

National Updates



**Electric Ireland** have suspended all disconnections. They are suspending all face-to-face sales activity; meter readings will be estimated where they need to access a person's home to read the meter and they are asking customers to manage their electricity and gas accounts online where possible through their wide range of online customer supports.








From March 30<sup>th</sup> **An Post** Postal Delivery staff will check-in on or older/vulnerable customers along their postal routes across the country. Postmen and postwomen across the country will call into the front doors of older and vulnerable customers along their delivery route, particularly those who are living alone in isolated areas. They will check on their well-being by way of a set of standard questions and any requests for provisions or medicines will be relayed directly back to the local HSE team.

The postwoman/ man can also take any post these people might have for free and put it into circulation for them. The postal delivery staff will apply a postage mark in the local mail centre before onward circulation. If an older person has a mail item they need collecting, they can put a sign in their window that says **I HAVE MAIL** and the postal delivery staff will collect it on their route.

An Post is working with newspapers to develop a delivery service for customers who cannot get to shops to get their daily newspaper. This initiative will be launched in the coming week and more details will be shared once available.

The health and safety of staff is paramount and An Post delivery staff will be adhering to HSE protocols at all times.

	<p>The <b>Driver Theory Test</b> Service is suspended with immediate effect until 19 April due to COVID-19, subject to ongoing review. Candidates who have a driver theory test scheduled up to 19 April, will be contacted to notify them that their test will be rescheduled free of charge when the service resumes.</p> <p><b>NCT</b> will remain open but in the interests of the safety and welfare of staff and customers, only a small number of customers are allowed into the waiting area at a time.</p> <p>The Department of Transport, Tourism &amp; Sport issued a press release to announce the suspension of the requirement for <b>over 70's</b> (except those with an identified or specified illness) to provide medical report when applying for a <b>driving licence</b> in light of the need to facilitate physical distancing and the expected additional burdens on medical services</p> <p>Further updates <a href="#">here</a></p>
	<p>The <b>National Transport Authority (NTA)</b> announced yesterday 26<sup>th</sup> March that Local Link evening services on Door to Door routes (DRT) are being suspended, effective immediately. These resources will instead be redeployed, where practical, to the delivery of community support service for passengers who need medical and food supplies within rural areas, in particular older people, the vulnerable, and the sick.</p>
	<p>Mr Michael Ring TD, <b>Minister for Rural and Community Development</b>, has announced a fund of €200,000 to support the provision of an additional 5,000 eBooks and eAudiobooks in order to meet the significant increase in demand for access to the public library online service during the COVID-19 crisis. Full story <a href="#">here</a>.</p> <p>Follow this link to find out how to join your on-line library. <a href="https://bit.ly/3byQxJ1">https://bit.ly/3byQxJ1</a></p>
	<p>The Government has announced that private hospitals will act as part of the public health system for the duration of the coronavirus pandemic. Some 2,000 beds, nine laboratories and thousands of staff have been drafted into the public system. Full announcement <a href="#">here</a></p> <p>The HSE are providing translated resources to help share the messaging about coronavirus (COVID-19) in various languages. See HSE <a href="#">Website</a></p>
	<p><b>SpunOut.ie</b> (Ireland's Youth Information Website) is operating a Crisis Text Line, a 24/7 messaging support service with trained volunteers available to listen to people going through a tough time. Crisis Text Line provides in-the-moment anonymous support and problem solving when you need it most. Text <b>YMH</b> to <b>086 1800 280</b> to begin right now. (Standard SMS rates may apply) Further info <a href="#">here</a></p>



At 8pm yesterday evening front doors opened, windows were unlocked as people gathered in streets and on balconies against a backdrop of beeping car horns as Ireland applauded its healthcare and front-line workers fighting the coronavirus pandemic. More [here](#)

## Local Updates



The Limerick COVID-19 Community Response launches today - a coordinated centre in Limerick where volunteer staff will be available to answer calls on a dedicated helpline (**1800 832 005**) from vulnerable people seeking assistance with daily needs, operating 7 days a week 8am – 6pm. Full story: <https://bit.ly/3byQtcf>



In Meath, Gillian from Dunboyne Library has put together a list of some forgotten titles that can provide a much-needed escape from reality. The full list is here: <https://bit.ly/2wB1bjP> Meath Libraries have been coming to you live on social media over the last two weeks, be sure to check out [Eve](#) from our Dunboyne Library and [Mary](#) from our Ashbounre Library bringing joy into so many households.



St. Mary's Pro-Cathedral, the Cathedral Church of the Archdiocese of Dublin are delighted to be able to share with you daily Mass from the Cathedral through their web cameras. Mass will be broadcast live every day – for Mass times please see scheduled [Church Services](#).

## Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!



Cork County Older People's Council have told us that in Castlemartyr the local Centra and Pharmacy are facilitating home deliveries for older people, vulnerable people and people with disabilities. The Castlemartyr Family Carers and disability support group are sharing daily information updates on their [Facebook](#) page.

## International Updates



WHO Global Network  
for Age-friendly Cities  
and Communities

The World Health Organization and FIFA, the international governing body of football, have teamed up to combat the coronavirus (COVID-19) by launching a new awareness campaign "Pass the message to kick out coronavirus" led by world-renowned footballers, who are calling on all people around the world to follow five key steps (hand washing, coughing etiquette, not touching your face, physical distance and staying home if feeling unwell) to stop the spread of the disease. Full story [here](#)

## Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

**COVID-19 survives up to 72 HOURS on everyday surfaces.**

Keep your family safe.  
Wash your hands the moment you come home.

**COVID19**

**THIS IS 2 METRES**

## Useful Contacts

**Age Friendly Ireland Shared Service Office**  
T: 046 9097413 E: [rlaevy@meathcoco.ie](mailto:rlaevy@meathcoco.ie)

**HSE Advice Line:**



comhairle chontae na mí  
meath county council



**Coronavirus COVID-19**  
The Facts

**Most at Risk**

- Anyone who has been to an affected region in the last 14 days AND is experiencing symptoms
- Anyone who has been in close contact with a confirmed or probable case of COVID-19 (Coronavirus) in the last 14 days AND is experiencing symptoms

**Prevention**

- Wash** - Wash hands and use hand sanitizer
- Cover** - Cover your mouth and nose with a tissue or your elbow
- Avoid** - Avoiding crowds and people who are coughing or sneezing
- Clean** - Clean surfaces that people touch

**Symptoms**

- Cough
- Fever or chills
- Shortness of breath

**Affected Regions**

Check the HSE website for the latest information

Call from 8am – 8pm Monday to Friday and  
10am to 5pm Saturday and Sunday  
**Callsave 1850 24 1850**