

National Updates



The **An Post newspaper delivery service** in urban and rural areas is now available. You can subscribe to your newspaper of choice and An Post will deliver the newspaper. For older people the delivery of the newspaper will be free. They will deliver the paper daily – except for weekend papers which will be delivered on Mondays. Click [here](#) to find out which newspapers are available and how to sign up.



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

The **Department of Health** and the **HSE** have issued some updated support and guidance in relation to COVID19:

They have added a [video explaining cocooning](#)








There are Irish Sign Language videos available online [here](#)  
There are five videos, each covering a different section of the COVID-19 information booklet

There are specific [guidelines](#) for volunteers who are shopping on behalf of someone else

Also, just a reminder about the **Mental Wellbeing campaign** recently launched. The campaign offers support and resources for people to help deal with the stress, isolation and helps people maintain wellbeing and cope at home during this time. Check out the dedicated website [here](#).

The "[Minding your mental health during the coronavirus outbreak](#)" section of the main HSE website, has also been extended to include public information on younger people, older people and on grief and bereavement.



 <p>Local Authority <b>Waters</b> Programme</p> <p>vibrant communities   catchment assessment   healthy waters</p>	<p>The <b>Local Authorities Waters Programme (LAWPRO)</b> has decided to launch a national Storytelling Competition ‘<a href="#">Stories from the Waterside</a>’ / ‘<a href="#">Scéalta Ó Thaobh An Uisce</a>’ The competition is in partnership with <b>Inland Fisheries Ireland, Waterways Ireland, The Heritage Council and The Heritage Officers Program</b>. The competition is open to all with *€4,000* in prizes to be won. Entries are welcomed from across the Island of Ireland and entries may be submitted in either English or Irish. Stories should be 600 words or less and only original and previously unpublished stories can be entered. <b>Closing Date is 31st May 2020</b>. For more info on how to apply click <a href="#">here</a></p>
 <p>Local Enterprise Office <i>Making It Happen</i></p>	<p>The <b>Local Enterprise ‘Business Continuity Vouchers’</b> are now open for applications. The new Business Continuity Voucher, available through Local Enterprise Offices, is designed for businesses across every sector that employ up to 50 people. The voucher is worth up to €2,500 in third party consultancy costs and can be used by companies and sole traders to develop short-term and long-term strategies to respond to the Covid-19 pandemic. For more info or to make an applications click <a href="#">here</a></p>
 <p>AgeAction For all older people</p>  <p>Irish Red Cross Crois Dhearg na hÉireann</p>  <p>COVIDAID IRELAND inspired by UNIFLU</p>	<p>The <b>Irish Red Cross and Age Action</b> today welcomed RTÉ correspondent <b>Fergal Bowers’ COVAID initiative</b> as a huge boost to their Hardship Fund. Reporting an unprecedented level of interest in the fund, they said the fund would otherwise struggle to meet the level of need being expressed.</p> <p>‘<b>On Horseback</b>’ will be available to digitally download from <b>Friday the 24<sup>th</sup> April</b> and all funds raised through the download sale of the specially recorded cover song will go to the Hardship Fund. For more information click <a href="#">here</a></p>
 <p>euro news.</p>	<p><b>Euronews.ie</b> have put together a list of <b>10 hacks to make your food last longer during self-isolation</b>. Tips include planning ahead, avoiding panic buying and batch cooking. For the full list see <a href="#">here</a></p>
 <p>REUTERS</p>	<p><b>Reuters.com</b> have posted some beautiful pictures of how nature is reclaiming public spaces during COVID19 lockdown including photos of wildlife venturing through deserted streets. Check them out <a href="#">here</a></p>

## Local Updates



**Mayo Day**, the day that is unique to County Mayo will go ahead on Saturday, the 2<sup>nd</sup> May. [Mayo.ie](http://Mayo.ie) will give updates over the weeks ahead about ways you can get involved in **Virtual #MayoDay2020**, so keep your eyes peeled for how you and your family can be part of a day that will bring county Mayo together as we remain apart. For further information, news and updates stay tuned to the Mayo.ie [Facebook page](#) [Twitter account](#) and [Instagram](#)



A group of residents in **Cork** have come up with an innovative way to combat the sense of isolation felt by many during these unprecedented times by holding an **outdoor movie night**. Residents of Frankfield Villas on Cork's Windmill Road came up with a clever solution to bring people together while staying apart by projecting movies onto the gable end of the adjoining terrace and broadcasting the audio to people's radios. The locals then dragged couches, armchairs and beanbags into their front gardens to enjoy the unique experience -all the while maintaining social distance. See more [here](#)

## 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 [reavy@meathcoco.ie](mailto:reavy@meathcoco.ie) Information is one thing we can share right now!



Many thanks to **Joan Kavanagh, Chair of Galway Older People's Council** for sending us in a wonderful [poem](#) based on her experiences of COVID19 and cocooning. Well done Joan this is a really lovely piece.



Many thanks to **John Horan of the Blessington Town Team** who sent in some lovely photos ([see here](#)). They have done a tremendous job minding the older people of Blessington during COVID19 with their strong team of volunteers. Their teamwork is inspirational, well done to each and every one of the team. Thanks to Wicklow Age Friendly Programme Manager, Richella Wood for sending this on to us.

## International Updates



The **World Health Organisation, Regional Office for Europe** have issued information sheets providing WHO advice on **“Moving around during the COVID-19 outbreak”**. While cities around the world are introducing a broad range of measures to limit physical contacts to prevent and slow down the COVID-19 pandemic, many people might still have a need to move around cities to reach their workplaces when possible, meet essential daily needs or provide assistance to vulnerable people. See more [here](#)



The **UK** has announced it is ready to begin human trials for a potential vaccine for coronavirus, with tests beginning as early as this week. Health minister Matt Hancock announced testing on humans would begin on Thursday and would join just a handful of other similar trials being carried out around the world. See more [here](#)



In **Spain**, the **Prime Minister, Pedro Sanchez**, announced today that his government plans to begin winding down the coronavirus lockdown measures in the second half of May. Sanchez said he will ask lawmakers to extend Spain’s state of emergency until May 9 when restrictions will then be eased slowly and gradually to ensure safety. The lockdown was first enforced in Spain on March 14.

## 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.hse.ie](#)

#### How to Prevent

<b>Wash</b> your hands well and often to avoid contamination	<b>Cover</b> your mouth and nose with a tissue or sleeve when coughing or sneezing and dispose and clean	<b>Avoid</b> close contact, nose or mouth with unmasked hands	<b>Clean</b> use disinfect frequently touch and direct areas of faces	<b>Stop</b> shaking hands or hugging which being with or greeting other people	<b>Distance</b> avoid or stand 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](#) 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](http://www.gov.ie/health/covid-19)  
[www.hse.ie](http://www.hse.ie)

## Useful Contacts

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

<b>Local Authority</b>	<b>Community Response Number</b>
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	01 890 5000
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