



Mission Right

'Let's make the right choice'

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CONNECT WEEKLY

HEART TO HEART with the EDITOR



CONGRATULATIONS TO THE MOMENTUM SUPPORT SOS ABSEIL TEAM!



*Momentum Support Total contribution to
Suicide or Survive SOS €7,405.94*



Some valuable insights and memories shared by our SOS Abseil Team who raised €2,125.83 with Momentum Support matching this amount.

Richard Tighe, Human Resources Business Partner. Rose Phelan, Client Services Manager. Katie Phelan, General Operative and Krzysztof Pompa, Maintenance Supervisor.

What inspired you to take up the SOS Abseil challenge?

Rose Phelan: People thought I couldn't do it or wouldn't do it. So, I did it!

Krzysztof Pompa: I was inspired through my own life experience due to loss of life to suicide in the past and I was looking for understanding. I felt it was important to highlight this problem in Society today.

Richard Tighe: I wanted to support this very admirable cause as SOS is a charity partner of Momentum Support.

Katie Phelan: I wanted to get involved in the abseil as I know how difficult it has been for charities and their fundraising efforts since the start of the covid 19 pandemic. Many fundraisers have not been allowed to go ahead since March 2020 and with this vital funding has been compromised. It is important that organisations have sufficient funds to be able to carry out the tremendous work that they do.

As you began your final decent at 150 ft, please share with us your thoughts?

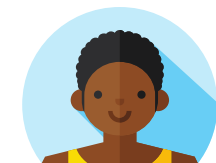
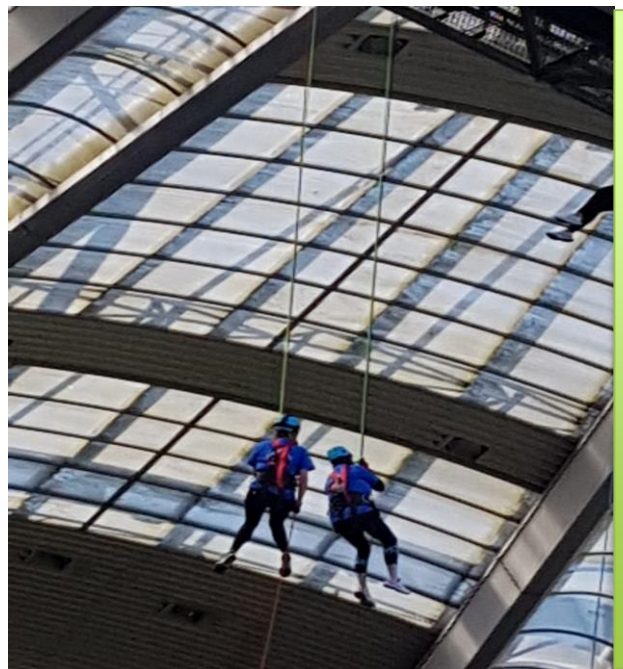
Rose Phelan: Wow! I am actually doing this! This is really happening. I was so proud of myself, with thoughts well done Rose if you can do this you can do anything!

Krzysztof Pompa: Initially my thoughts were, Am I safe? As I placed my feet over the barrier could I trust the man holding the rope? Once the man said "You can release the rope Krzysztof, I am securing you". I was filled with a sense of relief and security. The key lesson for me is trust in the professional and just let go".

Richard Tighe: I was a little nervous at the start but I found

the actual decent very exciting. I felt proud to have taken part in the SOS Abseil challenge for Momentum Support.

Katie Phelan: Looking down at the ground 150ft below I knew there was a way to get down. As daunting as it was, taking the first step off to begin the abseil was incredible and really empowering. To experience the feeling of being suspended from the scoreboard in Croke Park was exhilarating.





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Any mental health tips you would like to share during these challenging times?

Rose Phelan: Take each day as it comes.

Krzysztof Pompa: Be open to other people with how you are feeling. Listen to others also with understanding.

Richard Tighe: No matter how bad you think things are, there is always help and support through family, friends and charities such as Suicide or Survive SOS.

