

National Updates

LGiU



Engaging with older people post Covid-19: Adapting the work of the Age Friendly programme by listening to older people

Our very own Dr Emer Coveney, National Programme Manager for Age Friendly Ireland has written a comprehensive blog post for the LGiU (Local Government Information Unit) on how listening to and understanding the specific problems older people have faced during Covid-19 has shaped the work of Age Friendly Ireland.



You can read the full blog [here](#)



An Roinn Sláinte
Department of Health



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

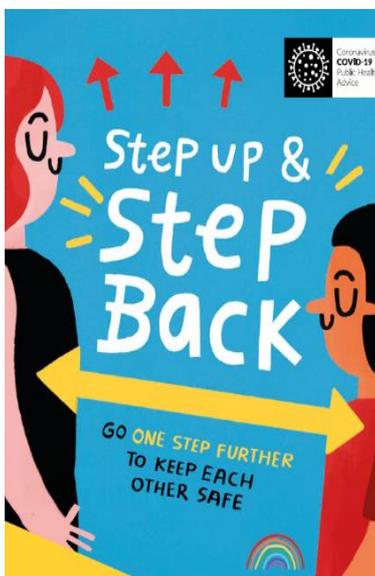
Department of Health and HSE launch new phase of COVID-19 Communications Campaign

Last week the Department of Health and the HSE launched a new phase of the COVID-19 communications campaign to encourage safe behaviours as we learn to live with COVID-19. Featuring posters designed by well-known illustrator Fatti Burke, the campaign encourages people to continue the safe behaviours of hand washing, physical distancing, wearing face coverings, covering coughs and sneezes and downloading the COVID Tracker app.

The new look poster campaign is primarily aimed towards people who are out commuting, socialising and shopping, and encourages people to:

- step up & step back – go one step further to keep each other safe
- wash and go – clean hands stop the spread of COVID-19
- masking for a friend – wearing a face covering helps us to protect each other
- cover coughs and sneezes with your elbow or a tissue
- use the COVID Tracker app to protect yourself and people around you

The campaign also includes radio adverts on all Irish commercial stations and on Spotify, and social media messages on all HSE accounts. Later in August the campaign will be extended to include TV advertising, and spots on online players.





HSE Webpage on disability day services now live

A webpage providing details on the reopening of disability day services was published yesterday. The web page provides information on the services opening in each Community Health Organisation by location and details the number of service users that will use the location on a daily basis.

The web portal will be updated as more information becomes available and is available at <http://www.hse.ie/newdirections>

HSE | 2nd Annual Obesity Summer School (Online event)

On 27th August 2020, the HSE Obesity Management Clinical Programme is hosting the second annual Obesity Summer School. The Summer School will be held virtually this year.

This informative, engaging online event is supported and hosted by the HSE and the Royal College of Physicians of Ireland. This event combines public information seminars with a range of topics for health care professionals. The day runs from 10am-2.30pm, and all presentations will be available to you throughout the event, and beyond for your convenience.

Public Information Seminars will cover:

- If you are living with Obesity, concerned about a family member, the morning seminars give a range of information about the symptoms, treatment available and supports available.
- Find out how to get the most from your GP and what treatments will be available in the future. Sign up and you can join one or all of the Public Information Seminars.

Registration is free and open to all people living with or interested in overweight and obesity, including members of the public, healthcare professionals and policy makers.

[Click here to register for the event](#)



'Let's Get Moving Again' Booklet Launch

HSE Dublin South, Kildare & West Wicklow & HSE Cork North/South Lee Community Healthcare in conjunction with the Irish Society for Chartered Physiotherapists have produced a "Let's Get Moving Again" information booklet with eight daily exercises to encourage people to become active again after cocooning during COVID-19'.

The booklet is available to download [here](#), the booklet will also be delivered to peoples homes via the HSE Physiotherapy Department, Local Authority Community Call and Sport Partnerships.

