

National Updates



WHO 'Walk the Talk' Global Event

Over the weekend the **World Health Organisation** and its partners, through a range of online platforms, hosted **Walk the Talk: The Health for All Challenge**. The online virtual global relay event connected WHO Regional and Country offices around the world on Saturday, 16th May before returning to Geneva 24 hours later on Sunday, 17th May. The event offered opportunities for people to participate in a variety of virtual, timed events – yoga, exercise classes for all ages and abilities, meditation, walking in place (or in locations within the guidelines of your national authorities). The aim was to get people moving for their own health and that of others. There was also music, information and interactive sessions, and more!

Our very own **Mary Cronin, National Chair of Older People's Councils in Ireland** contributed to the event too. Check out the video of the event [here](#) – you will see a familiar face around 4:29:56



Rialtas na hÉireann
Government of Ireland



Some businesses reopen as Phase One begins

Several thousand businesses across the country have reopened today as part of the first phase of the lifting of Covid-19 restrictions. Among those who returning to work for the first time in weeks are outdoor workers, including those employed in construction, as well as landscaping and gardening. Hardware stores, garden centres, farmers markets, opticians and hearing aid testing services along with those selling office products, electrical, IT and phone equipment are also resuming trade. However, on Friday the Government decided homeware shops, originally listed in phase one of the road map, may not reopen. Read the full article [here](#)

Meanwhile people are reminded that to protect yourself from Covid-19 you should:

- Keep a space of 2 metres (6.5 feet) between you and other people
- Practice good hand hygiene and cough/sneeze etiquette
- Avoid crowded areas
- Don't shake hands or make close contact with other people, if possible



Covid-19 has not gone away

Earlier today, **Minister for Health Simon Harris** said today was an important day as Covid-19 had not gone away. Strict restrictions to stop the spread of the virus, which have been in place for more than two months, are being eased today. However, speaking on RTÉ's Morning Ireland, Minister Harris said we all need to approach the coming weeks with a "collective sense of cop-on". Just because we can go somewhere new, he said, does not mean we should go, unless we really need to. Read more [here](#)

The government's guidelines for those who are **cocooning** in Phase One advises them to continue to follow the public health advice by avoiding physical contact with other people and staying at home as much as possible, except going out for exercise or a drive up to 5km. Chief Medical Officer Dr Tony Holohan did however say that it would be appropriate for people in cocooning categories to meet small socially-distanced groups outdoors from today. Read more [here](#)

During the past weeks, we have all taken monumental efforts to keep Ireland's frontline and essential workers, as well as those who are most vulnerable, safe by staying home. This moving [video](#) shows frontline staff joining together to give new meaning to President Higgins' inspirational words. You can get involved on social media by commenting and sharing your personal message of hope and solidarity. Include **#HoldFirm** and signpost to hse.ie for current advice and information.

The Government has advised members of the public to wear face coverings in some public spaces such as public transport and in supermarkets. Chief Medical Officer Dr Tony Holohan added that this is not a "silver bullet" to prevent spread of the virus, adding that it is simply another measure to complement existing measures such as hand hygiene. See full story [here](#)



Your 'Mental Health' is Your Wealth

Mental Health Ireland have a number of online resources for people suffering with ill mental health during COVID19. From a list of all available mental health services to 'five ways to wellbeing' there is even a guide on how to get a good night's sleep during this stressful time – they have a whole section dedicated to minding your mental health during COVID19. Check out their website [here](#)



In the UK, today marks the beginning of **Mental Health Awareness Week**. Hosted by the **Mental Health Foundation**, Mental Health Awareness Week takes place from 18th – 24th May 2020. This year the theme is kindness. Click [here](#) for more information and to see how you can get involved in Mental Health Awareness Week no matter where in the world you are!

Local Updates



Meath County Council Community Response Forum delivers Wellbeing Packs to those Cocooning

Last week **Meath County Council Community Response Forum** began the distribution of over **1,200 Wellbeing Packs** to older people and members of vulnerable groups who have been asked to cocoon in county Meath. The collation and distribution of the packs was organised by the Council's **Age Friendly Programme Manager, Aine Bird** with the assistance of Local Link/Flexibus who have been distributing the packs along with the Community Gardaí, 3rd Age and the GAA (see [full press release](#)). Another brilliant initiative to support people during COVID19. Well done to everyone involved. (check out some [photos here](#))

County Meath's dedicated support line for older people or members of vulnerable groups is open between **8.00am and 8.00pm, 7 days a week**, on **Free-Phone 1800 808 809**



Wicklow's Carnew Emmets GAA fundraiser in aid of Carnew Community Care

Founded in 1984 **Carnew Community Care** in **Wicklow** provides safe sheltered housing and a dynamic day care service for older people. It focuses on health promotion, well-being and social gain through the development of person-centred, life-giving and creative activities. **Carnew Emmets GAA Club**, with the help of the **local community** are committing to raise much needed funds for Carnew Community Care. Their goal is to run, walk or cycle at least 1000 KM between Saturday 23rd – Sunday 24th of May.

All Carnew Emmets GAA players will be participating but they are also encouraging club-members, non-members, and indeed everyone within the surrounding communities to take part. For more info check out their [Facebook page](#) They are asking people to donate as much as you can, donations can be made via the link on the Facebook page, or there are donation boxes located in **Osbornes Centra** and **Candy's Costcutter**. All support is very much appreciated at this time.



