

COUNCILLORS REPORT ON CONFERENCE WHICH THEY ATTENDED

REQUIRED TO BE COMPLETED UNDER SECTION 142(5) (f) and (fa) OF THE LOCAL GOVERNMENT ACT 2001



Organiser of Conference Celtic Conferences

Name of Conference Four Deal

Location of Conference Clonsilla Co Cork

Date of Conference 5-7 November

Summary of Conference Content

The conference covered the
The supports available - core needs are
assessed - financial are also assessed,
it explained what the four deal covers,
- income & assets were discussed

Nursing home loan - where your assets
include property & land the contribution
may be deferred until after death.

How to Apply - easy fill out the forms.

Signature: Liam Galvin

Print Name: LIAM GALVIN

THIS FORM TO BE SUBMITTED WITH CLAIM FORM FOR TRAVEL AND
SUBSISTENCE

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THE LOCAL GOVERNMENT ACT 2001

Organiser of Conference CELTIC CONFERENCES
Name of Conference FAIR DEAL SCHEME
Location of Conference O'DONOVAN'S HOTEL CLONAKILTY.
Date of Conference 5th - 7th Nov 2021
Summary of Conference Content

FAIR - DEAL SCHEME they gave us
an overview of the scheme.
THE THREE STEPS IN THE APPLICATION
PROCESS, THEY EXPLAINED THAT WHEN THE
CARE NEEDS ASSESSMENT HAD BEEN COMPLETED
A REPORT WOULD BE PREPARED. BASED
ON THE REPORT THE H.S.E WOULD
decide WHETHER OR NOT LONG TERM
NURSING HOME CARE IS MOST APPROPRIATE.
and JEN WOULD BE NOTIFIED IN
TEN WORKING days.

Signature:

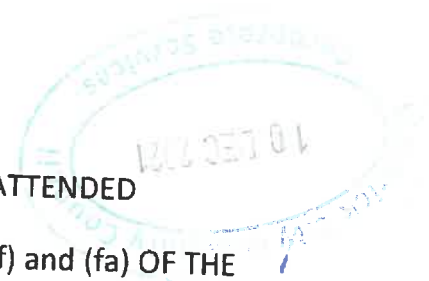
Francis Foley

Print Name:

FRANCIS FOLEY

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Organiser of Conference CELTIC CONFERENCES
Name of Conference THE FAIR DEAL SCHEME
Location of Conference _____
Date of Conference 5, 6, 7 Nov 2021

Summary of Conference Content

What exactly is the fair deal scheme. The application process, care needs & financial assessment. Grant how to calculate contributions & how it affects assets. Looked at the housing home loan & how contributions are paid and how affects & reviews are conducted.

Signature: Michael Collins
Print Name: MICHAEL COLLINS

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Organiser of Conference CELTIC CONFERENCE

Name of Conference MENTAL HEALTH + WELLBEING

Location of Conference CARLINGTON CO. LOUTH

Date of Conference 3/4/5 DECEMBER 2021

Summary of Conference Content

GENERAL DISCUSSIONS ON UNDERSTANDING ANXIETY + DEPRESSION. HOW POLITICIANS HAVE THE POWER TO INFLUENCE THE FUTURE SUPPORT OF OUR MENTAL HEALTH SYSTEM. THE MAIN REASONS FOR POOR MENTAL HEALTH & HOW IT CAN BE PREVENTED & TREATED. CHEMICAL SUPPORT FOR THE PATIENT TO HELP TOLERATE THE INTOLERABLE FEELINGS INSIDE. COUNSELLING & PSYCHOTHERAPY FOR LONG TERM TRAUMA & ATTACHMENT REPAIR. PRACTICING FEEL GOOD HOBBIES & MINDFULNESS SESSION ON DISORGANISED ATTACHMENT UNRESOLVED ADULT. PEOPLE WITH THIS STYLE OF ATTACHMENT HAD A NEGLECTED OR ABUSIVE CHILDHOOD & RARELY FELT SAFE OR SECURE.

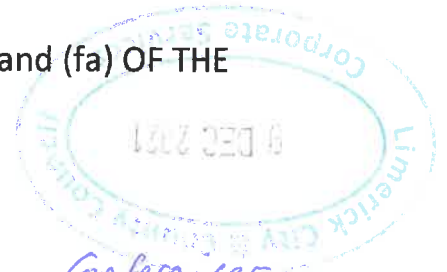
Signature: Kieran O'Hanlon

Print Name: KIERAN O'HANLON

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Organiser of Conference Mick Hanly Celtic Conferences.

Name of Conference Mental health and wellbeing.

