



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

South West Mayo Development Company CLG  
(SWMDC)

# In the Loop

Issue No. 15 | 1 January 2023



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## Happy New Year!

As we close the chapter on 2022, and look forward to a new year full of opportunities and possibilities, take a look at what SWMDC can do to support your 2023 goals.

*The new year stands before us, like a chapter in a book, waiting to be written*

### Long-Term Health

Maybe you are living with a long-term health condition, and want to learn new skills in how to live well in 2023. Or maybe you are caring for someone living with a long-term health condition and would like to support them with new ways of self-management?

Our Living Well Programme is a FREE six-week programme for people with long-term health conditions such as COPD, chronic pain, asthma, diabetes, heart conditions and stroke for example.

The following training courses are available to people in Mayo, Galway and Roscommon:

**Date: Thursday 12 January to Thursday 16 February**

- **Time:** 10.30am to 1pm
- **Location:** Online

**Date: Friday 20 January to Friday 24 February**

- **Time:** 10.30am to 1pm
- **Location:** Ballina, Co. Mayo

**Date: Tuesday 31 January to Tuesday 7 March**

- **Time:** 7pm to 9.30pm
- **Location:** Online

**Date: Monday 20 February to Monday 27 March**

- **Time:** 10.30am to 1pm
- **Location:** Online

Contact Fiona at [fcunnane@southmayo.com](mailto:fcunnane@southmayo.com) or 087 718 5615 for more details.

### Moving from Unemployment to Self-Employment?

Maybe you have been unemployed for a while, but have a great business idea you would like to explore in 2023?

Our self-employment supports may be just what you need to get you started on the path to running and owning your own business. Depending on your situation, you may qualify for the Back to Work Enterprise Allowance (BTWEA) or the Short Term Enterprise Allowance (STEA).

In partnership with Local Enterprise Office (LEO) Mayo, we also offer regular one-day Start Your Own Business (SYOB) courses that cover a range of useful start-up topics.

Contact Breda at [bmurray@southmayo.com](mailto:bmurray@southmayo.com) or 087 224 2133 for more details.

## Is your life affected by substance misuse?

Through our Western Region Drug and Alcohol Task Force (WRDATF) team, we can provide you with supports or signpost you to the best supports for your needs in counties Mayo and Roscommon. Family support, recovery, and training are just some of the ways that we can support you on your journey in 2023.

We also offer professional upskilling and capacity building, parent education, community seminars and information sessions. As part of the regional WRDATF Family support team in County Roscommon, we facilitate substance use education for high-risk groups.

Contact Mags at [mdillon@southmayo.com](mailto:mdillon@southmayo.com) or 086 012 9897 or  
Gillian at [gconway@southmayo.com](mailto:gconway@southmayo.com) or 086 781 4779 for more details.

## Getting back to work in 2023

If you have been unemployed for some time and would like to get back to work in 2023, you may be eligible for two programmes we offer:

**Tús Initiative** - The Tús initiative is a community work placement scheme providing on-year work placements for unemployed people. The work opportunities are based in community and voluntary organisations in urban and rural areas across south and west Mayo. Contact Kevin at [kcunniffe@southmayo.com](mailto:kcunniffe@southmayo.com) or 087 973 1096 for more information.

**Community Employment** - This programme is designed to help people who are long-term unemployed (or otherwise disadvantaged) to get back to work by offering part-time and temporary work placements in local communities.

Contact Ann at [aconnor@southmayo.com](mailto:aconnor@southmayo.com) or 087 223 6906 or  
Declan at [dwalsh@southmayo.com](mailto:dwalsh@southmayo.com) or 087 223 6905 for details.

## What else can we offer you?

**Rural Recreation** - Are you interested in creating a new trail or walk in your area? We have a dedicated Rural Recreation Officer who works across County Mayo who can advise you on the next steps, and may be able to secure funding in some cases for new or developing walks. Contact Martin at [mdillane@southmayo.com](mailto:mdillane@southmayo.com) or 087 657 8147.

**Social Farming** - Are you farming in Mayo, Galway or Roscommon? If so, you may be interested in our social farming programme. Social Farming offers people who are socially, physically, mentally or intellectually disadvantaged the opportunity to spend time on a family farm in a healthy, supportive and inclusive environment. Contact Deirdre at [dfahey@southmayo.com](mailto:dfahey@southmayo.com) or 087 623 3862 for more details.

**Rural Social Scheme (RSS)** - The RSS is a community-based employment scheme designed to provide an income support to low-income farmers and fishermen/women. We have places available across south and west Mayo, and to see if you are eligible, please contact Kevin at [kcunniffe@southmayo.com](mailto:kcunniffe@southmayo.com) or 087 973 1096 for more information.

**SICAP** - The Social Inclusion & Community Activation Programme (SICAP) aims to:

- Support communities and target groups to engage with relevant stakeholders in identifying and addressing social exclusion and equality issues, developing the capacity of local community groups, and creating more sustainable communities.
- Support disadvantaged individuals to improve the quality of their lives through the provision of lifelong learning and labour market supports.

Contact Catherine at [cmccloskey@southmayo.com](mailto:cmccloskey@southmayo.com) or 087 124 7771 for more details.

**LEADER** - The current LEADER programme is closed for new applications, but we expect the new programme will start later in 2023. Keep an eye on our social media for updates.

## SWMDC Contact Details

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Balla Office | 094 936 6692 | [rss@southmayo.com](mailto:rss@southmayo.com)

