

National Updates



An Roinn Iompair,  
Turasóireachta agus Spóirt  
Department of Transport,  
Tourism and Sport



The **Minister for Transport, Tourism and Sport, Shane Ross**, has announced the details of the legislative steps he has taken in support of the necessary closure of a range of **Road Safety Authority services** as result of the ongoing COVID 19 situation. Under the new measures, the following have come into effect in relation to vehicle testing:

- **NCT** – vehicles with a test that was or will be due on or after 28 March 2020 have that test date extended by 4 months
- **Commercial Vehicle Roadworthiness Tests (CVRT)** – vehicles with a test that was or will be due on or after 28 March have that test date extended by 3 months

For the full list of new measures check out the [RSA website](#)



According to **RTÉ** news third-level institutes are fast-tracking **research programmes** to devise new ways of dealing with the challenges posed by the coronavirus. Initial funding of €5m has been allocated to examine potential medical treatments, smart technology and other practical solutions that can be employed in the coming months. The funding follows a call from the **Health Research Board** and **Science Foundation Ireland** for rapid response research to tackle the impact of Covid-19. See the full story [here](#)



**Aware** are urgently **seeking volunteers** to help them cope with the increasing demands on their services at this time. Now, more than ever, they need your support. Full remote training and ongoing support will be provided by Aware. Click [here](#) to find out more



**Inclusion Ireland** has developed COVID-19 resources to support people with disabilities and their families, including some [easy to read information](#). They also have a special phone line for any queries in relation to Covid-19. You can contact them on 0818 559891 (Monday – Friday, 10am – 3pm). For more info check out their [website](#) & [Facebook](#) page.



**Fighting Blindness**, a charity for people living with sight loss have responded to COVID19 by continuing to run their various groups, using technology to provide individuals the opportunity to continue learning, connecting and supporting each other. They hold virtual coffee mornings, mindfulness classes and tech. groups and have online training courses also. People whom may be interested in joining any of the groups from anywhere in Ireland or wish to avail any of these services can contact them on **01 674 6496** or email [insight@fightingblindness.ie](mailto:insight@fightingblindness.ie) For more info check out their [website](#)



**Vodafone** has donated 1,000 phones to **ALONE** and ALONE are in the process of allocating requests for phones to older people. The aim of the phones is particularly to alleviate loneliness and isolation. Unfortunately, ALONE will not be in position to give a phone to everyone who applies, and priority will be given to people who are living alone/ and or isolated with limited to no means of communication. If you know someone who fits these criteria why not contact ALONE to make a request. All of their contact details are available [here](#). ALONE's national helpline is **0818 222 024**



**Silver Thread**, specialists in education for older people through third level education, are offering a free 4-week introduction to life-writing while cocooning, in partnership with Age Friendly University DCU, starting in May, to celebrate creativity at home. For more information you can visit their [website](#).

## Local Updates



**Kildare Community Stories**, a [Facebook](#) page that showcases the community work carried out and supported by **Kildare County Council** is today dedicating their Facebook page to cocooners and featured personal accounts from Longford and Kildare. They have included links, videos and details of physical activities that are suitable for older people, including the new physical activity booklet from **Kildare Sports Partnership**. Page Administrator **Tracy Keogh** says, "Almost 10% of Kildare's population is 65 or over. We wanted to reach out to that group and show them that they're not alone and never forgotten. We'd be delighted if other people around the country followed our page. We present a good mix of news and positive stories every day" Give their [page](#) a visit – you wont be disappointed!





The Young Social Innovators Team from **Rosmini Community School in Dublin City** have created a **survey** to help them find out how older people are coping while cocooning during the Covid-19 crisis. They plan to use the results of the survey to raise awareness on how young people can assist older members of their local community while keeping safe and adhering to government restrictions. The focus is on empowering young people in Ireland to be more creative and innovative than ever before in helping **to make older people feel less socially isolated and disconnected from others**. There are just 10 short questions and all answers will be kept fully anonymous. If you would like to help them out and complete their survey click [here](#) We just love intergenerational projects at Age Friendly Ireland so we will be keeping an eye on how this progresses. Well done to all the students involved.




