



Getting Started

Age Page Nov./Dec. 2014

Welcome to the *Getting Started* Age Page.

This newsletter will keep you up to date on the activities of the Getting Started Programme and provide information on interesting websites, new technology and news.

Getting Started is a programme for older people to help them gain confidence and basic skills in computers and the internet. Training is provided by volunteer tutors in small classes, with an emphasis on encouragement and support for older learners.

Get Winter Ready

The Office of Emergency Planning at the Department of Defence has a helpful website with lots of information about getting ready for the winter www.winterready.ie

The HSE also has a booklet about keeping well and warm in the winter which is at www.wellandwarm.ie

Information from the HSE on the flu vaccine www.hse.ie/eng/services/list/4/olderpeople/tipsforhealthyliving/flu vaccine.html

This new HSE website gives practical advice on how to mind yourself or your family when you're sick

<http://undertheweather.ie>

We would like to get your feedback

The website www.socialcomputing.ie is aimed at helping people who are new to using computers and the internet find information and services that may be of interest to them.

We are looking for feedback to help us with future developments of the site so if you have a couple of minutes please have a look at the website

www.socialcomputing.ie and then fill in our short online feedback form at

www.surveymonkey.com/s/YWKDMND

Thank You

Health Insurance

Is your health insurance up for renewal?

The HIA website is the regulatory for health insurance companies and the website allows you to select your insurance policy and see comparison policies and their costs.

www.hia.ie

Typing with no hands!

One of our learners was in touch to say he uses Dragon Naturally Speaking software on his

computer which allows him to dictate his memories without having to touch the keyboard. This type of software can be very useful for those who have arthritis or are slow at typing.

This video reviews a number of voice recognition software programmes some of which are for free.

www.youtube.com/watch?v=_8KgwiGvsOs

Volunteers needed for survey about internet privacy

Matthew Mulligan is an undergraduate student in the Department of Sociology in Trinity College Dublin. He is conducting research on attitudes to privacy when using the internet, and the concerns people may have over internet privacy. He is interested in gathering the opinions of all age groups, in order to see if there is any difference in opinion between ages.

In order to gather this information, he has created a survey which you can complete online. The survey should not take more than 10 minutes to complete and features a range of questions about the internet and social networking sites.

Please click the link below to answer the survey:

https://docs.google.com/forms/d/1ae8qCo8_qubuLbhGU_7pdhEJJOxvyKIwPJonWX1jdbU/viewform?usp=send_form

For any further information you can contact him at

mulligma@tcd.ie

or phone 0877487709

Getting More People Online

The National Digital Strategy Team at the Department of Communication, Energy and Natural Resources recently worked with the British Irish Council (BIC) to produce two videos. The first is a 4 minute animation showing many of the advantages of being online

www.youtube.com/watch?v=EM3pibtHosE&feature=youtu.be

The second is a "collage" showing some of the initiatives underway in all BIC administrations and the positive outcomes that are resulting.

www.youtube.com/watch?v=rr_SqiStTzk&feature=youtu.be

Commenting on these videos Ireland's Digital Champion David Puttnam said: - "Digital inclusion is crucial to our society – as shown in these important BIC videos. "

Computer Classes

Don't forget if you get a new computer for Christmas and need some help with it, Age Action runs computer class in Dublin, Kildare, Cork, Waterford, Galway, Mayo, Leitrim and Roscommon and we will have lots of classes starting in the New Year so get in touch if they would like to learn

- **Dublin & Kildare** - 01 475 6989
- **Cork & Waterford** - 021 453 6556
- **Galway / Mayo / Roscommon** - 091 527831

We have also partnered with other organisations that run classes

NUIG – Galway

<http://cki.nuigalway.ie/organisation/view/230>

**DCU Intergenerational Project -
Dublin** www.facebook.com/DCU.ILP

IRD Duhallow - North Cork - www.irdduhallow.com

121 Digital – Wicklow, Dublin, Kerry and Meath
www.121digital.ie

Websites of Interest

The **Keep Control** campaign is developed by older people for older people to provide information and resources to empower people to protect their right to be free from financial abuse and bullying.

