

National Updates



Age Friendly Ireland | A Collation of Initiatives & Best Practice

Over the past few weeks Age Friendly Ireland have been working on a report and we are very pleased to share the final version of the collated report of innovative practices and initiatives taking place around the country in response to COVID19. Age Friendly Ireland gathered the information for this report based on submissions from our Age Friendly Programme Managers, submissions to the Age Friendly Ireland COVID19 Daily Update newsletter and submissions from our various stakeholders. This report is concentrated, largely, on the efforts at community response level and showcases over 300 initiatives nationwide. The aim of the report is to highlight examples of good practice and facilitate shared learning across all sectors. The report can be accessed on our website [here](#)







The Alzheimer Society of Ireland - Looking After Yourself

Being a carer for a loved one with dementia is a life changing experience. Each day can bring new demands, new highs and new lows. Looking after yourself is a vital part of living well with dementia. It is very common for people who care for a loved one with dementia to put their own needs to one side. Yet becoming a carer has an emotional, physical, and sometimes, financial impact. If you would like to speak to someone in confidence you can call the National Helpline at **1800 341 341** or visit their [website](#) for more information. Many thanks to Fiona Foley from Dementia: Understand Together for sending this on.



Covid 19 Newsletter for Drugs and Alcohol Services

The Drugs Policy & Social Inclusion Unit in the Department of Health have released a Covid 19 Newsletter for Drugs and Alcohol Services. The newsletter includes a message from Catherine Byrne, Minister of State for the National Drugs Strategy. It also includes advice and guidance for support services, details of information webinars, research on the impact of COVID19 as well as an international perspective. Read the [full newsletter here](#)

 	<p>World Elder Abuse Awareness Day 15th June</p> <p>Just a reminder from Safeguarding Ireland that the 15th June every year has been designated World Elder Abuse Awareness Day by the United Nations General Assembly. World Elder Abuse Awareness Day (WEAAD) was launched on June 15th, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. WEAAD provides us all with an opportunity to remember at-risk older people at this time and raise awareness of elder abuse as a significant issue. Read more here</p>
	<p>Young SVP – You are not alone</p> <p>The Society of St. Vincent de Paul - Young SVP programme has been running a series of activities through social media over the past few weeks. One of these has been coordinated by Debbie, their Youth Development Officer in the South East, who put out a particular call to Young SVP members in the South East initially and then extended the request for support nationally. From this a wonderful video has been produced letting others know that they are not alone in these difficult times. Read more here</p>
	<p>Lidl's Response to COVID19</p> <p>Lidl have put a number of practices in place to support their valued customers during COVID19. They have put together a handy guide to prepare a shopping list for someone shopping on your behalf (download here) They have also introduced Community Gift Cards for customers who are not able to frequent their stores at present as they are isolating and cocooning at home. You can now purchase a Lidl Community Gift Card, up to the value of €200 in 3 simple steps:</p> <ul style="list-style-type: none"> • Call the dedicated team on 1800 111 124. (Lines are open Mon - Fri: 08:00 - 18:00) • Tell them your required card value and pay via card over the phone • They will email you a gift card, which you can then share with family members, friends or a volunteer who can utilise this code to purchase your shopping at any Lidl store <p>For more info on Lidl's response to COVID19 check out their website here. Many thanks to Frank Campbell, Chair of Donegal Older People's Council for bringing this to our attention to share with you all – these are very useful resources – well done Lidl!</p>

Local Updates



**Dublin North West
Area Partnership**
Meeting Local Needs



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council



**An Roinn Forbartha
Tuaithe agus Pobail**
Department of Rural and
Community Development

Staying Connected in Care

This idea was initiated by the **Dublin North West Area Partnership (DNWAP)** following a desperate COVID-19 cry for help from a care home in the Finglas catchment area. Initially 2 computer tablets were made available to this care home that allowed families face time and talk to each other. Within days the demand grew, and other Local development companies got involved. Over 40 tablets have been distributed and set up in care homes across Dublin City in the past 2 weeks. This will rise to over 60 by the 22nd May 2020. The project is run in co-operation with **Dublin City Council – Age Friendly**, the other 4 **Dublin City Partnership Companies** and is funded by the **Department of Rural and Community Development** and **The Dublin City Age Friendly Programme**. Read more [here](#).



Staff from St. Clare's Nursing Home, Finglas collecting their tablets from DNWAP staff – Paul Hennelly



Kilkenny County Library Service



**KILKENNY
COUNTY COUNCIL**

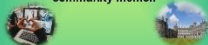
'A Time To Remember - Your Story'

Kilkenny County Council Library Service
invites you to
Share Your Experiences
of your Covid-19 journey



These can be sent to us in any
format such as written stories/
poems, photos, artwork
and multimedia.

Your experiences
will form part of our
community memoir



Submit interest to us by
Email: info@kilkennylibrary.ie
Phone: 056 7794160

Post: Kilkenny County Council Library HQ,
Johns Green House, Johns Green, Kilkenny

Closing date for submissions is Wednesday, 30th September 2020

A Time to Remember – Your Story, Kilkenny Memories of COVID-19

Kilkenny County Council Library Service is inviting people to send in their memories, experiences and observations of COVID19 to be part of our living history during this time. The idea is to give people an opportunity to document their experiences so they can be preserved, and future historians will understand what it looked and felt like. Kilkenny County Council Library Service will create a community memoir which will be available for everyone to access via its [digital archive](#) where it will become a collection in its own right.

Material can be sent in in a range of formats: -

- Written (poems, short stories, short anecdotes, letters, diary entries)
- Visual (art, drawings, photos)
- Multimedia (short video, podcasts, recordings)

You can contact them by email to info@kilkennylibrary.ie , by phone **(056) 7794160** or by writing to Kilkenny County Council Library Headquarters, Johns Green House, Johns Green, Kilkenny if you are interesting in submitting material to this collection. What a lovely idea – well done to all involved!



comhairle chontae na mí
meath county council



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 leavy@meathcoco.ie Information is one thing we can share right now!

International Updates



World Health Assembly

The World Health Assembly is the decision-making body of the World Health Organisation. It is attended by delegations from all WHO Member States and focuses on a specific health agenda prepared by the Executive Board. The main functions of the World Health Assembly are to determine the policies of the Organisation, appoint the Director-General, supervise financial policies, and review and approve the proposed programme budget. The Health Assembly is held annually in Geneva, Switzerland. This year's World Health Assembly began yesterday. Due to the current COVID-19 pandemic, the Seventy-third World Health Assembly is a virtual event. The agenda has been reduced to fit into two days with a number of COVID19 related items to be discussed. Click [here](#) for more information, including the full agenda and to watch live.

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 movements for 14 days. Check the list of affected areas on www.dfa.ie

How to Prevent



Wash
wash hands well and often to avoid contamination

Cover
cover mouth and nose with a tissue or elbow when coughing or sneezing and dispose and flush

Avoid
avoid eye, nose or mouth with unwashed hands

Clean
use disinfect frequently touched objects and surfaces

Stop
shaking hands or hugging when saying hello or greeting other people

Distance
avoid crowded places and 2 metres (6 feet) away from other people, especially those who might be unwell

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 QR 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 people can spread the virus before they feel sick



Riagtas na Míreann
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	Community Response Number
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1800 203 600
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 222 8555
DLR County Council	1800 804 535
Fingal County Council	1800 459 059
Galway City Council	1800 400 150
Galway County Council	1800 928 894
Kerry County Council	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