**P R E S S R E L E A S E –** for release after 12 noon on Saturday 28th November 2020

'A FESTIVAL OF CHRISTMAS KINDNESS' AIMS TO EASE THE PAIN OF SEPARATION THIS CHRISTMAS

The pain of separation and the loneliness of Christmas has been laid bare this year more than ever. But through the power of Zoom, Work It Out! participants are creating an online Festival of Christmas Kindness to give people the opportunity to connect with each other in a fun, friendly and festive setting.

Participants on this year’s Work it Out! programme are using their newly acquired Zoom skills to deliver an amazing selection of over forty FREE Zoom events and activities for those on their own or away from their family this Christmas.

“My colleagues at Work It Out! are thrilled to bring the Festival of Christmas Kindness into people’s homes this year,” explains Des McCabe, founder of Work It Out! “Christmas will be different this year, but it can still be fun and we can still meet people albeit in a different way.

The Festival offers something to suit everyone. From Carol Singing to Christmas Bingo, from a relaxing Hand Massage to Chair Yoga, from a Storytime for the Kids to a 'Friends' Quiz, there is a vast array to choose from. Young members of Work It Out! will be leading some events to cater for teenage and younger people.

Through the Festival of Christmas Kindness, we have created a calendar of activities to run throughout December that people all over the world can join in. If your son is in Saudi Arabia, your daughter is in Dubai, your brother is in Barcelona, your grandparents are in Gran Canaria, they can join in and enjoy the chat and the fun.”

“The Work it Out! team has put together a fantastic programme of events,” adds Des. “It is driven by the desire to bring people together. Many of the activities are suitable of people in Residential Homes. This year has been really difficult for carers, residents and loved ones in Residential Homes. We hope the Festival of Christmas Kindness gives people a way of connecting with their loved ones in Care homes in a fun way.”

To reserve your place please go to www.workitout.info and choose the event that suits you. There are limited tickets remaining on some events, so booking is essential.

“There is already great interest in our Festival of Christmas Kindness,” adds Des. “So, why not plug us into your big TV and join in? Tell your family and friends wherever they are and let’s make Christmas 2020 one to remember! Everyone is welcome!!”

**Notes for Editors**

​All of the Facilitators and Event organisers have participated in the Work it Out! programme this year. They are giving freely of their time to help others at Christmas.

Work it Out! is the leading career development process in Ireland and the UK. Work it Out! is part of Diversiton – a non profit-making body dedicated to inclusion.

Work it Out! is funded and supported by the Department of Rural and Community Development, Tipperary County Council, local businesses across Ireland and individuals.

Work it Out! provides a modern approach to the world of work – one that builds on individual strengths, enables people to support each other and provides practical ways for people to work together in new ways to build their futures.

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[www.workitout.info](http://www.workitout.info)