Location of Conference Carlingford Co. Louth

Date of Conference 3/12/2021 / 5/12/2021

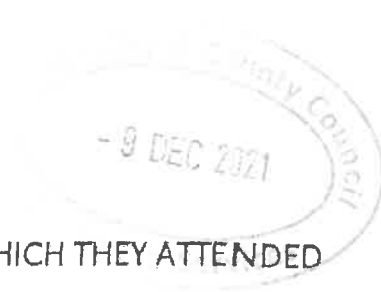
Summary of Conference Content

The conference was very informative with regards to mental health and addressing one wellness with a particular focus on reducing stress very well organised and worthwhile

Signature: Adair Teskey.

Print Name: ADAIR TESKEY.

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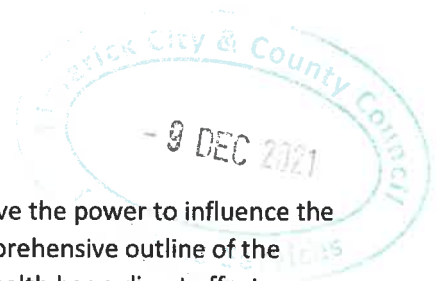
Organiser of Conference Michael & Mari Hanly
Name of Conference Mental Health & Wellbeing
Location of Conference Four Seasons Carlingford
Date of Conference 3-5th December 2021

Summary of Conference Content

Signature: 

Print Name: CONOR SHEEHY

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This course was very useful and important because as politicians we have the power to influence the future support of our mental health system and the course gave a comprehensive outline of the main reasons for poor mental health in our population. Good mental health has a direct effect on our general functioning. Our mental health impacts our ability to concentrate, our motivation, our self-worth and our ability to connect and interact with those around us. The course explained how poor mental health often develops from an experience of trauma either a once off trauma or a simple trauma or a complex trauma which is systematic trauma from a traumatic infancy and childhood. The course facilitator explained the polyvagal "ladder" which is a theory developed by Stephen Porges to explain our feeling states. Polyvagal theory shows that from the moment of birth our autonomic nervous system is constantly scanning for signs of safety or danger. This happens automatically prior to any conscious awareness by a process known as neuro-ception. The course also outlined the different methods for healing the wounds of trauma which include chemical support or medication, counselling and psychotherapy and practicing feel good hobbies and mindfulness.

The course outlined the laws of communication which outlined how to use communication better to avoid conflict. We received a comprehensive explanation of the three ego states: Parent, Adult, and Child. The Parent ego state contains the attitudes, feelings, and behaviour incorporated from our parents. It involves responding as one of our parents would have: saying what they would have said, feeling what they would have felt, behaving how they would have behaved. The adult state is rooted in the present and is based on our ability to think and act based on what's happening in the here and now and the child state which is rooted in the past and consists of the thoughts, feelings, and behaviours that we experienced as a child. The course also explained the different transactions involved in communication. These are Complementary, Crossed & Ulterior. Complementary transactions are effective and successful communication. Complementary transactions are when two people's ego states are sympathetic or complementary to one another. Crossed transactions happen when a person says something from one ego state, and receives a different response than they are expecting. We were told that all communication breakdowns occur because of a crossed transaction and that the only way to get out of a crossed transaction is to shift ego state. Ulterior transactions occur when three or more ego-states interact at the same time. In other words, there is more at work than appears on the surface. There is a sub-text that requires decoding. In ulterior transactions, the spoken social message is a cover up of the real psychological message which is hiding beneath.

The course also covered attachment and attachment patterns which included secure attachment, ambivalent attachment, avoidant attachment and disorganised attachment. Secure attachment is when the child's needs were met at the appropriate times in their life. The child will usually grow up to be calm, confident and compassionate. Ambivalent attachment is when the primary caregiver was anxious, ill or intermittently absent, something major happened in the household. Avoidant attachment is when the caregivers were themselves avoidant and dismissive. The child was ignored and learned to be self sufficient at an early age. Disorganised attachment is when the child had a neglected or abusive childhood and rarely felt safe. They were afraid of their caregiver so in times of stress they felt alone and uncared for and because they never felt safe, they have a very poor sense of danger.



Comhairle Cathrach
& Contae Luimnigh

Limerick City
& County Council

Stiúrthóireacht Forbartha Eacnamaíochta,
Comhairle Cathrach & Contae Luimnigh,
Cé na gCeannaithe,
Luimneach.

Economic Development,
Limerick City and County Council,
Merchant's Quay,
Limerick.

17th January, 2022

EIRCODE V94 EH90

To / The Mayor and Each Member of Limerick City and County Council

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Visit To

Smart City Expo World Congress 2021, Barcelona

As Members are aware, an invitation was received by the Mayor of the City and County of Limerick by Alan Dooley, Head of Digital Strategy and EU Programmes, to attend the Smart City Expo World Congress 2021 in Barcelona, Spain. This is one of the world's largest smart city events attracting over 21,000 visitors and representatives from all over the world.

