

National Updates



MCC Covid-19 Video Series | Age Friendly Ireland

Last week, the seventh video in the [Meath County Council Covid-19 Video Series](#) was launched. The seventh video focuses on Age Friendly Ireland. Meath County Council hosts Age-Friendly Ireland, the National Shared Service that supports all local authorities and partner agencies in delivering better outcomes for our ageing population. In this video you will hear from Chief Executive Jackie Maguire as she explains how Age Friendly Ireland have responded to Covid 19 & Age Friendly Ireland's Chief Officer Catherine McGuigan tells us about the wonderful community responses & age friendly initiatives at play nationally. Check out the video [here](#)



Help find AXA Community Hero's

Last summer AXA launched AXA Farm Hero to celebrate the unsung heroes that work hard to help others in the farming community. More recently, their Covid Car Cover initiative helped medics that returned to Ireland during our time of need. AXA were delighted to get them back out on the road safely with complimentary car insurance. Following on from the success of AXA Farm Hero and the Covid Car Cover, they want to continue to champion the unsung heroes in communities all over Ireland. They need your help finding local heroes that go above and beyond for the people around them. So, if you're lucky enough to know a hero and proud to be their friend, AXA would love to hear from you! AXA will donate €20,000 to a charity of the winner's choice. Find out more about AXA Community Hero [here](#) and nominate your hero! The closing date for entries is 31st August 2020.



The Creative Ireland Programme in association with Healthy Ireland and the HSE Mental Health and Wellbeing Programme presents Vitamin C: The Positive Effect of Creativity on Wellbeing in Older People | Tuesday, July 21st, 2020 @ 10:30AM

Background: The arts and creativity have an important role to play in promoting positive mental health and wellbeing – through creating a space for social connection, enhancing self-esteem and resilience and supporting people to manage mental ill-health and enable recovery. Performing and visual arts, reading and writing, and cultural heritage activities are used to support health and wellbeing among older people in a wide variety of settings.

The Creative Ireland Programme in association with Healthy Ireland and the HSE Mental Health & Wellbeing Programme is organising this event to highlight the role of creative activities in promoting mental health & wellbeing among older people and to explore future areas for action and collaborative opportunities in this space. The event will build on a very successful event run by the Creative Ireland Programme and Healthy Ireland in March exploring the value of creativity in health to mental wellbeing outcomes.

For more information or to register for this event click [here](#)



Dementia: Understand Together campaign | Irish Men's Shed Association (IMSA)

As a partner to the Dementia: Understand Together campaign, the topic of dementia has been raised by members of the Irish Men's Shed Association (IMSA) as something they would like advice and direction on. This is in the context of understanding the condition itself, knowing how it affects an individual and their family, but also in relation to how best to welcome and facilitate a member with dementia in the shed. The Australian Men's Sheds Association (AMSA) and Alzheimer's Australia NSW developed a Men's Sheds Dementia Manual with the goal to increase social engagement of socially isolated older men through participation in their local Men's Sheds with a particular focus on men with early stage dementia and male carers of people with dementia.

At a focus group meeting in July with Shed Support Volunteers, Dementia: Understand Together and the Alzheimer Society of Ireland explored the adaptation of this manual to the Irish context and the development of a workshop that could be delivered in sheds across Ireland to support shedders, their families, carers and shed committees. The workshop will form part of the IMSA's Sheds for Life programme as well as representing a stand-alone component. The focus group provided fantastic insights into how the manual could be used, identified other dementia resources that could be helpful and will continue to work across organisations to support inclusivity in the sheds and the community.





Returning to Volunteering Safely

Volunteer Ireland have put together a series of resources for both organisations and volunteers to help them during the response to COVID-19. Ireland is gradually re-opening our economy and our society. It is vital we continue to adhere to the rules for this new way of living to continue to suppress the spread of COVID-19. The safety and well-being of volunteers and those they help is paramount. This resource contains practical advice that should be used as a guide to support volunteer involving organisations to put measures in place that will allow volunteering to resume safely and prevent the spread of COVID-19. Individual organisations can use it to develop their own protocols.