Katie Phelan: I think everyone needs to prioritise themselves during these tough times and be kind to their mind. Connecting with friends and family or doing things that you enjoy is really encouraged. If you are feeling down or maybe just have a lot of different things on your mind don't ever be afraid to ask for help. Struggling through things by yourself is never the answer. Help and support is always available through many different ways. Asking for help is the first and most important step in improving how you are feeling.

What was it like to place your feet back on the ground?

Rose Phelan: Thank God, I am on solid ground.

Krzysztof Pompa: Once I got over my trust issue on the upper level. I enjoyed the decent. The moment my feet touched the ground I felt exhilarated.

Richard Tighe: A relief!

Katie Phelan: I was delighted to have completed the abseil but placing my feet on the ground was bittersweet. I didn't want the abseil to end. The feeling on the rope and the views of Croke Park were amazing. I wanted to do it all over again.

What would you say to anyone thinking of engaging with CSR initiatives?

Rose Phelan: I would encourage Teams to get involved especially as SOS is our charity partner for Mental Health.

Krzysztof Pompa: The Abseil challenge was my first. I would recommend everyone to get involved and support good causes and initiatives. "Be yourself as everyone else is taken" SOS.

Richard Tighe: Go for it! you will find it very rewarding.

Katie Phelan: I would recommend getting involved with any of the CSR initiatives. It is not only a great way to make more of a positive impact within the company. It is also very rewarding to help the general community and meet other Momentum Support employees.

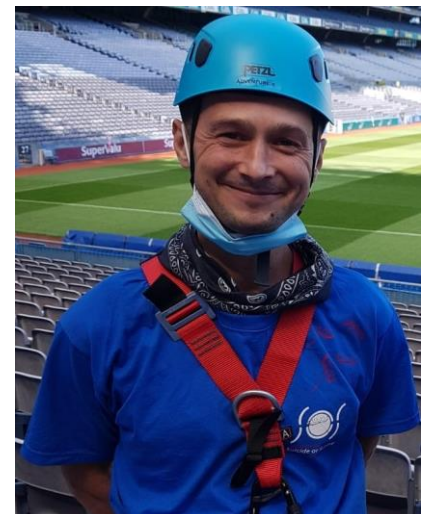
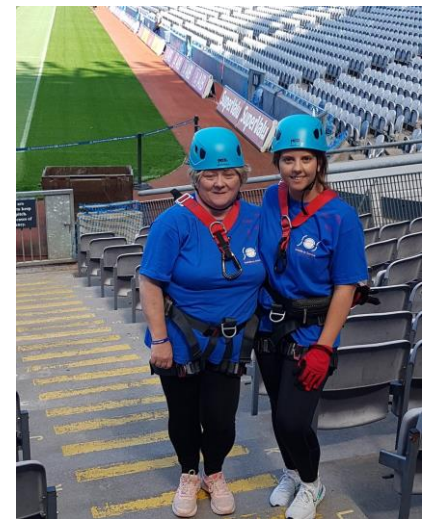
Has your perspective on life changed since Momentum Support introduced CSR Initiatives? including Suicide or Survive SOS as a charity partner in the area of Mental Health?

Rose Phelan: It makes one think about our mental health as it knows no boundaries in relation to age groups.

Krzysztof Pompa: Through engaging with other members of the Momentum Support Team on areas such as Mental Health and contributing to Connect Heart to Heart. It has opened up more discussions and allowed us to start knowing each other even better than just working day to day as colleagues.

Richard Tighe: No because I was always an advocate for Mental Health and the charities that do great work to support people.

Katie Phelan: When I saw that Momentum Support were taking part in this fundraiser with SOS, I jumped at the opportunity to take part. Suicide awareness and support is extremely important. By raising funds for SOS, I hoped to make a small contribution to breaking the stigma of mental health and providing help to any person who may need it.



On the pictures Top to Bottom: Richard Tighe, Human Resource Business Partner Momentum Support, Rose Phelan Client Services Manager and Katie Phelan General Operative Momentum Support, Krzysztof Pompa, Maintenance Supervisor, Momentum Support.

