill you makes you stronger"

Claire Kelly

"After every Sunset there is a Sunrise"

Paul Dalton

+353 1 679 2288

<https://www.momentum.ie>



Memories of Ireland During The COVID-19 Virus Pandemic, And It's Personal Impact on Momentum Support Staff.



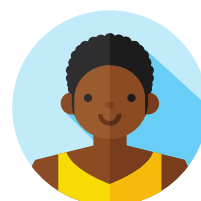
The South Circular Road at 10:00am on a weekday, in the first week of the COVID-19 lockdown. This is one of the busiest roads into Dublin, with usually bumper to bumper traffic, yet on this day it had no traffic, and the local children could have played football on the street if they were allowed out.

Sean Carroll

Head Writer, Momentum Support - Head Office.

Please visit our Employee Hub:

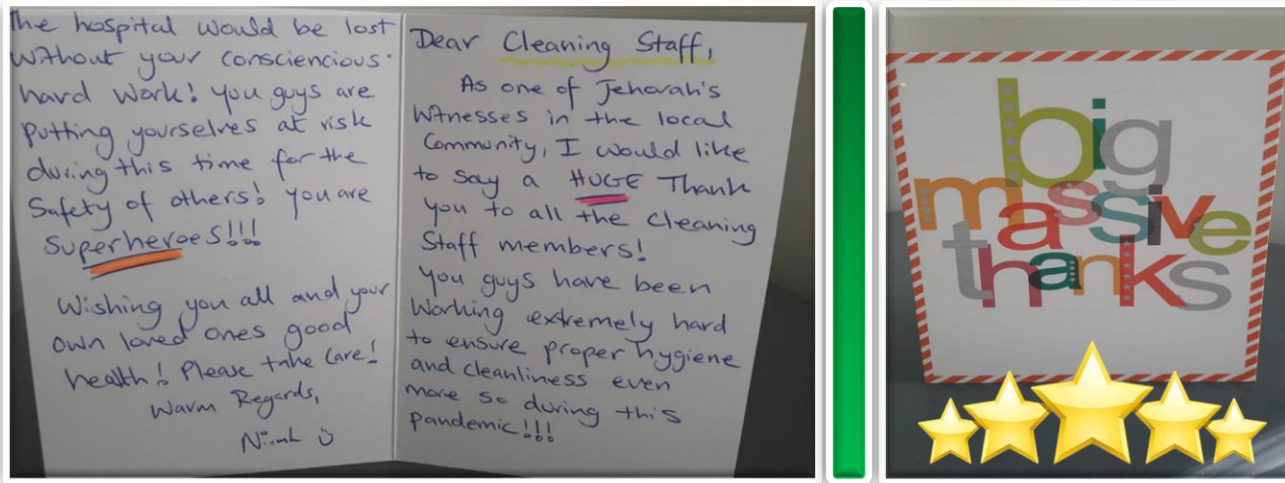
<https://momentumsupport.eu/category/employee-hub>





CONNECT WEEKLY

Momentum supports its Marketplace through Stakeholder Engagement. Laura Whelan, Site Manager, The Mater Misericordiae University Hospital received a lovely message from Niamh and the Jehovah's Witnesses in her local Community.



Momentum supports its CS Governance through specific governance and reporting structures that CR and sustainability policies and practices outlined centrally and implemented across all sites and Offices.

Calling all Momentum Support Stakeholders to work with us by visiting our policy section on the website. Let's make the right choice and journey together to becoming a more responsible and sustainable business

<https://momentumsupport.eu/policies>

Momentum supports its commitment towards becoming a more responsible and sustainable business.



Since April 2017 following a company restructure, we have journeyed up Mount responsible. Great News - Our application for the Business Working Responsible Mark was submitted on the 3rd May 2020. We are now prepared for the Audit in July.

A special thankyou to the Momentum Support Team and our supporters Verona Pentony



COVID 19

PLEASE ADHERE TO THE GUIDANCE AND RESPECT OTHERS THROUGH SOCIAL DISTANCING

