

National Updates



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**Living with COVID-19 Plan**

On Wednesday the Government announced the Living with COVID-19 five-level plan for the next six months. These measures aim to protect key priorities – protecting health, strengthening employment and supporting communities.

You can view the Resilience and Recovery 2020-2021: Plan for Living with COVID-19 [here](#). You can view the additional measures for those living in Dublin noted [here](#).



**Public Health Advice Information for People Who Have Just Arrived in Ireland – Easy Read Version**

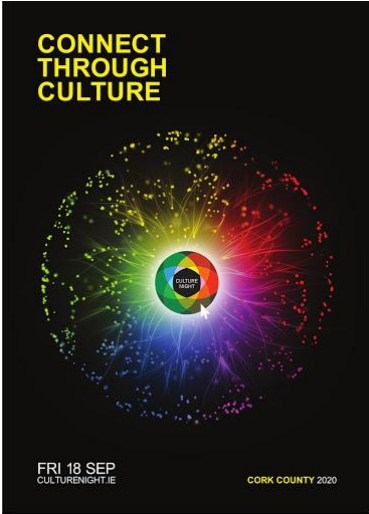
This [easy read booklet](#) is about coming to Ireland from another country, and explains the rules to stop Coronavirus (COVID-19) from spreading. This booklet is also available in Slovak, Czech and Romanian available [here](#), with further translations available soon. Further multi-lingual resources and materials are available [here](#).

**COVID-19 Resources for Schools and Parents**

For more information and resources for schools and parents, please see [gov.ie/backtoschool](http://gov.ie/backtoschool)

**Public Health Information**

As always, for the most up to date information and advice on Coronavirus, please go to: [www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/](http://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/)



### Tonight, is Culture Night 2020

This year, Culture Night Trailblazers have been chosen from around Ireland and abroad, across numerous disciplines, including music, dance, theatre, Gaeilge and literature, to champion the spectrum of Ireland's artistic offering. Click [here](#) for the full programme



### Volunteer Ireland Awards

Nominations for this year's Volunteer Ireland Awards are now open! Volunteers across the country make our communities a better place every day and this year has shown that more than ever. Now is our chance to say thank you! For more information click [here](#)





Waterford Institute of Technology



### Research to understand health and wellbeing during times of infection

The COVID-19 virus pandemic is causing huge personal, societal and economic impact for the population. Physical and mental well-being can be affected in everybody to varying degrees by the stress associated with the pandemic and the changes to our behaviours and ways of living. Researchers from Waterford Institute of Technology (Ireland) are working with a large group of scientists from around the world, led by Prof. Christoph Correll (The Feinstein Institute, USA; the Charité Universitätsmedizin, Ger) and Prof. Marco Solmi (University of Padua, Italy) on one of the largest surveys to assess physical and mental well-being during the COVID-19 outbreak. If you want to take part in the anonymous survey and contribute to the understanding of the 'Irish perspective', please click on the website link <https://www.coh-fit.com/> and answer the anonymous survey, donating approximately 30 minutes of your time (for the adult and adolescent version). Responding and spreading the word will provide information that can be used to help all of us during these times. Further details on the research is available from Dr Evan Matthews (NMPDU, HSE Research Fellow, the Department of Nursing and Health Care, Waterford Institute of Technology; [ematthews@wit.ie](mailto:ematthews@wit.ie))

In the event that participation in this survey causes distress, please note the following crisis support in the Rep. of Ireland. Please phone: **112** for emergencies. **116 123** to talk to the Samaritans. Contact your local GP for mental health support. This research has received ethical approval from a number of international IRB, including Waterford Institute of Technology.



### Local Government Information Unit (LGIU) | Nominate a Councillor or Project

Over in the UK, LGiU have been running the [LGIU and CCLA Cllr Awards](#) for many years. These awards celebrate the achievements of councillors from across England and Scotland, and this year for the first time the ceremonies will be held as online broadcasts.

While they don't yet run these awards in Ireland, they would like to use this new virtual format as an opportunity to showcase some successful councillor-led innovations from Irish local government.

If there's a councillor you know that's leading an interesting innovation or project, get in touch! [Send a few paragraphs](#) about the project and the councillor(s) involved, and why LGiU should feature them at their ceremonies in November.

They will be in touch for further details if selected for the ceremony, and they will also be looking to feature a range of the case studies or councillor profiles in briefings on their website and bulletins for global audiences. For further info or to nominate email [hannah.muirhead@lgiu.org](mailto:hannah.muirhead@lgiu.org).

Closing date for nominations: **Friday 9th October 2020**



## National Transport Authority | Accessibility of Public Transport Survey

The National Transport Authority are asking you for help to provide feedback on how accessible you find the public transport system in your own area. You can access the survey [here](#). The NTA operate the public transport system by contracts with Dublin Bus, Bus Eireann, Irish Rail, Luas, Go Ahead and Local Link. They also provide licences to taxi's and private buses and coaches. Surveys must be returned by Thursday October 29<sup>th</sup>, 2020. The surveys can be returned by:

- Email: [Accessibility@nationaltransport.ie](mailto:Accessibility@nationaltransport.ie)
  - Post: Transport Accessibility Manager  
Dún Scéine  
Iveagh Court  
Harcourt Lane  
Dublin 2  
D02 WT20

If you would like someone to call you and assist you with the survey you can leave your contact details on [accessibility@nationaltransport.ie](mailto:accessibility@nationaltransport.ie) and someone will call you back.



