





National Updates

 	<p>HSE Stress Control Online Programme</p> <p>HSE, Health & Wellbeing are offering another opportunity to avail of their Stress Control Online programme, which will commence again on Monday the 8th of June, via Stresscontrol.org. This is a free 3-week programme delivered by Dr. Jim White, Consultant Clinical Psychologist, Stress Control Ltd. There are six free sessions available to the public. Each session will play twice a day (at 2pm and repeated at 8.30 pm) on Mondays and Thursdays. Participants can join at any stage for one or more session. To find out more or to join in click here</p>
	<p>ASI Resources and Factsheets</p> <p>The Alzheimer Society of Ireland produce a wide range of resources and factsheets designed to support and inform anyone affected by dementia including information on Brain health, coping with memory loss, coming to terms with a diagnosis of dementia and resources for carers supporting a loved one living with dementia. All resources are available for download here or hard copies can be posted out by calling the Helpline on 1800 341 341</p>
	<p>Stream Online Religious Services</p> <p>Churchservices.tv, established in 2005 streams services over the internet helping parishes and other religious organisations expand their reach across the globe well beyond what was traditionally possible. Parishes and Organisations can stream Mass, Weddings, Funerals, Music, and all other kinds of events from Churches, halls, or any other venues. By making services available on PC's, Laptops, Mobile Devices and TV sets anywhere in the world, CSTV helps those confined to home or care facilities, and those living away from home, keep in touch with their parish and continue to be part of the local community. Simply click here to view the timetable of all live services currently on or upcoming within the next 2 hours on ChurchServices.tv. and click on an entry to begin viewing the service.</p>



Siel Bleu at Home Live Schedule 6th - 12th June

Siel Bleu are back with a full schedule of Siel Bleu At Home, Live exercise classes for you. They have 14 opportunities for you to exercise next week including their regular Circuit Classes, Chair Gym sessions, a Staying Well while Staying Home class with the Irish Cancer Society and an Exercise for Sheddors class with the Men's Sheds Association.

JUNE	11AM	2PM
SAT 6TH	MOBILITY & STRETCH WITH DEBORAH	SEARCH
SUN 7TH	SUNDAY MORNING SESSION WITH MAGGS	@SIELBLEUIRELAND
MON 8TH	CIRCUIT CLASS WITH JAMES	CHAIR AEROBICS - WITH MARTINA
TUE 9TH	STRENGTH & BALANCE WITH PAUL	CHAIR GYM - WITH CORMAC
WED 10TH	CIRCUIT CLASS WITH SHANE	CHAIR GYM - WITH MICHAEL
THU 11TH	EXERCISE, COPD & ME WITH LAURA	CHAIR GYM - WITH SHANE
FRI 12TH	CHAIR AEROBICS WITH MARTINA	CHAIR GYM - WITH MICHAEL

11am classes are available on [Facebook](#) and our 2pm classes are available on both Facebook and [YouTube](#).



Trinity College Dublin focused on mental health and dementia research

Owen Lynch from **Trinity College Dublin** contacted us to tell us about the launch of their new App which focuses on mental health and dementia research (read more [here](#)). Dr Claire Gillan (GBHI Faculty, Assistant Professor of Psychology at TCD and Principle Investigator) and her team at the **Global Brain Health Institute** (GBHI) have developed **Neureka**: a free smartphone application which allows anyone, anywhere, to contribute to cutting edge brain health research. Neureka delivers a collection of research studies through brain games and self-reflection challenges that allow users to have fun and learn about themselves, whilst also providing data crucial to helping us understand major disorders of the brain, like depression, anxiety, and dementia.

The more Neureka is played, the more we learn about dementia, and the more users contribute to mental health research: by simply using their smartphone to play brain games and complete challenges at their leisure, users can anonymously and confidentially share their personal experience of mental health with the GBHI research team.

Neureka thereby allows every willing participant to play an enormous part in the global fight against dementia. Check out this introductory [video](#) or listen to Dr Gillan on RTE Radio1 [here](#). Neureka can be downloaded from the Apple App Store and Google Play Store. We encourage everyone to download this App and support the research of the GBHI by becoming researcher yourself.