www.keepcontrol.ie

Tips for minding your mental health at Christmas
www.stpatricks.ie/blog/8-tips-minding-your-mental-health-christmas

If you are buying gifts online, what are your rights?
www.consumerhelp.ie

Interesting article about Ageing from The Wall Street Journal
www.wsj.com/articles/why-everything-you-think-about-aging-may-be-wrong-1417408057

Do you know why you need a Carbon Monoxide Alarm?
http://www.carbonmonoxide.ie/htm/co_alarms.htm

12 Safety Tips for Christmas from the Gardai

www.garda.ie/Controller.aspx?Page=14446

For those waiting for Santa

<https://santatracker.google.com/#village>

Live web cameras showing Dublin's traffic

www.dublincity.ie/dublintraffic

Apps of Interest

Curious iPhone: Choose from thousands of short video lessons to learn new skills and pursue your interests. Topics range from philosophy and 3-D modelling to dog-training and organic vegetable gardening. Free for iPhones, click here to see [iPhone](#)

Duolingo: Want to learn French, Spanish, German, Italian or Portuguese, but too busy for classes? With Duolingo, Apple's top iPhone App of 2013, you can learn them on your smartphone and also help others by doing translations.

Free for iPhone and Android see

www.youtube.com/watch?v=WyzJ2Qq9Abs#t=12

YouTube Videos

How Art can improve ageing

<http://vimeo.com/111481570>

Kings College Choir Christmas Carols

www.youtube.com/watch?v=7HI tFqKBAQE

An impressive 77 year old grandma who lifts weights

www.youtube.com/watch?v=0zjhSIJN-Qw#t=21

Electricity Comes To Ystradfellte, Wales
During September 1960, electricity finally arrived in the
village of Ystradfellte in the Brecon Beacons.

www.youtube.com/watch?v=2MWNLYa_bqM

Fundraising Trek

Would you like a walking holiday to THE ISLANDS OF
SARDINIA AND CORSICA IN ITALY & FRANCE *1st to 8th
October 2015* and raise much needed funds for Age Action
at the same time?

We need a group of 25 likeminded people to raise €2,900
each to cover flights, accommodation, meals and transfers

Contact Daragh at businessdevelopment@ageaction.ie or
01 4756989 for more information

For all the details please click [here](#)

Man on Bridge Photo Exhibition

This exhibition will run from the 29th of November to the
8th of January 2015 in the Gallery of Photography,
Temple Bar.

For more information see

www.galleryofphotography.ie/exhibitions/current/

Also www.manonbridge.ie

The Man on Bridge documentary will be shown on 28th of
December at 18:30 on RTE 1 and discover the wonderful
story of Arthur Fields, the legendary Man on the Bridge.

Christmas FM

Age Action is delighted to be this year's charity partner for Christmas FM so tune in today

www.christmasfm.com

The latest edition of Age Action's Ageing Matters magazine is now out at

www.ageaction.ie/sites/default/files/pdf/October%202014%20Ageing%20Matters.pdf

Age Action's Facebook & Twitter

We have 3,257 likes on Facebook and over 4,902 followers on Twitter. Age Action's Facebook & Twitter are a great way to follow what's going on in the charity—so if you are on Facebook please find the Age Action page click "Like" and "Share" the page with your friends and ask them to "Like" us too. If you "Like" and "Share" our postings you can greatly help us to spread our message far and wide.

www.facebook.com/AgeActionIreland

<https://twitter.com/ageaction>

Thanks.



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*Device illustrated and the Free Sample device may differ

Attention Volunteer Tutors

If your students would like to receive this monthly email newsletter just ask them to email gettingstarted@ageaction.ie and we will include them in the mailing. Please could you also ask students to include their location in the email. Thanks

Contribute to this Newsletter

If you know of an interesting website or have information on technology that you would like to share, or if you would like to write a short story about your experience as a learner or tutor please contact Pauline Power at gettingstarted@ageaction.ie

**Getting Started, Age Action Ireland,
30/31 Lower Camden Street, Dublin 2
Phone: 01 475 6989**

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