Waterford – Call to Chat Service

Do you know of someone older who's self-isolating on their own? Let them know about the **Call to Chat service**, now available seven days a week through **Waterford Council's Community Response Helpline on 1800 250 185**. The Call to Chat service is there to help older people to stay connected. If you or someone you know feels like a chat or are feeling lonely, get in touch and share a story or discuss hobbies, tv programmes or books! To access this service just call **1800 250 185** and ask for Call to Chat. This is a wonderful initiative of **Waterford Libraries** and **Waterford Older People's Council**.

Kildare COVID-19 Notebook Project



Kildare County Council invites you to take part in the Kildare COVID19 Notebook Project, an initiative of the Kildare Library and Arts Service. We invite anyone living in Co Kildare to record your thoughts and ideas at this time in an A5 moleskine notebook provided by KLAS, free of charge. When your notebook is complete, we ask that you share the content of your notebook (or some of it) with us for our digital archive, to capture everyday lives during the COVID19 pandemic.

- We are interested in hearing from people of all ages, but are particularly interested in hearing from individuals who are cocooning.
- There is no 'right' way to complete the notebook - it could take the form of a written diary, or notes. It might include recipes, or gardening tips, or words of wisdom. You may like to draw, paint, use collage, add newspaper clippings, or photographs.
- If you include any personal information in your pages of your notebook which you wish not to share, we will ensure that it is not shared through the archive. For now, make it as personal as you wish.

If you are interested, please contact Lucina Russell, email: lrussell@kildarecoco.ie - tel: 045 - 448318 and we will arrange to have a notebook sent to your home!

Kildare COVID19 Notebook Project

Kildare County Council have launched the '**Kildare COVID19 Notebook Project**', an initiative of the **Kildare Library and Arts Service**. The local authority are inviting anyone living in County Kildare to record your thoughts and ideas at this time in an A5 moleskine notebook, provided by KLAS, free of charge and delivered to homes. When the notebook is complete, participants will be asked to share the content of their notebook (or some of it) for Kildare's digital archive, to capture everyday lives in the county during the COVID19 pandemic. While the project is open to all residents of the county, applicants are particularly welcome from individuals who are cocooning.

For further information, contact Lucina Russell, Tel: **045 448318**, or email lrussell@kildarecoco.ie

What a lovely idea – why not get in touch and become part of Kildare’s history for years to come.

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 Information is one thing we can share right now!

International Updates



Chelsea flower show opens online amid lockdown gardening boom

In the **UK** an **online version of the Chelsea flower** show kicks off today. The annual show had been due to welcome royals, celebrities and members of the public from today, until the coronavirus pandemic forced the Royal Horticultural Society (RHS) to cancel the physical event. Instead the show is heading online with a programme of virtual events featuring top gardeners taking place from today until the 23rd May. Viewers will be able to participate in behind-the-scenes tours of award-winning nurseries, see potting demonstrations, take part in a school gardening club with activities for kids, and join lunchtime Q&As with gardening experts. Themes each day will include wildlife gardens, health and wellbeing, and growing in small and indoor spaces. The event comes as experts say green spaces are important for health and mental wellbeing. Virtual Chelsea starts today for RHS members only, with the rest of the week from Tuesday open to the public. Click [here](#) for more details.



European countries set to further relax restrictions

Italy and **Spain** are among a number of European countries that are further easing their coronavirus lockdown restrictions from today. Most businesses in Italy, including bars and hairdressers, will be free to reopen after more than two months of nationwide lockdown measures. Spain meanwhile has slightly eased restrictions on some of its least affected islands. The measures follow consistent drops in the number of daily recorded deaths. Read more [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

Coronavirus COVID-19



If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.hse.ie](#)

How to Prevent



All people are advised to:

- > **Reduce** social interactions
 - > **Keep a distance** of 2m between you and other people
 - > **Do not** shake hands or make close contact where possible
- If you have symptoms visit [hse.ie](#) or phone HSE Live **1850 24 1850**

Symptoms

> Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

www.gov.ie/health/covid-19
www.hse.ie

Infected: awareness and prevention strategy
www.hse.ie/infected



Riannas na Míreanna
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: rleavy@meathcoco.ie

HSE Advice Line: Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday

The following is the list of each **Local Authority's Helpline** phone numbers

Local Authority

Carlow County Council
Cavan County Council
Clare County Council
Cork City Council
Cork County Council
Donegal County Council
Dublin City Council
DLR County Council
Fingal County Council
Galway City Council
Galway County Council
Kerry County Council

Community Response Number

1800 814 300
1800 300 404
1800 203 600
1800 222 226
1800 805 819
1800 928 982
01 222 8555
1800 804 535
1800 459 059
1800 400 150
1800 928 894
1800 807 009

Kildare County Council	1800 300 174
Kilkenny County Council	1800 500 000
Laois County Council	1800 832 010
Leitrim County Council	1800 852 389
Limerick City and County Council	1800 832 005
Longford County Council	1800 300 122
Louth County Council	1800 805 817
Mayo County Council	094 906 4660
Meath County Council	1800 808 809
Monaghan County Council	1800 804 158
Offaly County Council	1800 818 181
Roscommon County Council	1800 200 727
Sligo County Council	1800 292 765
South Dublin County Council	1800 240519
Tipperary County Council	076 106 5000
Waterford City and County Council	1800 250 185
Westmeath County Council	1800 805 816
Wexford County Council	053 919 6000
Wicklow County Council	1800 868 399