



**South West Mayo**  
DEVELOPMENT COMPANY CLG  
Comhlacht Forbartha  
Iardheisceart Mhaigh Eo CTR

South West Mayo Development Company CLG  
(SWMDC)

# In the Loop

Issue No. 10 | 1 August 2022



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## Living Well Programme in Focus

Our new Living Well team (Fiona Cunnane, Liam Gildea and Olga Maguire) is well and truly settled into SWMDC now and have hit the ground running with a range of Living Well online courses planned for this autumn.

Living Well courses are free group training sessions over six workshops (2.5 hours each). It is delivered by trained leaders, most of whom are also living with a long-term health condition.

Participants learn how to develop self-management skills and confidence to live well with a range of health conditions. Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.

The Living Well programme is funded by the HSE, and we would like to publicly acknowledge the support and encouragement of HSE staff members Ailish Houlihan, Jackie Lynnot, and Sean Gordon in migrating this programme into SWMDC.

If you are interested in finding out more about our Living Well Programme in Mayo, Galway and Roscommon, please contact Fiona at [fcunnane@southmayo.com](mailto:fcunnane@southmayo.com) or 087 718 5615.

| Day               | Start date | End date  | Time             |
|-------------------|------------|-----------|------------------|
| <b>Mondays</b>    | 5th Sept.  | 10th Oct. | 10.30 am to 1 pm |
| <b>Tuesdays</b>   | 20th Sept. | 25th Oct. | 10.30 am to 1 pm |
| <b>Wednesdays</b> | 26th Oct.  | 30th Nov. | 10.30 am to 1 pm |
| <b>Wednesdays</b> | 2nd Nov.   | 7th Dec.  | 7 pm to 9.30 pm  |



## Welcome Aboard

We would like to welcome two new staff who will be joining our team in August 2022:

**Sinéad O'Malley** - LEADER Support and Compliance Officer

**Celesta Khosa** - SICAP Community Development & Youth Officer

We wish them every success in their new roles with South West Mayo Development Company.

## Spotlight on Rural Social Scheme & Tús Issues

Almost 500 people attended a public meeting on 4 July 2022 in Castlebar organised by SIPTU and in conjunction with the various organisations who deliver the Rural Social Scheme and Tús initiative in Mayo, including SWMDC.

Due to ongoing pressure at local and national level, the six-year rule, one of the biggest issues on the Rural Social Scheme was removed by Minister Heather Humphreys TD just the week before the event. She also announced other changes including extending Tús eligibility to people in receipt of disability payments.

While these changes are most welcome, there is more to do, and the meeting in Castlebar highlighted other important issues including:

- Participants Top Up - €22.50 for 19.5 hours work must be increased
- RSS Eligibility - Extend eligibility to extended farm family members and allow Carers to participate on the RSS under reduced working hours (18.5 hours per week)
- Increase Tús placement from one year to two years
- Reduce waiting time for people to qualify for Tús Initiative

The Irish Local Development Network (ILDN) is working hard to deliver these and other changes for their members, and SWMDC supports that work at local and national level.

### New RSS & Tús Company Vehicle

SWMDC secured an addition to our RSS & Tús fleet with the purchase of a Ford Transit Van for our west coast area of operation. This van will provide a much needed boost to our Supervisors, Noel Mulroy and Tony Hynes and their respective teams. The van will improve efficiencies and support essential community services in the Westport and Newport area. This significant addition to our assets would not have been possible without the voluntary contribution of large financial donations from a number of community and voluntary groups. Our sincere gratitude is extended to:

- Westport Tidy Towns
- Fr Charlie McDonnell
- Fr Tod Nolan
- Newport & District Development Company
- Westport United



We also extend thanks to Mayo County Council through the Community Activities Fund (on behalf of Dept of Rural & Community Development) which also contributed to the cost of the new van.

### HSE Funding to SWMDC

**HSE COVID-19 Vaccine Migrant Community Network** - We have just been awarded €8,000 from the HSE to promote the national COVID-19 vaccination programme to migrant communities. This is another welcome addition to the growing 'Health and Wellbeing' pillar of work within SWMDC, and we are very grateful to the HSE for placing their trust in us to implement this project on their behalf.

### Let's get social...

We are active on Facebook, Twitter, Instagram and YouTube.

Like | RT | Share | Watch | ❤️



### SWMDC Contact Details

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