

National Updates



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Following a Cabinet meeting today (Tuesday) the government has decided to implement a number of measures in an effort to stop the spread of COVID-19.

These are the measures agreed:

At home

- visitors to your home or garden should be limited to not more than 6 from not more than 3 households

Restaurants and cafes (including pubs that serve food and hotel restaurants)

- they should close by 11.30pm
- all customer facing staff to wear face coverings
- all customers to wear face coverings until seated and again on departure
- they are required to keep contact details to support contact tracing
- all customers to be seated at a table, with no seating allowed at the bar and table service only
- maximum of 6 seated at a table
- no formal or informal events or parties should be organised in these premises
- all tables must have hand sanitiser

Sports

Sporting events and matches can continue to take place but behind closed doors with:

- strict avoidance of gatherings, including social gatherings, before or after events
- strict adherence to 2 metre physical distancing before and after events, during breaks in play, on the side-lines and avoidance of team huddles
- gyms/leisure centres/swimming pools/exercise and dance studios will remain open with strict distancing and other appropriate protective measures in place
- limits of 6 apply to exercise and dance classes with appropriate physical distancing
- limits of 15 apply to groups outside including training sessions (with exception of elite/professional sports and horseracing). There should be no mixing between groups

Workplaces

- Unless it is absolutely essential for an employee to attend in person, they should work from home.

Travel and transport

- people should avoid using public transport where possible
- arrangements for school transport will proceed as planned for reopening but the Minister for Education and the Minister for Health and other relevant Ministers will review measures, including any additional resources, to ensure the safe operation of school transport for secondary school children

Over 70s and medically vulnerable

- People over 70 and the medically vulnerable can still meet up with people and get outside for exercise but if at all possible should avoid public transport, shop during designated hours or seek assistance through the “community call” if needed in accessing food, essential supplies and medicine.
- They are also advised to maintain a 2-metre distance from others when exercising outdoors and wash hands on returning home.
- Roadmap for Resilience and Recovery
- The government will finalise and publish a Roadmap for Resilience and Recovery in advance of 13 September. This will map how we balance public health, economic and social aspects of living with COVID-19 in the short to medium term and try to bring some greater certainty so that society and business can at least plan forward.

Face coverings

The importance of wearing face coverings came into sharp focus last week. By law you have to wear a face covering when you use public transport, and since Monday 10th August the wearing of face coverings is also mandatory in shops and shopping centres. This [video](#) is a really great explainer for anyone looking for advice on how to wear a mask, you can click [here](#) for all of the up to date information on when a mask should be worn as well as lots of other helpful information. Face coverings offer a higher level of protection from infection, however, face shields (including Perspex shield and similar) are acceptable forms of face coverings as they may be preferable for people with communications difficulties.

Approved Guidance for Disability Services

New guidance to support the resumption of Children’s Disability Services have just been published and can be found [here](#). All COVID-19 guidance documents developed to date to support staff and carers who provide services to people with disabilities, can be found [here](#).



	<p>Induction Session for the Youth Sector</p> <p>This short online training from the Department of Children and Youth Affairs (DCYA) in partnership with National Youth Council of Ireland (NYCI) comprises video content, a quiz, and downloadable resources to help you get ready for a phased return to service provision. On completion of this official induction you get a certificate for your employer/line manager. Take the course and get your certificate >></p> <p>HPV cervical screening – new videos</p> <p>Cervical screening has started again. Priority groups started getting invitations for HPV cervical screening from 6th July. Those on a 3 or 12 month recall and 25-year olds being screened for the first time are being invited first followed by those who have had tests delayed due to the COVID-19 pandemic. HPV cervical screening is a new way of cervical screening. Though your sample is collected in the same way, it is tested for the HPV virus first. If HPV is found, your test sample is checked for abnormal cells. HPV cervical screening find 9 in 10 cases of abnormal cells and is the best way to see if you’re at risk of cervical cancer in the future.</p> <p>The HSE have created a series of animated videos that explain the new testing process in a way that is simple and easily understood.</p> <ol style="list-style-type: none"> 1. What is cervical screening? 2. What is HPV? 3. Restarting cervical screening safely 4. How is cervical screening done? 5. How effective is cervical screening? 6. Your HPV cervical screening results 7. Symptoms to look out for
  	<p>Age & Opportunity European Week of Sport (EWOS) “I’ve always wanted to try”</p> <p>The aim of EWOS is to promote sport and physical activity across Europe. The Week is for everyone, regardless of age, background or fitness level. With a focus on grassroots initiatives, it will inspire Europeans to #BEACTIVE on a regular basis and create opportunities in peoples’ everyday lives to exercise more. As an annual event, the European Week of Sport will inspire all kinds of creative and exciting events and activities in different countries. This September Age & Opportunity are once again teaming up with Sport Ireland to celebrate European Week of Sport. During EWOS Go for Life programme will be organising a number of “I’ve always wanted to try” events where individuals and groups are invited to take part in a range of sports for the first time.</p> <p>You can find out more about all the 2018 European Week of Sport happening in Ireland on the Sport Ireland event listing.</p> <p>Age & Opportunity will be sharing their plans for the 2019 EWOS over the coming weeks, so keep an eye on their website and social media channels.</p> <p>Everyone is encouraged and invited to get involved and participate in their local events, so get out and #BEACTIVE!</p>



