

National Updates



Age Friendly Ireland's Daily Newsletter

Since the end of March when our Taoiseach Leo Varadkar called on all citizens to abide by new restrictions brought on by the lockdown, Age Friendly Ireland have, through our daily newsletter sought to bring you bring you the most current and up to date information, with a focus on positivity. In line with the Government's phased approach and roadmap to recovery Age Friendly Ireland will, in tandem, phase back the frequency of our newsletter over the next few weeks, whilst maintaining this communication channel which has been critical during Covid 19. We have been overwhelmed with the positive feedback to the newsletter. As the country returns to a 'new normal', we are delighted that we will be able to recommence our core Age Friendly work, some of which has had to be postponed due to the pandemic. Again, we are delighted with all the positive feedback we have received in relation to the newsletter and we want to thank everyone who has contributed – from the wonderful stories to sharing it far and wide! Over the next few weeks we will reduce the frequency of the newsletters to the following:

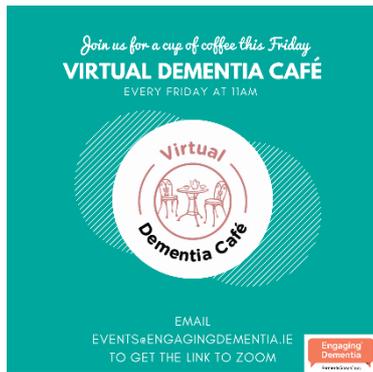
- 3 times per week (Mondays, Wednesdays and Fridays) from the 1st to the 26th June (**please note as Monday the 1st June is a Bank Holiday, the first newsletter next week will be published on Wednesday the 3rd June**)
- Twice weekly (Tuesdays & Thursdays) from the 29th June.

You can keep up to date with all of our Age Friendly Work on our newly designed [Age Friendly Ireland Website](#). We have lots of exciting work planned for the rest of 2020 and we can't wait to share it with you all so watch this space!!



Mandatory passenger locator form comes into effect from today

From today, it will be mandatory for all passengers coming into Ireland to fill out a passenger locator form. Anyone entering the country from abroad must provide details of where they intend to stay for the following 14 days, and they will be asked to self-isolate at that location. Some exemptions include transport workers involved in supply chains, and those crossing the border from Northern Ireland. Failure to fill out the form will be punishable by a fine of up to €2,500 or up to six months in prison. The regulations will remain in place until 18 June, when they will be reviewed. See the full story [here](#)



Engaging Dementia weekly Virtual Dementia Cafés

Engaging Dementia is a partner to the Dementia: Understand Together campaign and holds weekly Virtual Dementia Cafés. Join them for a cup of tea this Friday at 11am at the Virtual Dementia Café! Their guest speaker is Tom Meskell. Tom is an artist and will talk about 'Creative Activity at Home'. Email events@engagingdementia.ie if you would like to join!

The Virtual Dementia Café takes place every Friday at 11am on Zoom. Please spread the word! The café is open to people with dementia and their families, friends, healthcare professionals and anyone with an interest in dementia. Age Friendly Ireland are delighted to be working in partnership with the Dementia: Understand Together campaign.



Virtual Launch of Hear Our Voice!

The Irish Dementia Working Group, The Centre for Economic and Social Research on Dementia and The Alzheimer Society of Ireland in collaboration, would like to invite you to the Virtual Launch of Hear Our Voice! - Guidelines for involving people with dementia in policy, advisory, consultation and conference activities on Friday the 5th June from 11 – 12noon. The launch will take place over Zoom and registered guests will receive an invitation the day before the event. If you would like to attend this event you can register [here](#) (you must register before 12noon on the 4th June). For more info including a list of speakers for the event, click [here](#)



Bicycle Shops can't keep up with the demand

Bike shops fear they will have almost no stock for the summer months after the sale of bikes “exploded” during the Covid-19 pandemic. Donnybrook Bikes in Dublin reported a 500 per cent increase in trade compared with the same period last year and is now unable to source new stock to meet the demand. An 80%+ surge in bicycle sales sparked by the Covid-19 pandemic lockdown has left bike shops struggling to secure supplies.



Many families have taken to their bikes as a way to get out and get some exercise while keeping physically distant from others. For those who still have to travel to work, cycling can be a way of avoiding public transport and the risk of encountering coronavirus. Outlets have been desperately trying to secure supplies from China, UK, US, the Netherlands and France as some stores have run out of new bikes, such as has been the explosion in interest. Supply chains were hit by the fact that many major bike factories in China, the US and Europe temporarily closed because of pandemic restrictions in their countries.