 <p>Rialtas na hÉireann Government of Ireland</p>	<p>Government to begin work on Covid-19 'medium-term plan'</p> <p>The Government will begin work next week on a "medium-term plan" to take the country through the next six or nine months of living with the virus, Taoiseach Micheál Martin has said. Read the full story here</p>
 <p>seirbhís tacaíochta cinnteoireachta decision support service</p>	<p>Mental Health Commission Decision Support Service (DSS) Launch New Website</p> <p>On Monday last, the 10th of August the DSS Launched their new website. The website has been developed and designed to help future users of the service with any questions they might have about what the DSS will offer when it is fully operational. Áine Flynn, Director of the DSS encourages everyone to visit the website and discover the intended benefits of the new service; who exactly it will support; and most critically, at least for now, what needs to happen next to ensure that they are in a position to open their doors as soon as possible.</p>
	<p>HSE National Dementia Office Dementia Inclusive Design Audit</p> <p>Primary Care Centres are at the heart of our communities. The Clonbrusk centre in Athlone was used as a pilot to examine the accessibility and usability of the primary care setting environment for people living with dementia and others with sensory, cognitive or physical impairment. Findings are important to inform the future implementation of dementia inclusive design in health settings. To read the report, click here https://www.understandtogether.ie/training-resources/helpful-resources/publications/</p> <p>The National Dementia Office has developed a new in-home resource to enable people with dementia & carers to enjoy art within their own home. It has been designed as an aid for the carer/ health professional to assume the role of facilitator.</p> <p>You can download here: https://bit.ly/30AVVZF</p>
<p>THE IRISH TIMES</p> 	<p>Covid-19 crisis shows public places can be made more accessible</p> <p>The Irish Times reports that wheelchair user Catherine Chang says adapting to recent Covid-19 restrictions has shown how public facilities and businesses can be made more accessible for disabled people. Ms Chang (41), from Letterkenny in Co Donegal, suffers from a progressive muscular disorder known as muscular dystrophy and has been a wheelchair user for the past six years. She had been working as a welcome adviser in a bank but has been cocooning since March 10th due to coronavirus. “For disabled people we were constantly being told it’s really difficult to make this accessible and we need planning permission for this, that or the other, and what we’ve seen during Covid is that actually the physical structure of places can be changed really easily and loads of places are doing this,” Ms Chang said. Read more here</p>

Local Updates



Intergenerational Pen Pals in County Clare

Clare Comhairle na nÓg - the local youth parliament wanted to run an intergenerational project where their students could reach out to older people, like pen pals. The Comhairle had a discussion during the lockdown about how tough it was for older people who had no relatives or visitors to keep in touch with them and were therefore very socially isolated. They talked about what would be the best way to make contact with these older people, so they wrote to nursing homes and retirement villages offering to be pen pals. Staff identified the older people who had no one visiting them and provided their first names. The Comhairle group shared the list out and wrote to a number of older people each. They have written 2 batches of letters so far and intend to do one more. What an excellent idea – lovely to see intergenerational initiatives like this one. Well done to all involved. Check out some of the lovely photo's below of some of the older people receiving their letters tweeted by [Clarecare Over 65's Club Ennis](#)





Connecting Bray

Bray Area Partnership in response to Covid 19 and digital poverty, approached the nursing homes in their areas to see if there was a need for technology to assist their wonderful residents to stay connected. There were a number of nursing homes who applied for the scheme and below is a picture of just one of the deliveries of tablets taking place.



Against the backdrop of the beautiful Bray Head, Kinvara Nursing home accepted their tablets from Bray Area Partnership with gracious gratitude and huge smiles. Age Friendly Programme Manager for County Wicklow, Richella Wood was delighted to play a part in this wonderful project and Richella would like to wish the users of these tablets many happy hours staying connected with loved ones during this difficult time.

Another wonderful initiative in County Wicklow – well done to all!!



Meath Local Sports Partnership COVID-19 Club Small Grant Scheme 2020

Meath Local Sports Partnership as part of the Government of Ireland COVID-19 club small grant scheme is providing support to sports clubs and community groups based in Co. Meath. The grant scheme is designed to support clubs and groups (whose primary focus is the delivery of sport or physical activity), and who do not have the finances to implement COVID-19 related hygiene and social distancing protocols.