Annual TaxSaver tickets extended by six months due to Covid-19 travel restrictions

As reported by thejournal.ie, commuters who hold an annual TaxSaver travel ticket will have it extended for six months due to the travel restrictions imposed over the last number of months as a result of Covid-19. The extension will apply to customers who hold an annual TaxSaver ticket for public transport services provided by Dublin Bus, Luas, Iarnród Éireann, Bus Éireann and Go Ahead Ireland. The National Transport Authority said the extension gives customers back the portion of the ticket that they could not use as a result of the Government's Covid-related travel restrictions, recognising the changes in travel and work that have come about since. Read more [here](#)



Volunteer Ireland Awards

Every autumn people from all over Ireland nominate their neighbours, family, friends, colleagues and community supporters for the chance to win a Volunteer Ireland Award. The Volunteer Ireland Awards are the major annual initiative to celebrate volunteers in Ireland. The awards shine a light on the remarkable achievements of volunteers around the country by honouring them at a national level. Volunteer Ireland is proud to have President Michael D. Higgins as Patron of the Awards. The awards begin with a public call for nominations. **Nominations for the 2020 awards are now open and will close on the 1st of October.** Anyone can nominate a volunteer; someone they know who gives their time and energy voluntarily and without pay.

For more information or to nominate a volunteer today click [here](#)



Irish team wins international competition with dementia App

As reported in the Irish Times, an Irish team has won the top prize at the 2020 virtual [Technovation World Summit](#). Rachael Akano (16), Margaret Akano (17) and Joy Njekwe (17) – under the mentorship of Evelyn Nomayo, founder of Phase Innovate – pitched their entry, Memory Haven, at the event last week, and on Friday were announced as the winners of the senior girls' division. Phase Innovate, a not-for-profit organisation dedicated to bridging the gender and race gap in Stem (science, technology, engineering, and mathematics) fields in Ireland, was founded by Nomayo in May 2018. Memory Haven is designed to help people in Ireland whose families have been impacted by dementia. Influenced by research that shows music can comfort people with dementia, the team incorporated a playlist into the app, as well as healthcare features such as alerts, face and voice recognition, and health checks. Read more [here](#)

Local Updates



Bandon Age Friendly | Drive-in-Bingo Summer Fun

Bandon Age Friendly Committee have been super busy organising three separate DRIVE IN BINGO's over the last few months. People came from all over West Cork to enjoy a safe social gathering.

Mary O'Brien Chairperson of Age Friendly Bandon said 'We wanted to hold an event that would bring people together safely, just for enjoyment. They were organised for all those cocooning who have missed social interaction'

The BINGO's were held in the Bandon GAA grounds from 3.00-5.00 on Sunday 5th July, the 19th July & Sunday 9th of August. All were completely sold out and enjoyed immensely. Due to Covid-19 restrictions a maximum number of 200 people attended each event, remaining in their cars while numbers were called over West Cork radio and on loudspeakers.

The success of the events was due to local groups such as Bandon GAA, St. Michael's Centre, An Garda Síochána & Bandon Day Centre working together with the Age Friendly Bandon Committee.



Sheila Allen is ready for bingo action.