[Download 'Returning to Volunteering Safely' guide](#)

This resource also includes a number of templates, you can download editable versions of these templates here:

[Download 'Pre-Return to Volunteer Risk Assessment COVID-19' template](#)

[Download 'Return to Volunteer – Induction Meeting COVID-19' template](#)

[Download 'Volunteer Programme Sample COVID-19 Action Plan' template](#)



**NATIONAL
HERITAGE
WEEK 2020
15-23 AUG**

National Heritage Week 2020 | The Heritage Council

National Heritage Week 2020 will take place from Saturday, 15th – Sunday, 23rd August. To take account of restrictions on gatherings due to COVID-19, rather than focusing on the organisation of events, this year, the Heritage Council invites local heritage groups, families and communities to develop projects around this year's theme of 'Heritage and Education: Learning from our Heritage'. Projects should be completed in time for National Heritage Week, when they will be showcased online. Accepted formats for showcasing may vary from online talks or exhibitions, to a video, podcast, slideshow presentation or blog, to media coverage, a dedicated website or moderated social media account, or by means of small, restricted social gatherings, which comply with official public health advice.

To find out more, visit www.heritageweek.ie.



Local Updates



NPR: National Public Radio | Rough Translation | Hello, Neighbour

National Public Radio is an American privately and publicly funded non-profit media organisation based in Washington, D.C. They produce a podcast called Rough Translation where they discuss how things are talked about somewhere else in the world. Gregory Warner tells stories that follow familiar conversations into unfamiliar territory. Last week on Rough Translation, they discussed how one Irish county (Roscommon) weathered the six weeks of cocooning by resurrecting a mutual-aid farming tradition from the past, and why the county may never be the same again. An outpouring of good neighbourliness went way beyond delivering meals and doing people's shopping. Neighbours took care of people's ponies and their cars, brought them salmon cutlets and bouquets of cherry blossoms. Whatever it took to keep the cocooned happy and indoors. But for many independent older people, used to their freedom and privacy, this kind-hearted but determined take-over of their lives was unsettling. Did everyone suddenly see them as elderly? As vulnerable? And how could they ever return these many favours? Click [here](#) to have a listen.

As mentioned in the Podcast you can listen to episodes of [The Rossie Way](#) - the daily "lockdown" edition with local interviews. Its last episode was on the 26th of June, but they're archived at the link.



A County Roscommon resident holds a radio provided by the Lions Club and Tesco Supermarket to listen to The Rossie Way.

Ciaran Mullooly/RTE



Westmeath County Council | Completion of 21 new homes at Esker Park, Arcadia, Athlone

Westmeath County Council have completed the first 21 new homes of a 33-unit development at Esker Park, Arcadia, Athlone. The project was designed and overseen by Westmeath County Council’s in-house architectural department. There are four two-bedroom single storey units within the scheme which are designed for older people or people with a specific need for universal access. These are designed for assisted living including fully fitted and tiled sanitary facilities and accessible showers. The development is located within walking distance of Athlone town centre, transport facilities, community facilities and the Primary Care Centre. Click [here](#) for further details.



Louth Age Friendly COVID newsletter

The Louth Age Friendly County Programme is very active and alive in the COVID-19 period. The programme is being supported by Louth County Council and many of the Alliance partners through the Louth Community Call Forum. There has been contact with the Louth Older People’s Council since the Community Call Centre was set up. The Age Friendly Programme Manager, Mary Deery, who also acted as the Community Call Contact Person, dealt with any issues arising during the crisis. This [newsletter](#) is an attempt to capture the COVID-19 story and the essence of the work that was undertaken by the hero staff and volunteers in Co Louth for the safety of older people.



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



IFA Virtual Town Hall | COVID-19 and Older People: Through the Eyes of the Janaseva Foundation

Across the health and social care sector in low- and middle-income countries civil society organisations are working alongside older people, their families and caregivers to overcome challenges of the COVID-19 pandemic. In conversation with Dr. Vinod Shah, Chairman of the Janaseva Foundation in Pune, India, the upcoming IFA Virtual Town Hall explores initiatives that galvanize communities and support the health and wellbeing of older people experiencing extraordinary hardships.

Friday 17th July 2020 from 12noon. You can register to attend [here](#) Please note that this town hall will be recorded and streamed live on Facebook. If you are unable to participate live, the recording and relevant resources will be shared on [IFA's website](#)



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](#) CG phone HSE Live **1850 24 1850**

How to Prevent

- Wash** your hands well and often to avoid contamination
- Cover** your mouth and nose with a 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** sharing foods or hanging when using public transport
- 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

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

Useful Contacts

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