Get your old bike, get it repaired and If you're out on your bike this weekend, be careful and don't forget to wear your bicycle helmet!



Biodiversity Week – Ballyboughal Hedgerow Society

In line with National Biodiversity Week, Ann Lynch, Secretary of Ballyboughal Hedgerow Society, based near Naul on the border of Meath, has contacted us to share a [list of plants or inventory](#) by the hedgerow for March and April that they have put together. Ann says 'In the Hedgerow Society we want to emphasize the biodiversity in the hedge with its herbaceous shrub and canopy layers but also the ditch/riparian zone along it and we want to show that you don't only get Biodiversity in Killarney National Park but all around us.' Check out their [Facebook page](#) for more information.

Local Updates



Limerick Mayor says 'stay the course' as information packs delivered to households

The Mayor of the City and County of Limerick, Councillor Michael Sheahan, has urged older citizens and those with underlying conditions to rely on support services to “stay the course” and ensure that we don’t drop our guard as we move through the COVID-19 phases. Speaking as information packs containing information and light-entertainment items were sent to households across Limerick under the Limerick COVID-19 Community Response programme this week, Mayor Sheahan said that sticking to the guidelines in this ongoing first phase of easing restrictions is as important as in the lock-down. The packs have been developed under the Limerick Community Care Connect initiative, which is aimed at reaching out to those who are staying at home, feeling a little cut off and wanting to hear about positive things going on around them. Anyone who wants packs delivered is asked to contact 1800 832 005 and delivery will be arranged. Read more [here](#)



Offaly GAA club training on new turf!

An Offaly GAA club has been helping out in the community since the coronavirus pandemic began, and now as summer hits Ireland, there's an important annual job to be done. Members of **Daingean GAA club** have taken to the bog to foot turf for the older people in the community-- many of whom would have done the job themselves each summer since they were children but who now have to remain inside to protect themselves from coronavirus. The idea to get their athletic members to do the "back breaking" but essential job of footing turf is arguably their most important act yet. Daingean launched their campaign-- called the **Turf-a-Thon**-- at the beginning of May, calling on older people of the community to let them know if they needed help. Check out their video [here](#). To find out more about the Turf-a-Thon and the other community-based campaigns the GAA club has in store, you can visit the Daingean GAA facebook page [here](#). Well done to everyone involved!





Unity within our Community

Ballinacree Community Association (BCA) in collaboration with St Brigid's GFC have put together Community Care Packs for people cocooning in their Community. The packs contained treats, community response numbers, emergency contacts, cotton mask, poems, local history, books and an Age Friendly Mug, all compiled under Government Guidelines and a whole lot of goodness. Community volunteers delivered them to resident's front doors, and they were overwhelmed with the response from everyone. BCA Officers Mary Clarke & Brigid Heery put together a wonderful piece about the whole initiative including some excellent photos of the volunteers and the residents – check it out [here](#). What a wonderful thing to do - well done to everyone involved!

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



Sturgeon set to announce 'cautious' easing of Scottish lockdown

Scottish First Minister Nicola Sturgeon is expected to announce "cautious" steps out of lockdown for the country. Ms Sturgeon will reveal if the country is moving on to the first phase of a four-part plan for easing the restrictions, which were put in place more than nine weeks ago on 23 March. People could be permitted to meet up with friends or relatives from other households - one household at a time - and take part in some non-contact sports such as golf, angling and outdoor swimming. Garden centres, drive-through restaurants and recycling centres could also get the green light to reopen. Read more [here](#)



Come Together with the Clarks

A professional musician in Florida has been using his time in quarantine to learn a new song with his family every day. Singer/ song-writer **Colt Clark** performs with his three children while his photographer wife Aubree films and shares the videos, in an effort to encourage other families to perform together during lockdown. A recent rendition of the Beatles' classic Come Together on their YouTube channel has already racked up over half a million views! Check out their channel [here](#)



Delight for donkey reunited with her owner

A family donkey named Baldo had an emotional reunion with her owner after a two-month separation in Spain. Baldo's owner, Ismael had been quarantining in Málaga but the loosening of restrictions meant he could visit his family's farm once again. On spotting Baldo, Ismael was overcome by emotion while the five-year-old donkey displayed her delight by braying. Check out the video [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

How to Prevent

- Wash** your hands well and often to avoid contamination
- Cover** your mouth and nose with tissue or elbow when coughing or sneezing and discard used tissue
- Avoid** touching eyes, nose or mouth with unwashed hands
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands or hugging once leaving public or avoiding other people
- Distance** yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

Symptoms

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

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**

For daily updates visit www.gov.ie/health-covid-19 www.hpsc.ie

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: rlavy@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