

National Updates



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Rialtas na hÉireann
Government of Ireland

Translated COVID-19 Resources

For those whose first language is neither English nor Irish, the HSE have translated public health information into 24 other languages. These include Albanian, Arabic, Bulgarian, Simplified Chinese, Czech, Farsi, French, Georgian, German, Greek, Hungarian, Italian, Kurdish, Latvian, Lithuanian, Pashto, Polish, Portuguese, Romanian, Russian, Slovak, Spanish, Urdu and Yoruba. They are also working on developing resources in Somali and Eritrean. The most up to date translated resources for COVID-19 can be found [here](#).

Under the resources listed above you will also find a video for the Roma Community in Romanian. This video can also be found [here](#).

There is a Roma specific resources [page](#) which includes easy read and image based communication documents and a translation of the Phase 1 government re-opening roadmap which can be found [here](#).

There is also a Migrant Health resources [page](#), which includes videos in various languages and further specific [translated resources](#).

The Covid 19 World Service - a joint initiative of Nasc (the Migrant and Refugee Rights Centre) and Together Ireland has video messages from doctors and other healthcare professionals in several languages for migrants living in Ireland.

Video 1: General advice on how to prevent the contraction and spread of the virus.

Video 2: Information on self-isolation, what to do if you test positive for Covid 19 or are a contact of someone who has. These videos can be found [here](#).

The Government's 'Community Call – Advice and Contact Information for Your County' leaflet has been translated into 12 different languages and is available [here](#). We encourage you to share these resources as widely as possible.



Safeguarding Ireland's PUBLIC AWARENESS campaign on 'Planning Ahead Future Healthcare'

Age Friendly Ireland are delighted to support Safeguarding Ireland's public awareness campaign on 'Planning Ahead Future Healthcare' which kicked off yesterday and will continue until the 12th June (full press release [here](#)). Safeguarding Ireland are highlighting that planning ahead now – for if we became unable to make decisions or live independently due to age related frailty, serious illness, or an underlying condition – safeguards against risks of abuse and is also better for our loved ones and healthcare professionals. The vast majority of Irish adults (95%) have not taken steps to record their future care wishes, however almost a quarter (23%) have been prompted to think about doing so because of COVID-19. These findings are contained in new research launched yesterday by Safeguarding Ireland which aims to encourage more people, particularly those who are older or vulnerable, to record their wishes and preferences for future healthcare. [Read the RED C research here](#). To support the campaign they have launched a [public awareness webpage](#) where you can find campaign material and more information. They have also released a new information leaflet which can be downloaded [here](#)



Free ICDL (International Computer Driving License) Training Resources

In response to the ongoing Covid-19 crisis ICDL (formerly known as ECDL) the digital skills standard training is now available free of charge. Working in partnership with SOLAS, the Further Education and Training Authority, ICDL resources have been made available for free on the SOLAS online learning service as a support to those that have been impacted by the current containment measures. The following 10 ICDL courses are available at no cost:


1. IT Security
2. Online Collaboration
3. Presentations
4. Spreadsheets/Excel
5. Computer Essentials
6. Online Essentials
7. Word Processing
8. Image Editing
9. Web Editing
10. Project Planning

To access these resources click [here](#)





Competition and Consumer Protection Commission (CCPC) Guidance for Business re COVID-19 Face Masks

An increase in demand for face masks has led to the publication of new safety guidelines for Business by the CCPC. There are three different types of face masks currently in use - medical/surgical, Personal Protective Equipment (PPE) and barrier face masks. This guidance will be helpful to any business who intends to produce or distribute Barrier Masks for consumer use. Read more [here](#)

	<p>HOMENAUTS #stayathome</p> <p>Viveka Guzmán from the Royal College of Surgeons in Ireland contacted us to tell us about their initiative homenauts.com, a website community repository for free activities/suggestions to cope with physical distancing measures and staying healthy at home. One of the website sections is specially focused on older adults needs and additional sections may be useful for people from all ages! This is a really great list of free resources offered by companies, media outlets and individuals to help you cope with the time at home. Why not give it a look!</p>
	<p>Dublin Zoo to reopen with limited visitor numbers</p> <p>Dublin Zoo is due to reopen this week with visitor restrictions in place under new health and safety protocols. All tickets to the zoo will have to be pre-booked online on the Dublin Zoo website, while no more than 500 visitors will be allowed onsite at any one time. In a statement, the zoo said that this is less than 10% of its usual capacity at this time of year. Visitors will choose from one of two daily sessions - a morning one from 9.30am to 1pm and an afternoon session from 2pm to 5.30pm. A one-way system will be in place with social distancing restrictions. Read more here</p>