Local Updates



A special delivery for Professor Sam Mc Conkey's Mammy

Monaghan Age Friendly programme and Monaghan Gardai made a special delivery to Margaret Mc Conkey, Professor Sam Mc Conkey's mother who is currently cocooning in county Monaghan. Killeevan native Sam, is Head of the Department of International Health and Tropical Medicine at the Royal College of Surgeons in Ireland. Professor Mc Conkey has become a regular contributor on the Covid 19 pandemic in the national media in recent months. Mrs Mc Conkey was delighted to receive the Monaghan Age Friendly Cocooning Activity pack, which was delivered by Brenda Clerkin Monaghan Age Friendly programme, Sergeant Mick Duffy and Garda Margaret Oliphant (see picture below) who have delivered over 4500 activity packs across county Monaghan. The 64-page colourful fun filled activity pack has plenty for people to enjoy at their leisure. There are word searches, quizzes, riddles, games, songs, stories and poems in the pack. There is lots of information too on different services and supports available to older people in the county. Giving the pack a very Monaghan feel it includes messages of support from some well-known Monaghan personalities, including the now very well-known Professor Sam Mc Conkey. Read the full press release [here](#)



Louth Meath Education and Training Board (LMETB) Community Education FREE Online Courses for June 2020

LMETB have launched a number of FREE Online Community Education Courses for June 2020 in the following areas; Personal Protection Courses to Help Prevent the spread of Coronavirus; Personal Development Courses; Hair Courses; Art Courses and Craft Courses. Some of the courses offered are:

- Everyday Mindfulness
- Positive Psychology
- Effective Communication
- Awareness of Infection Control
- How to make face masks

Click [here](#) for full list of courses.



**DULEEK
WOMEN'S
FORUM**

Duleek Women’s Forum Goodie Bags

Duleek Women’s Forum in conjunction with Meath Age Friendly, Mc Nally’s Pharmacy and Haven Pharmacy Duleek have put together a little bag of treats and delivered it to their members in Duleek. What a wonderful idea. Well done ladies!



Facebook donates €809k to Meath Library Service for Laptop for Loan Initiative

The €809,100 donation will enable Meath County Library to purchase nearly 900 laptops and WIFI dongles which will support 50% of fifth year students and Leaving Certificate Applied students who do not have digital devices to continue their studies from home. The laptops will also be made available for the wider community to use when restrictions are lifted in the future.

Meath County Council Library Service will provide the logistical support, procuring the laptops and delivering them directly to schools who will distribute them to those most affected by social and educational disadvantage. The laptops will be loaned to students who need them for the duration of the crisis. Students with no access to broadband in their home will be able to borrow a WIFI dongle. On return, the hard drives will be securely wiped and reset.

Read the full story [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 rleavy@meathcoco.ie Information is one thing we can share right now!

International Updates



A Placemaker's Perspective from Wuhan

What is public life like today in Wuhan, China, the original epicentre of the COVID-19 pandemic? Zheng Yue (郑玥) a local urban planner and collaborator with Project for Public Spaces on their Wuhan Placemaking Week conference in 2018, shares her experience and photos of how the city has adapted its public realm after reopening. [Read more here.](#)



Age-friendly housing in the context of the COVID-19 crisis

The European project “**Homes4Life**” is hosting a one-hour webinar to invites experts to discuss how an Age-friendly approach to housing is more than ever needed to ensure people can age in healthy environments. Housing Europe, the **European network of public, cooperative and social housing** and **The Centre for Ageing Better in the UK** will also be involved in the conversation. The webinar is scheduled for Tuesday, Jun 30th, 2020 11:00 AM – 12:00 PM. Click [here](#) to register

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.dfa.ie](#)

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](#) Q&A phone HSE Live **1850 24 1850**

How to Prevent



Symptoms

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

For daily updates visit

[www.gov.ie/health/covid-19](#)
[www.hse.ie](#)

Healthcare professionals should refer to [www.dfa.ie](#)



Useful Contacts

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