**Donegal Age Friendly** have created a **simple pack** that older adults in the communities will receive to their home as part of a new physical activity initiative, primarily aimed at older adults who are cocooning which is being launched in the coming days by the **HSE Community Physiotherapy**, in partnership with the **Age Friendly Programmes, Sport's Partnerships and Public Participation Networks** across the North Region. The pack includes the [daily exercise programme](#) (also available in [Irish](#)) to keep older people active and on the move. This was supported by daily reminders on the local radio stations. The pack also includes quiz's, word games, poems, pictures to colour which will help keep the mind and brain active, some new recipes people might like to cook and a packet of flower seeds that can be planted outside in their garden while getting some vitamin D. Over 5000 bilingual packs have been either posted or delivered to older people's doors across the County of Donegal. Check out these [photos](#) of the packs and some of the wonderful volunteers involved. Well done to all. What a fantastic resource for Donegal's cocooners.




Well done to **Meath Partnership** who last week launched the **Meath Food Initiative** which supports over 100 families with essential food supplies. They have had a fantastic response to their GoFundMe Campaign in order to enable them to continue these supports over the coming weeks. Donations start at €5 and every single contribution is appreciated by the families supported. To find out more or to make a donation you can click [here](#). Check out this [video](#) which gives a behind the scenes look into the project with some feedback from the families involved.


 	<p>Today is <b>National Poetry Day</b> in Ireland. Many people find poetry a source of joy and insight. In <b>Longford</b> they have been celebrating the day with some members of <b>Longford Older Persons Council</b> reading and sharing their favourite poems on local radio and on the Longford Libraries <a href="#">Facebook page</a>. What a lovely idea.</p>
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## Your Voice

	<p>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 <a href="mailto:reavy@meathcoco.ie">reavy@meathcoco.ie</a> Information is one thing we can share right now!</p>
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	<p><b>Chair of Fingal Older Peoples Council, Bridie O'Reilly</b> has told us she is overwhelmed by the kindness of people at this time. She would particularly like to thank <b>Jennifer</b>, the <b>Manager of Supervalu in Balbriggan</b> who "sends her shopping two hours after I order it... Also, my <b>Postman Rob</b>, who is equally caring and thoughtful even though he is delivering more post and more parcels than ever before. He always has a smile and takes the time to knock on the door and ask me if I am ok every day. These are my heroes." We agree with Bridie, not all hero's wear capes!</p>
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## International Updates

	<p>According to a study by the <b>Centre for Research on Energy and Clean Air</b>, the improvement in air quality over the past month of the coronavirus lockdown has led to 11,000 fewer deaths from pollution in the <b>UK</b> and elsewhere in <b>Europe</b>. Sharp falls in road traffic and industrial emissions have also resulted in 1.3m fewer days of work absence, 6,000 fewer children developing asthma, 1,900 avoided emergency room visits and 600 fewer preterm births, according to the research. See the full story <a href="#">here</a></p>
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	<p><b>Australia's</b> remote Northern Territory will lift all social distancing restrictions by June as it has recorded no cases of coronavirus for three weeks, being the first state or territory in Australia to detail how it plans to restart its local economy. Restrictions will be lifted in three phases; Chief Minister Michael Gunner has said. See more <a href="#">here</a></p>
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## 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](http://www.gov.ie/health-covid-19)  
[www.hpsc.ie](http://www.hpsc.ie)

Infected: operating a confidential design  
www.hse.ie/hsc19/covid-19



Riadas na hÉireann  
Government of Ireland

## 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**

### 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  
Kildare County Council  
Kilkenny County Council  
Laois County Council  
Leitrim County Council  
Limerick City and County Council  
Longford County Council  
Louth County Council  
Mayo County Council  
Meath County Council  
Monaghan County Council  
Offaly 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  
01 890 5000  
1800 400 150  
1800 928 894  
1800 807 009  
1800 300 174  
1800 500 000  
1800 832 010  
1800 852 389  
1800 832 005  
1800 300 122  
1800 805 817  
094 906 4660  
1800 808 809  
1800 804 158  
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