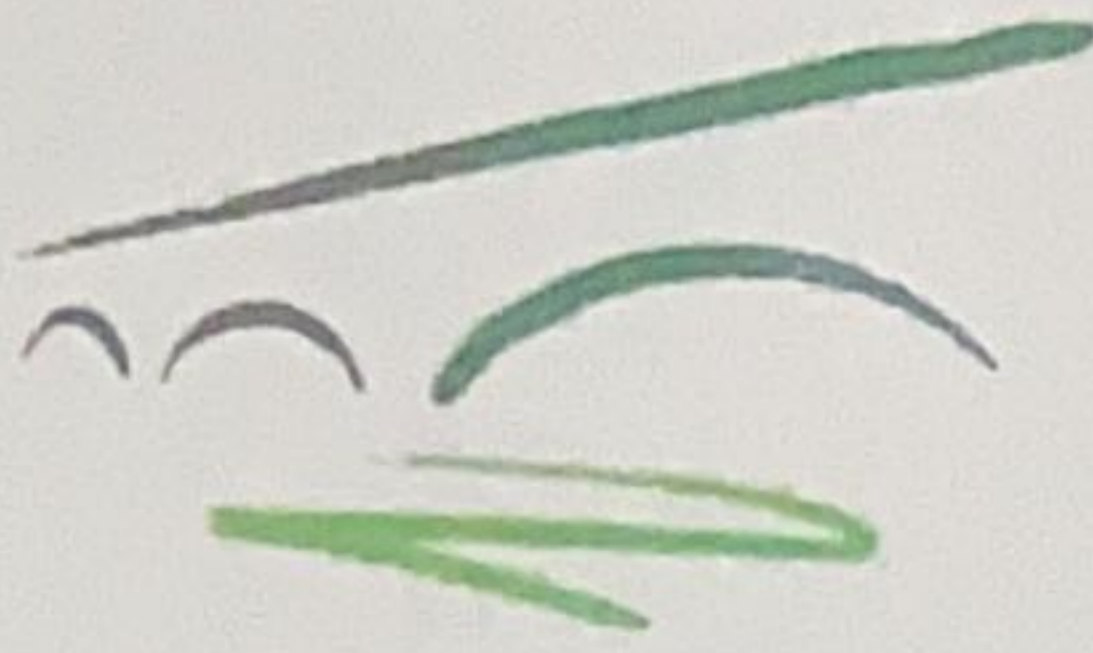
Due to the unavailability of Mayor Daniel Butler because of other official commitments, I travelled to Barcelona as Deputy Mayor for this event, accompanying Alan Dooley, Head of Digital Strategy and EU Programmes.

As the Limerick City and County Council work towards planning for the next iteration of their Digital Strategy and the evolution of Smart Limerick, our presence at the event was a timely refresher of the rapid advances in the smart city landscape. With Alan Dooley's recent appointment as the Head of Digital Strategy and EU Programmes, it was an important event to build a network of contacts and gain a concentrated understanding of what is possible and relevant for Limerick City and County's future.

On Monday, November 15th, 2021 I travelled, along with Alan Dooley, Head of Digital Strategy and EU Programmes, to Barcelona, Spain. Because of the ongoing situation with Covid-19, we took all precautions to remain safe, while travelling and while attending the Expo.

On Tuesday, November 16th, 2021, we attended the Expo and met with delegates from a wide range of companies who work in the fields of climate, data, traffic management, flood management. We also attended talks such as Cutting Edge Urban Technologies, Using EU Recovery Funds to Promote Transition to Green Mobility, Equitable Cities for an Inclusive World, How to Accelerate the Green Transition and Future Proofing Social Infrastructure. We had arranged a mini tour of the Smart Catalonia stand and the Austrian Smart City Solutions stand. In the evening, we attended an event arranged by Harvard Tech at the invitation of colleagues in Dublin City Council. We also attended a networking event organised by Microsoft. At each event, some important connections were made.

On Wednesday, November 17th, 2021, we continued our walk through of stands at the Expo and attended discussions on Data Spaces and Local Digital Twins for Cities and Communities and New Challenges of Smart Ports, How to Visualise Data in Government, along with many other shorter talks on cyber security, climate change and social inclusion. In the evening, we



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attended a networking event organised by Cities Today, a global smart city publication. Several opportunities arose out of this event, including the possibility of highlighting Limerick City and County across the world in their publication.

On Thursday, November 18th, 2021, we attended the last few events at the Expo and held meetings with MasterCard's City Possible team and the CEO of Personal Cities.

We returned to Limerick on Friday, November 19th, 2021.

The attendance at the Smart City World Congress in Barcelona has created some significant new links and opportunities for Limerick City and County. We had the opportunity to connect with industry and city leaders who are facing similar challenges to Limerick. We had the opportunity to talk about Limerick City and County on several occasions to highlight our region and generate interest in what we do here. Importantly, we have come away with a better sense of what technology investments Limerick City and County may need to deliver better, more efficient services and how we can continue to develop Limerick as a smart and sustainable region.

Is mise le meas,

Councillor Tom Ruddle
Deputy Mayor of the City and County of Limerick