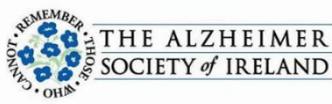


National Updates



The **Alzheimer Society of Ireland's National Helpline** is expanding with a new **free call-back service** which offers people with dementia and family carers from anywhere in Ireland the opportunity to book a **1:1 session with a Dementia Nurse or a Dementia Adviser** during the COVID-19 public health emergency (see [full press release](#)).

The ASI is very thankful to **Minister for Health Simon Harris** for launching the new service yesterday morning with this lovely [video message](#)

People with dementia and their family carers who want to avail of this new service can contact the National Helpline to make an appointment which is open six days a week Monday to Friday 10am–5pm and Saturday 10am–4pm on **1800 341 341**.

You can also email [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie) or use the Live Chat at [www.alzheimer.ie](http://www.alzheimer.ie)

THE IRISH TIMES



According to **The Irish Times** more than 150 specialists working in the area of nursing, public health, medicine, social care as well as social policy and advocacy have **signed a joint letter** to express their “utmost concern” at ageist terms being used in some COVID19 media reports. The group has complained that terms such as “elderly”, “seniors”, “pensioners”, “elders” and “OAPs” to describe older people are “stereotypical, ageist and disrespectful”. In a letter, which was issued to all print, TV, radio and online outlets, the group asked that “those in a position to shape the narrative of older people’s experiences in our media do so carefully”. See the full story [here](#)

	<p><b>FirstLight</b> is a national charity which provides free professional counselling support to parents and families whose children aged 0-18 years died suddenly. In order to comply with COVID-19 social distancing restrictions, FirstLight has adapted its counselling services delivery model and provides these via video or telephone, depending on the client's requirements. They have recently set up three private member's groups on <a href="#">Facebook</a> for suddenly bereaved Mums, Dads and parents, while also continuing to service their long-established 24/7 emergency support helpline <b>1850 391 391</b>. Many thanks to Georgia Howard, Clinical Services Director, for sending this on.</p>
	<p>The <b>National Driving Licence Service (NDLS)</b> has advised that all driving licences and learner permits expiring between the 1<sup>st</sup> March 2020 and the 30<sup>th</sup> June 2020 will be extended by four months. The validity period of driver theory test certificates, certificates of competency, IBT and CPC certificates expiring within the same period have also been extended by four months. For more info check out the <a href="#">NDLS website</a></p>
	<p>If you are looking for ideas on what to do to pass some time why not check out <b>Ted.com</b> and have a listen to some <a href="#">Ted Talks</a>. TED is a non-profit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics from science to business to global issues in more than 100 languages.</p>

## Local Updates

	<p><b>Monaghan GAA</b> in conjunction with the <b>Monaghan Age Friendly programme</b> will today launch the <b>#It'sGoodToTalk #GAA initiative</b>. This was inspired by former Mayo GAA county star David Byrne as referenced in yesterday's newsletter. Monaghan GAA and The Monaghan Age Friendly programme will identify people who would like to have a chat with a player or member of the management team about the GAA and will send their number to a player who will give them a quick call at their convenience. See <a href="#">full press release</a> and <a href="#">poster</a> for further info. You can contact <b>Mary McEaney</b> on <b>0876887332</b> or <a href="mailto:pro.corduff.monaghan@gaa.ie">pro.corduff.monaghan@gaa.ie</a> to nominate an older person to receive a call. We love this idea – well done to everyone involved.</p>
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**Offaly Age Friendly Alliance** are producing **newsletters** which will be distributed across the county fortnightly. The focus is on people cocooning, experiencing social isolation and in need of some mental and physical stimulus. A hard copy version will be distributed to those who do not have internet access. It includes fun activities, challenging puzzles, articles, exercise options, recipes using cupboard staples and pieces from library services. Offaly Age Friendly are requesting readers stories, experiences, poems, and other forms of creativity that people are undertaking during Covid 19 for future additions. Readers can also send in old photos and stories from around the county too. The aim is to engage readers and encourage them to contribute and participate, encouraging both mental and physical wellbeing. If you have anything to contribute you can contact Offaly Age Friendly Programme Manager, Bridie Costello Hynes on **057 9346800** or email [bcostellohynes@offalycoco.ie](mailto:bcostellohynes@offalycoco.ie)



**Fingal Age Friendly Programme** is currently running 2 excellent programmes in response to COVID19

**Stay connected:** Is a project where schoolteachers and senior citizens have a pre-arranged phone call each evening to alleviate the feeling of loneliness and isolation that is starting to affect some older people as the cocooning restrictions continue

**Fingal Nursing Homes Acorn project:** this project assists people to “stay connected while staying in homes” family members will now be able to dial in through video call to see their family members in nursing homes while restrictions continue and beyond the restrictions, these Acorn tablets can help keep connections strong during difficult times

For more information on these initiatives or to get involved you can contact **Fingal Age Friendly Programme Manager Louise Edmonds** @ [Louise.Edmonds@fingal.ie](mailto:Louise.Edmonds@fingal.ie)

## 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!

## International Updates



**Tom Hanks** has sent a typewriter and a letter to a young Australian boy who wrote to him to say that he was being bullied because his name is Corona. Corona wrote to Hanks asking him if he was okay. He also said that people at his school called him 'coronavirus', which made him "sad and angry". In response, Hanks replied to Corona to thank him, saying that the letter made him and his wife "feel wonderful". What a lovely thing to do – check out the full story [here](#)



An economic package worth **€500 billion** has been endorsed by **EU leaders** and is to be in place by the 1<sup>st</sup> June to help European countries begin recovery from the Coronavirus pandemic. Participants also welcomed the European Commission's intention to undertake a sector-by-sector analysis on the economic impact of the crisis so as to better target supports necessary for recovery. See 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

 <b>Wash</b> <small>your hands well and often to avoid contamination</small>	 <b>Cover</b> <small>your mouth and nose with tissue or sleeve when coughing or sneezing and discard and dispose</small>	 <b>Avoid</b> <small>touching eyes, nose or mouth with unwashed hands</small>	 <b>Clean</b> <small>and disinfect frequently touched objects and surfaces</small>	 <b>Stop</b> <small>shaking hands and hugging once leaving public or crowded indoor spaces</small>	 <b>Distance</b> <small>yourself at least 2 metres (6 feet) away from other people, especially those who are ill (avoid them)</small>
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### 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