## GAA confirm plans to proceed with 2020 All-Ireland championships

The GAA have confirmed they will push ahead with this year's inter-county All-Ireland senior, U20 and minor hurling and football championships following an online meeting of the Ard Comhairle last weekend. The association will formally proceed with plans following "positive interaction with the Government" and with an understanding that "specific financial supports will be made available." Read more [here](#)



## Local Updates



### Limerick community bus delivered

Limerick City and County Council has taken delivery of a new 15-seater community bus that will, in partnership with An Garda Síochána, allow Gardaí to engage directly with local community groups. The free service will see a Garda drive bring groups to and from outings and functions, and ongoing costs relating to the service will come from the Garda budget. Mayor of the City and County of Limerick Cllr Michael Collins said the bus “will allow communities and individuals at risk of isolation become more connected with their greater community areas, providing a safe and much needed support for young and old.” Read more [here](#)



### Gems Home First Pilot Project

The Geriatric Emergency Medicine Service (GEMS) Team in St. Luke’s Hospital, started a new initiative on Monday July 20<sup>th</sup>. The pilot project is called ‘Home First’ and is based on the Discharge to Assess Model of Care. The Home First pilot is a re-ablement and recovery service. This model of care is designed to support patients who are medically better and no longer require acute hospital care but need short term support or therapy to be discharged to their own home. The GEMS Team Physiotherapist and Occupational Therapist provide home visits for a maximum of 4 weeks following discharge. The objectives of this service are to support on-time discharge from hospital thereby reducing length of stay or avoiding admission at the Front Door Emergency Dept. This service aims to maximise patients’ independence and provide advice and services to enable self- care and self- management. They continue to work alongside Public Health Nurses, GP and Primary Care colleagues. Follow GEMS on [Twitter](#) for regular updates





## Na Cailleacha at Ballinglen Arts Foundation in partnership with Mayo Arts Service.

Na Cailleacha is a collective of six visual artists, one jazz musician and a curator/writer who have come together to explore being female, older and hopefully wiser. Between all, the group share over 500 years of experience of being women, artists, of being a curator/writer/historian and a composer. Na Cailleacha will host a series of free events for the month of September in Ballinglen Arts Foundation and [Ballina Arts Centre](#) while in residence.

For more information on each of the events and to reserve your place see <http://mayocountycouncil.newsweaver.com/mayoa.../eshvg5zl1gy>

Please note, due to current co-vid 19 health restrictions, places are strictly limited for each of these events. Face Coverings are Mandatory. This project is an initiative of Mayo County Council's Arts Service in partnership with Ballinglen Arts Foundation, under the Creative Ireland Programme in response to the Creative and Cultural Jobs Stimulus Measure Funding 2020.



## 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](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!



## National Network of Older People's Councils



This week we held our second online National meeting with the Chairs of each Older People's Council from around the country. We were delighted to catch up with everyone after the summer break and hear about how older people are working together and maintaining resilience in the face of the Covid19 pandemic. There were a number of issues raised including concerns around Nursing Homes, Day Care Services, Transportation, General Health Services and Digital Connectivity but as always our older people are innovative in coming up with the solutions to these issues which we will now progress through the support and collaboration of the 31 Age Friendly Alliances and our National Advisory Group. If you are interested in joining your local Older People's Council and contributing to the true voice of Ireland's ageing population, contact your [local Age Friendly Programme Manager](#) today. Together we can hold firm and continue to work towards an Age Friendly Ireland for all.



## International Updates



### International Federation on Ageing | Town Hall

The International Federation on Ageing held a Town Hall event called 'COVID-19 and Older People: The Meningitis Tracker to Drive Change' earlier today. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



This week the IFA successfully held the "Changing the Conversation on Adult Influenza Vaccination" Expert Meeting. Guidance on the design of effective communication campaigns was shared, along with examples of good practice. Look out for the launch of the full report next week!





## 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**  
Public Health Advice

**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.eircode.ie

**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** shaking hands or hugging when saying hello or greeting other people
- Distance** yourself at least 2 metres 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](#) QR phone HSE Live: 1850 24 1850

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

**For daily updates visit**  
[www.google/health/covid-19](http://www.google/health/covid-19)  
[www.eircode.ie](http://www.eircode.ie)

Infected people's coughs/sneezes/droplets  
www.hse.ie/covid19/032020

HSE Riannas na hÉireann  
Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** T: 046 9097413 E: [reavy@meathcoco.ie](mailto: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

Carlow County Council  
Cavan County Council  
Clare County Council  
Cork City Council  
Cork County Council  
Donegal County Council  
Dublin City Council  
DLR County Council  
Fingal County Council  
Galway City Council  
Galway County Council  
Kerry County Council  
Kildare County Council  
Kilkenny County Council  
Laois County Council  
Leitrim County Council  
Limerick City and County Council  
Longford County Council  
Louth County Council  
Mayo County Council  
Meath County Council  
Monaghan County Council  
Offaly County Council  
Roscommon County Council

### Community Response Number

1800 814 300  
1800 300 404  
1800 203 600  
1800 222 226  
1800 805 819  
1800 928 982  
01 222 8555  
1800 804 535  
1800 459 059  
1800 400 150  
1800 928 894  
1800 807 009  
1800 300 174  
1800 500 000  
1800 832 010  
1800 852 389  
1800 832 005  
1800 300 122  
1800 805 817  
094 906 4660  
1800 808 809  
1800 804 158  
1800 818 181  
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 |