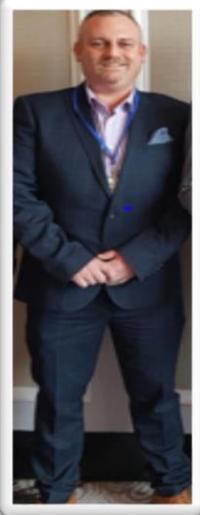




CONNECT WEEKLY

Momentum supports its Stakeholders

WILLIE DUNNE, SHARES A TEAM INNOVATION THAT IMPACTS MENTAL HEALTH THROUGH POSITIVE THINKING



Willie Dunne,
Marshes Shopping
Centre Dundalk.

Hi Verona,

We decided to create an IMC in Marshes Shopping Centre.

☺ What is an IMC? Integrated Marketing Communications?

In Marshes it stands for: Inspirational Motivation Corridor. ☺ Tell me more Willie it sounds very interesting; we all could do with some of that at the moment. Our idea came from watching hundreds of staff members walking through a dull corridor daily to start their daily jobs. ☺ A light bulb moment Willie. We started by initially painting the walls and floor to brighten the corridor up. Then we came up with the idea of trying to Motivate staff on the way into work as the corridor is the only staff entrance to the centre. We talked about a few pictures and inspirational quotes to make people feel better about themselves and feel happy going into work. Our ideas came together and a very talented member of our team painted them on the walls. ☺ ☺

☺

Well Done Willie & Team!

The feedback was wonderful, Dunnes stores manager Paul said: 'it is a brilliant idea and the colours make me look at them every day and feel better'.



Left to Right: Momentum Support Krystoff Plenzler, Supervisor & Willie Dunne, Site Manager Operations & Facilities. Marshes Shopping Centre Dundalk, Co Louth.



Marshes Shopping Centre, Dundalk Willie Dunne and the Team - Thank you!!!

Maybe you have an idea that could impact others. If interested in sharing your idea to be included in the CSR Division IDEA Register. Please send to Verona@momentumsupport.eu





Mission Right

'Let's make the right choice'

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Cleaning & Security Solutions for Business

CONNECT WEEKLY

Momentum 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 veronias@momentumsupport.eu and we will arrange to collect from you.

Thank you so much!!

Thank you for supporting
Play it forward for the
Children!



Momentum supports its Workforce

Suicide or Survive

Daily **Wellness Webinars**
Interactive and confidential

FREE REGISTRATION
www.suicideorsurvive.ie

**T H A N K
Y O U !**

To our charity partner Team for supporting us during challenging times!

Choose Health

Live Well

Please visit **Choose Health Live Well Employee Hub** at:
<https://momentumsupport.eu/category/employee-hub>

10 TIPS TO REDUCE COVID-19 ANXIETY

- Focus on things you can control, such as your thoughts & behaviors.
- Control how often you check the latest news.
- Keep the big picture in mind. Humankind will survive this.
- Model peaceful behavior for those around you.
- Remember that the size of news coverage may not equal the size of a threat.
- Evaluate your own health behaviors & be a model for others, including children.
- Let wisdom & logic guide you.
- Feeling too isolated? Maintain digital connections with people.
- Turn to reputable sources for your news, not social feeds.
- Don't let fear influence your decisions, such as hoarding supplies.