This grant can cover costs associated with the reopening of sports clubs & physical activity and is intended to support the return to sporting & physical activities only.

The COVID 19 Club Small Grants can be used to support COVID 19 related expenditure dating from 2nd May 2020 onwards (date of publication of Government roadmap to recovery). Meath LSP and Sport Ireland will work together to ensure that the investment is distributed



fairly. Every effort will be made to ensure that the wider sports community benefits from this scheme.

There is an upper limit of €1,500 per club/group; applicants will be assessed on demonstrable need. Decision of the committee is final, canvassing will disqualify. Clubs/groups should not feel that they have to apply for the full amount to be considered eligible for support.

This is an online based application – follow link:

<http://www.meathsports.ie/meath-lsp-covid-19-club-small-grant-scheme/>

In exceptional circumstances, paper applications will be accepted (paper forms are available on request).

Conditions of the grant – clubs/organisations must:

- Be based in Co. Meath
- Be affiliated to a Sport Ireland recognised National Governing Body or disability sports organisation and/or operate as a not for profit with a primary purpose of encouraging sport and physical activity
- Be open for public membership

If an organisation requires assistance in filling out the application form or has any queries in relation to the grant scheme please contact our office, by email: mlsp@meathcoco.ie or telephone: 046 9067337.

Closing Date for applications is **Monday 31st August 2020 at 3pm.**



iCRAG | Climate Action & Age Friendly Meath collaboration | Purls of Wisdom

Climate Action and Age Friendly Meath are collaborating with the Irish Centre for Research in Applied Sciences (iCRAG) on a climate awareness pilot project which is the subject of a funding application by iCRAG. This project creates awareness about climate change through wool crafts, recreating the climate strips as blankets, scarves, etc. by local knitting/crochet groups. Once these have gone on display and they've done some awareness around it they plan to donate the items to dementia and Alzheimer's groups who have a requirement for brightly coloured knitwear. The wool must have an element of sustainability, so locally produced, made from natural fibres or even left-over wools.

More details of the project can be found at <https://www.icrag-centre.org/education-and-public-engagement/arts/purls/>

Meath County Council would like to create their own climate piece for display, so they are looking for

- Volunteer knitters/crocheters. They will provide everything you need and guidance to get you started.
- Donations of leftover wool – any colour is acceptable as you can be as creative as you want in your interpretations of the climate data.

If you are interested in participating, please email caroline.corrigan@meathcoco.ie. Numbers may be limited to ensure compliance with social distancing rules.

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!



DO ALL THE RIGHT THINGS by Bob Gilbert

Many thanks to Chair of Cavan Older People's Council, Bob Gilbert for sending us in another brilliant poem.

**If everyone did all the right things, would we be in the pickle we're in?
Would the coronavirus be as bad as it is? Or would it simply be as it
has been?**

**Surely things would be much better, they just couldn't be this bad
If we all did the right things, there'd be far less people dead.**

**If everyone did all the right things, war would be a thing of the past
The world would be united in harmony, united in a peace that would
last.**

**There'd be an end to trade wars, no more international strife
No more worries about crime, as we'd all live the good life.**

**If everyone did all the right things, the world would be free of all sin,
There would be no more evil, instead of the state that we're in.
No need for police or armies, crime would be a thing of the past.
If we did all the right things, we could be rid of the virus at last.**

**If we did all the right things, would life become a bit of a bore?
Could we really become goody-goodies, and be happy for evermore?
Would we have a mental health issue, and live with the anguish it
brings?**

Would our lives really be better, if we all did all the right things?

International Updates



United Nations | Policy Brief on Older Persons

On the 1st of May 2020 the United Nations Secretary General launched a policy brief that provides analysis and recommendations to address challenges faced by older people as a result of the Covid19 pandemic. Check out the press release and video [here](#)



International Federation on Ageing Town Hall

The International Federation on Ageing held a Town Hall event called ‘COVID-19 and Older People: Ageism in the Health Workforce’ earlier this morning. A recording of this event will be available on the Federation’s website <https://ifa.ngo/>



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](#)

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**

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 reuse

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

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