Kay O'Donovan won't miss a number with Grand-daughter Ellie keeping tabs



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



Age Friendly Cavan | Creative Ireland Positive Ageing and Creative Well Being

Cavan Age Friendly Programme in partnership with Cavan Arts Office have been awarded funding under the Creative Ireland Positive Ageing and Creative Well Being Challenge fund. The funding will be used to roll out a creative project entitled 'Our Shared Rituals', where an art therapist and two artists will work with the residents, family members and staff of one nursing home in Cavan using art therapy and art processes to evoke and inspire older people's memories and imaginations and encourage rumination of their experience during lockdown. The project aims to encourage older people to reminisce which is proven to improve psychological well-being by improving communication, enhancing self-esteem, and reducing stress and boredom. The project will focus on reflection and depiction of memories and experiences through visual and aural stimulation. Preparations for the project will begin in September.



Roscommon Age Friendly | Cloonfad Men's Shed Fundraiser

Cloonfad Men's Shed of Co. Roscommon is fundraising to complete its shed. Shedders are embarking on a foot-aching, bunion-threatening 10km walk over two days to help raise the cash.



They will be undertaking two 5km walks in order to raise the funds. The first will be on the 27th of August and the second will be on the 29th of August (for anyone that's working). They are raising funds for a number of tools and equipment required in order to provide the courses that they intend to run. Any donations are much appreciated. You can donate [here](#).



Clare Sports Partnership | 2020 Clare Clothesline Champion

Back in May, Clare Sports Partnership created a new initiative which could be completed at home, so it was perfect for those still cocooning. The 2020 Clare Clothesline Championship set out to find the person who could 'peg the most socks on the clothesline in one minute'. The rules of the Clothesline Challenge were that the clothes basket had to be placed on the ground at all times, only one sock to be pegged at a time with one sock per peg. The time started when the first sock was picked up and ended at 60 seconds. It was open to men and woman aged 55 and over, with prizes for the 'most pegged socks in one minute'. One of the first to take up the challenge was Bishop of Killaloe Fintan Monahan who said he was delighted to lend his support to the initiative. You can see how Bishop Fintan got on with the challenge [here](#) What a brilliant fun way to keep active – well done to all involved.



Monaghan Tourism Launches 'Monaghan Quest'

The Monaghan Quest is a series of 20 questions covering heritage sites, outdoor spaces and attractions throughout the county, with hundreds of Euro worth of prizes up for grabs for those who complete the quiz. The answers to most of the questions can only be found by visiting the attractions themselves. There's everything from the trademark drumlins in the south of the county to the breath-taking, rugged beauty of Bragan (Sliabh Beagh) in the north, and with no end of shimmering lakes and scenic woodland walks in between. To download entry sheets and take part in Monaghan Quest click [here](#). Entries must be submitted by midnight on 31st August 2020 and winners will be selected at random by Monaghan Tourism shortly thereafter.



South Dublin County Council | The Covid Tapes: Comedy through audio

Sightless Cinema brings light-hearted comedy to local, national and international listeners with its new YouTube series, 'The Covid Tapes'. The studio has been creating and presenting engaging stories for blind and visually impaired people since 2014. Its audio plays are usually presented with surround sound but no images in local cinemas, including the Lighthouse Cinema and IMC Tallaght. Director-deviser Ciarán Taylor noticed the need for a new system emerging from the pandemic. Taylor's group was keeping in contact through Zoom conference calls when they realised, they could improvise dialogue based on their own lockdown experiences. There are now 5 episodes available on the [Sightless Cinema YouTube Channel](#). Check out the trailer [here](#). This is guaranteed to give you a giggle. The project is in cooperation with the NCBI (National Council of the Blind of Ireland), is supported by Contact Studio, National League of the Blind of Ireland, and Fighting Blindness. It is funded by South Dublin County Council Arts Office. For more info and to hear about future events, contact whitecaneaudiotheatre@gmail.com.

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



International Federation on Ageing Town Hall

The International Federation on Ageing held a Town Hall event called 'COVID-19 and Older People: Opportunities to Combat Ageism' 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.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 ha.ie OR 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

Infected: 100,000; 10,000; 1,000; 100; 10; 1



Riann na Míreann
Government of Ireland

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