



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

South West Mayo Development Company CLG
(SWMDC)

In the Loop

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What's coming up in October?

Launch of Diverse Food Mayo Cookbook - As part of Social Inclusion Week 2022, Mayo Intercultural Action (MIA) and SWMDC are hosting an official launch for the Diverse Food Mayo Cookbook in Claremorris Resource Centre on **Wednesday, 12th October from 12.30pm - 1.30pm**.

The cookbook came about as a result of a pandemic cookery project coordinated by Mayo Intercultural Action (MIA) and SWMDC's Social Inclusion Team (SICAP).

Migrants living in Mayo created short videos preparing traditional dishes which were then posted weekly on the MIA Facebook page. The project received hugely positive engagement and it was decided to compile the recipes into a cookbook.

For more information about the Diverse Food Mayo project please see our YouTube channel where all cookery demonstrations are available to watch: www.youtube.com/southwestmayo. If you are interested in attending, please contact Tracie on 086 078 8253 or toleary@southmayo.com.

Social Farming Awareness Week (3-7 October) - Social Farming is based on a simple but powerful concept: giving people with a variety of challenges the opportunity to spend time and carry out activities on ordinary family farms. On Thursday 6th October 10.30am - 12.30pm, Deirdre Fahey will host an open farm on Mary and Niall Murphy's farm near Athenry in County Galway. This mother and son duo provide opportunities to engage in fruit and vegetable growing and working with animals, including some fancy fowl. There are four other open social farm days around Ireland and all the details can be found on www.socialfarmingireland.ie. If you would like to attend the open farm in Athenry, please contact Deirdre on 087 623 3862 or dfahey@southmayo.com.

Living Well Programme Autumn/Winter Dates - The Living Well Programme is a free group programme for adults living with any kind of long-term health condition. It is delivered online for 2.5 hours a week over 6 weeks and aims to build participants' 'self-management' skills so they can manage their health conditions better, and improve their overall wellbeing. Upcoming Living Well Programme dates are:

Day	Start Date	Finish Date	Time
Wednesday	12 Oct	16 Nov	10.30am-1pm
Wednesday	26 Oct	30 Nov	10.30am - 1pm
Wednesday	2 Nov	7 Dec	7pm-9.30pm
Friday	4 Nov	9 Dec	10.30am-1pm

For enquiries and to book your place, contact Fiona Cunnane, Living Well Programme Co-ordinator on 087 718 5615 or fcunnane@southmayo.com.

Mayo Ideas Week (3-7 October) - A wide range of online and in-person events. All the details you need are at www.mayoideasweek.ie. SWMDC is hosting events on the themes of marketing, tourism, health and safety and leadership. The week will culminate in a 'Meet Mayo' B2B event at Ballinrobe Racecourse on Friday, 7 October 2022 from 9am - 1pm.

A fond farewell...

Maria McHale, former Social Inclusion Coordinator is taking up a permanent position with Pobal as Social Inclusion Analysis Coordinator. Maria joined SWMDC from Louisburgh CDP as part of a Transfer of Undertakings (TUPE) process and brought with her a wealth of knowledge and skills. We wish Maria every success in her new career with Pobal.

And welcome aboard...

Mikhail Kolchanov, Ukrainian Refugee Intercultural Support Worker and Lisa Halpin, Human Resources Manager joined SWMDC in September. Both have had a very busy start in their new roles and we wish them all the best for the future in SWMDC.

ARISE WEST

In September, a new promotional campaign for social enterprises in Roscommon, Mayo and Galway was launched. This programme will support social enterprises to communicate how they make a difference and the impact they have on local communities.

ARISE WEST will develop case studies, a digital magazine and blog posts. If you would like to get involved please contact Olivia Kitterick, Enterprise and Social Enterprise Officer on 087 060 4724 or okitterick@southmayo.com.



LEADER Update

In September, Murray's Recycled Plastic (Castlebar) welcomed Michael Ring T.D. for the official opening of their new workshop. This was a great day for the Murray family and their team. Thank you to Paul Gibbons, Chairperson who spoke and represented the SWMDC Board on the day.



New LEADER Contract

Also in September, Rockfield Dairy Ltd (t/a Velvet Cloud) signed their contract for new equipment, which will prove invaluable for growing their business. Pictured is MD, Michael Flangan with Rural Development Manager, Seán Carolan.

National Recovery Day 2022

As part of National Recover month, SWMDC staff member Mags Dillon (WRDATF), together with a local working group, organised a very special awards event to mark National Recovery Day (30 September). Master of Ceremonies were the Two Norries, James Leonard and Timmy Long, both of whom have their own recovery experiences and brought a lot of advice, colour, and humour to the event. Well done to everyone who attended and in particular those people who took to the stage to tell their own stories of recovery.



L-R: Timmy Long, James Leonard (Two Norries), Mags Dillon (SWMDC/WRDATF), Sabina Trench, CEO SWMDC, Michéal Durcan (Coordinator, WRDATF).

One year on

It is one year since Ballindine native Sabina Trench took up the role of SWMDC CEO. Over the past year, the company has gained the Living Well Programme, secured additional funding from a variety of sources, and submitted the largest application for a single project in our company's history. While there are plenty of challenges ahead, the unwavering support of Board and team means that SWMDC will keep having a real impact on real people's lives, which is what we are here to do.

Last quarter of 2022

As we start October, we are facing into the last quarter of 2022. This gives us three months to end the year on a strong point. So, if 2022 hasn't been going your way, you have three more months to turn it around. Best of luck!

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