



## CONNECT WEEKLY

Issue Number 22

**momentum supports its Communities through creating awareness of World Suicide Prevention Day... Suicide or Survive SOS extends the WOLF RUN.**

**Join the Connect Editor for this 20-day challenge ...**



World  
Suicide Prevention Day

10<sup>th</sup> September  
#wspd2020

**Swicide or Survive THE WOLF RUN looking for participants.**

**Promise of a WOLF RUN MEDAL!**

Come on you can still make a difference in 20 days ...  
**Closing Wednesday 30<sup>th</sup> September 2020...**

We would love your support to help to raise awareness of **SOS and World Suicide Prevention Day**, raise funds and remember those who have died by suicide.



### Anthony's Message

We would love you to join our team and become a participant in the Wolf Run for Suicide or Survive. Join us for this virtual run, walk, treadmill, cycle or any form of exercise where you can record your kilometres – Choose your distance from 2K / 5K or 10K. You can complete your challenge in any location that suits you, between now and Wednesday, 30 September 2020. The flexibility will ensure you can complete your challenge in adherence to Government Covid Guidelines. Sign-up fee is **€20** for single entry or **€40** for a family ticket – Each sign up will receive a Wolf Run medal on completion of challenge.

To sign-up please click here:  
<https://www.popupraces.ie/race/the-wolf-run-suicide-or-survive/>

### **WHAT DO I DO WHEN I COMPLETE MY VIRTUAL CHALLENGE?**

Email your screenshot and your order confirmation number to [wolfrunsos@gmail.com](mailto:wolfrunsos@gmail.com) or contact the Event Facebook page and we'll post your medal to you. Keep up to date by following our event Facebook page: <https://m.facebook.com/thewolfun>

If you have any questions or for more Information contact [anthony@suicideorsurvive.ie](mailto:anthony@suicideorsurvive.ie)

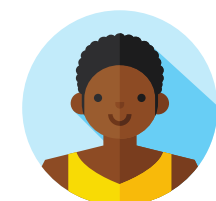
**Anthony Doran**  
Project & Events Coordinator  
mobile 0830608222

### **BENEFITS:**

- You & Your colleagues at Momentum Support will play a tangible part in our drive to **breaking down the stigma associated with suicide & mental health issues** and helping us to ensure that those affected have access to quality recovery services.
- You will be assisting SOS in leading the way through active collaboration which we believe will drive positive social change.
- It will promote & encourage good mental health, sport & wellbeing for you or your team as well as engaging in fundraising for a much-needed cause.

**TO DONATE** click the link below:

**<https://tinyurl.com/y537ey7b>**





## CONNECT WEEKLY

momentum supports the Workplace. Creating awareness through our Partner Health Assured. Read on to a healthier future .... some interesting facts.

### Global Burden of Disease study research:

- Unhealthy diets are responsible for 11 million preventable deaths globally per year, more than smoking tobacco!
- **Physical inactivity** and poor diets are two major causes of ill health in UK and Ireland employees. If left unmanaged, unhealthy employees can harm an organisations performance, profitability and workplace wellbeing.
- As part of their **duty of care** towards their team members, proactive employers should seize the opportunity to promote healthy eating and offer creative ways to encourage their people to live healthier lifestyles. Here's why...
- Cost of unhealthy employees



It's no surprise that employing an unhealthy workforce can have negative effects on the performance of an organisation. In fact, according to the 2019 Britain's Healthiest Workplace survey, health-related lost productivity costs the UK economy an estimated £91 billion.

### Promoting healthy eating habits at work

Creating a healthier working environment tips on how to promote healthy eating in the workplace and give your team a wellbeing boost...

- **Make healthy food readily available:** Avoid making unhealthy snacks available. Instead, provide healthier alternatives that help boost energy and increase brainpower. Examples include fruits, nuts and vegetable crisp alternatives. This could be rolled out in canteens and other communal areas.
- **Lunch breaks:** Encouraging your people to take their full lunch break away from their desk/workstation will allow them to enjoy a leisurely healthy lunch if they wish. This will avoid the risk of them opting for convenience over healthy options.
- **Educate:** Circulate promotional materials (either physical posters or digitally) about the benefits of healthy eating at work, as well as lunch suggestions. Make it an on-going feature by asking your teams to contribute recipe ideas!
- **Lead by example:** Change starts from the top, so it's vital that senior staff members demonstrate the habits that you want to see within your team. Whether it's eating away from their workspace, encouraging conversations about wellbeing or promoting your internal incentives, your senior members' influence will go a long way.



### Benefits of a healthy workplace

- **Improved productivity:** Healthier employees have higher energy levels, increased engagement and boosted morale. A study from Brigham Young University discovered that employees who eat healthier are 25% more likely to have increased performance throughout their day.
- **Reduced absenteeism:** In the UK and Ireland, roughly 145 million working days are lost per year due to absenteeism. A healthy workforce will contribute less sickness-related absences, saving your organisation money and boosting productivity.
- **Recruitment:** By investing in your employees' health and wellbeing, your organisation will soon become a more attractive place to work for potential employees. Not only will you attract the best talent, but you will also retain your key team members as well. Simply put, healthier employees are happier employees. By cultivating a culture of wellbeing in your workplace, you will soon reap the benefits of a healthier, happier and more productive workforce.



### Training Academy

Last week through the online Momentum Training Academy you received information on the company employee assistance programme. We need you to LOGIN IN ONLINE to hear all about it. The benefits are important so login in and find out more... Any issues logging in or accessing the training contact [training@momentumsupport.eu](mailto:training@momentumsupport.eu)

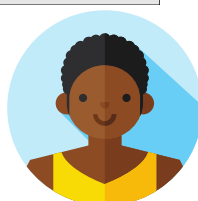
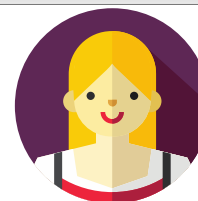
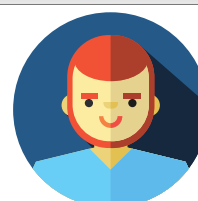
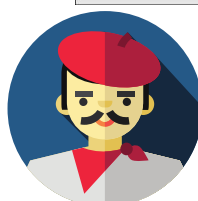
### Download & register My Healthy Advantage

Our new health and wellbeing mobile app provides an enhanced set of wellbeing tools and engagement features. Follow these simple steps to download and register your My Healthy Advantage app:



Your healthy advantage

health assured





## CONNECT WEEKLY

**momentum supports its Workplace through creating awareness of Healthy Options.**

Visit Healthy Ireland link for information on Healthy eating guidelines, Healthy eating for Kids, Cooking Healthy meals. What you drink matters too and losing weight.

Please find link to the Governments Healthy Ireland website.

<https://www.gov.ie/en/campaigns/healthy-ireland/>



**Thank you**

**Inga Cabuk**

For supporting **Connect Weekly Arty Design** .....

**momentum supports its Stakeholders.** Mike Connor, General Manager, Athlone Community Training College gives recognition to the Momentum Support Team for delivering on the promise ...



Click on the Link below to see Athlone Community Training Centre Success Stories and all they offer

[www.athlonectc.ie](http://www.athlonectc.ie)



*"Many thanks to the Momentum team in supporting a safe return to the training centre for Staff and Learners.*

*A special thank you to Patricia and Rose who are so helpful and professional, a great addition to our team.*

*Kind Regards from the Board, Management, Staff and Learners of Athlone Community Training Centre."*

Kind Regards,

Mike Connor, General Manager