Local Updates

	<p>Transcending Time – A Public Art Covid 19 Commission by Fingal Artist Aoife Dunne</p> <p>This month Fingal Arts Office are launching a live mobile art project with Dublin 15 artist Aoife Dunne. Fingal residents will be able to request a visit from a new travelling new installation created by the artist to offer some colour and escapism while we remain close to our homes. The visit can be requested via the projects dedicated website www.transcendingtime.ie where the artist will plan a scheduled route for the van to take based on the requests. The work has considered all current COVID 19 guidelines in its creation and development.</p>
	<p>Longford Keeping People Connected</p> <p>As part of the annual Bealtaine Festival celebrating creativity in older people Longford Community Gardai in partnership with Longford Library and Longford Older People’s Council hosted their first Virtual Tea Dance on Thursday last. Many Active Age members who would in normal circumstances enjoy taking part in this event were filmed in their homes and gardens reading poems and singing songs. This formed part of an event which was hosted in the grounds of Thomond Lodge nursing home in Ballymahon on a beautiful sunny May day. It can be viewed on Longford Libraries Facebook or YouTube pages and friends and families everywhere were all able to see it from the comfort of their own armchairs.</p>



COCOONTUNES | Thursdays 3.30 – 4.3pm | Near FM

A reminder that Michael Sullivan (Chair of Dublin City North Central Area Older People’s Council) and Madeleine Ebbs present Near FM Cocoontunes! Every Thursday from 3.30p – 4.30pm. The idea is to try include a lot of older people who perhaps don’t have access to modern technology with a radio programme for those who are cocooning, with music from the 50's 60's and 70's. You can send your requests to nearcocoontunes@gmail.com, text 087 6944599 or phone 01 8671190



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!



Age Friendly Parking Spaces at Wicklow Recycling Centres

Mai Quaid, Chair of Wicklow Older People’s Council emailed to tell us that when she visited the recycling centre in Rambere Baltinglass last Friday she was thrilled to see two Age Friendly parking spaces. After contacting Richella Wood, Age Friendly Programme Manager in Wicklow, Mai was delighted to let us know that there are now Age Friendly parking spaces at **all** Recycling Centres across Wicklow. This is excellent news and Mai would like to thank Richella and Wicklow County Council for rolling out this wonderful Age Friendly initiative.

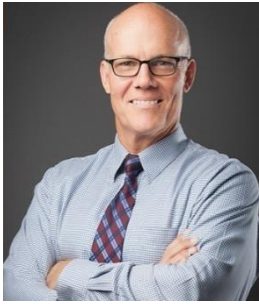


International Updates



Webinar - The Road to Recovery: how can the COVID-19 crisis provide an opportunity to improve later lives?

On Monday, 8th June at 11am the Centre for Ageing Better in the UK is hosting a Zoom panel with Andy Burnham (Mayor of Greater Manchester), Torsten Bell (Chief Executive of the Think Tank, Resolution Foundation) and Anna Dixon (Chief Executive, Centre for Ageing Better). The panel will explore the steps we can take as we recover from this pandemic, shaping our future so we can all age better. [Read more and register here](#)



IFA Virtual Town Hall Series | COVID-19 and Older People: A threat to person-centered care?

COVID-19 has brought with it many unprecedented challenges, particularly regarding the impacts on older people. With a disproportionately higher mortality facing vulnerable populations including older people, there are significant ethical concerns regarding the right to access appropriate health care services irrespective of age. When diagnosed with severe complications of COVID-19 including pneumonia, there is often limited time for the critically ill and their families to learn about medical treatments and make critical decisions. Following his ground-breaking work on the “Plan Well Guide” Dr. Daren Heyland, Professor of Medicine at Queen's University, and Director of the Clinical Evaluation Research Unit at Kingston General Hospital will provide remarks in this week’s Virtual Town Hall – Is COVID-19 a threat to person-centered care? Tune in this Friday 5th June at 12noon. Register here to attend [here](#). Should you be unable to participate in this meeting, a recording will be available afterwards [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

- Wash** your hands well and often to avoid contamination
- Cover** your mouth and nose with a tissue or sleeve when coughing or sneezing and discard and dispose
- Avoid** touching eyes, nose or mouth with unwashed hands
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands or hugging others, saying hello or greeting other people
- Distance** yourself at least 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](#)
[www.hse.ie](#)

Info@hse.ie | 1850 24 1850 | [www.hse.ie/covid19](#)

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Useful Contacts

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