

## National Updates

### A message from Assistant Commissioner Paula Hilman



Hello, I am Paula Hilman, Assistant Commissioner for Roads Policing & Community Engagement in An Garda Síochána. I very much welcome and want to thank Age Friendly Ireland for the opportunity to contribute to your Newsletter.

A strong partnership already exists between An Garda Síochána and Age Friendly Ireland and I am delighted to continue with and build on that partnership since my appointment in May 2020. I sit on the National Age Friendly Advisory Group, where I see and hear first-hand the positive results of the collaboration between Age Friendly, other agencies and organisations, including ourselves, and you – the community that Age Friendly represent.

As we entered 2020, we never imagined the year that lay ahead of us. At challenging times like this we have seen partnerships really coming to the fore. Communities have supported each other, and the dedication shown by many, including the Age Friendly Programmes have supported the most vulnerable members within our society.

Volunteers are the cornerstone of our communities. Throughout the country Gardaí have been working with volunteers, Local Authorities, the Health Service Executive and other partners to ensure supports are in place for individuals or groups in need of support or assistance.

As we enter this winter period and are learning to live with the pandemic I want to reassure you that we in An Garda Síochána are still here to help, here to work with Age Friendly, and with Local Authorities to ensure the support you need is here for you.

If you need anything, please do not hesitate to contact your Local Garda Station or phone your Local Authority Helpline. I really do look forward to the day I can meet many of you in person. In the meantime, stay safe and take care.

Paula





## Welcome to the Age Friendly Family Ciara



Age Friendly Ireland are delighted to introduce everyone to our wonderful new staff member Ciara McManus. Ciara started working with the Shared Service on Monday the 16<sup>th</sup> of November and we are so happy to have her on board. We want to wish Ciara the best of luck in her new role working with the Age Friendly Ireland Programme



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Healthy Ireland Keep Well Campaign

The new 'Keep Well' campaign is a cross-Government wellness campaign launched by An Taoiseach. The aim of this campaign is resilience in the months ahead, as we look towards living with COVID-19 in the winter months. It's important to mind yourself and your physical and mental well-being. This campaign, funded by Sláintecare and led on by Healthy Ireland, involves a wide range of supports for this time – across sports, creativity, connectedness, eating and community outreach. Visit [gov.ie/healthyireland](http://gov.ie/healthyireland) for more information and resources.

## Nursing Home Webinar Series - Supporting Care of Residents in Long-Term Residential Care during Covid 19 Pandemic.

An online webinar series for nursing homes will be hosted jointly by the Office of the Nursing and Midwifery Services Director & National Integrated Care Programme for Older Persons as part of COVID 19 Pandemic Response. The aim of the series is to harness experience of those caring for residents in the Long-Term Residential Care setting and provide relevant clinical updates on care issues related to same. There will be 4 sessions, each Thursday Evening (7-8.15pm) hosted online, starting on the 19<sup>th</sup> November covering key areas related to the COVID 19 pandemic in the Long-Term Residential Care Setting. Each session will host 3/ 4 speakers with panel discussion at end. The Webinar series will be recorded and will be available on HSE website.

## Traveller COVID-19 Resources

In response to COVID-19, resources have been developed nationally by the Traveller Health Units (THUs) and Traveller groups and are available on the [Traveller COVID-19 Resources page](#).

## Our Health Service this Winter

Look out for your **Keeping well this Winter** booklet in the post. It is being delivered to every household in Ireland over the coming weeks. This booklet contains essential health information and advice to help you plan for the winter months ahead, as we live with the impact of COVID-19 (coronavirus) on our lives.

You can download the [English version – Keeping well this winter - here](#). You can download the [Irish version - Ag fanacht slán an geimhreadh seo - here](#).

Accessible and translated versions are being developed.



comhairle chontae na mí  
meath county council





You can listen to the new radio ad [here](#).

### Hold Firm Campaign

Hold Firm is part of the ongoing COVID-19 public health advice programme from the HSE and the Department of Health. The Hold Firm campaign first aired in May 2020, as the end of the first phase of restrictions came into sight. Our President's words, the poem 'Take Care' written in 1993, is the inspiration for the campaign to acknowledge and encourage the enormous effort being made by everyone in Ireland to stay safe and protect each other.

### Face coverings or masks are superior to visors as a measure for prevention of transmission of COVID-19

The HSE would like to remind everyone that cloth face coverings or masks are superior to visors as a measure for prevention of transmission of COVID-19. Expert opinion and international guidance indicates that cloth face coverings or masks are more effective than visors. There is evidence that visors reduce exposure to droplets to a certain extent compared with no face covering. They may be an alternative in certain *limited circumstances* including:

- People with breathing difficulties
- People who are unable to remove masks/face coverings without help
- Anyone with particular needs who may feel upset or very uncomfortable wearing the mask/face covering
- In settings where people who have learning difficulties or hard of hearing or deaf are present.

For more information, please see the HSE's [face coverings page](#) and the [Brief Evidence Summary: Efficacy of visors compared with masks in the prevention of transmission of COVID-19 in non-healthcare settings](#).

### Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to [www.gov.ie/en/news/7e0924-latest-updates-on-covid-19-coronavirus/](http://www.gov.ie/en/news/7e0924-latest-updates-on-covid-19-coronavirus/) and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>. Information on the Government's Keep Well campaign is available at: [www.gov.ie/healthyireland](http://www.gov.ie/healthyireland)



### Safeguarding Ireland | Almost one in four do not know who to report adult abuse to - People less likely to report abuse if happening to themselves than to others

Almost a quarter of people (23%) would not know who to report adult abuse to if they or someone they knew was a victim – according to new research commissioned by Safeguarding Ireland. Just 70% said they would report abuse if it occurred to them personally, while a higher 92% said they would encourage or help others to report abuse happening to them. The findings were launched on Monday the 16<sup>th</sup> of November as part of public awareness drive, to improve reporting of adult abuse, led by

Safeguarding Ireland. The research was carried out by RED C on a representative sample of 1,000 adults nationwide.

Safeguarding Ireland Chairperson Patricia Rickard-Clarke said abuse of all types – psychological, physical, online, financial, or neglect or coercion need to be called out and reported. She said to protect all adults, particularly those who are vulnerable, improved clarity is needed on how and where to report concerns of abuse or neglect. “There are different public bodies that safeguarding concerns should be reported to, depending on the issue, and this can cause confusion.

“If an abuse concern is urgent, and someone is in immediate danger, it should be brought to the Gardai. If it is a general concern about health and welfare it should be brought to the HSE Safeguarding and Protection Teams.

“Concerns about financial abuse should be raised with the relevant bank’s vulnerable customer service, a welfare concern should be raised with the Department of Social Protection and concern about an organisation or service in the health or social sector with HIQA,” she said.

To provide better clarity, information on how to report and who to report to has been added to the Safeguarding Ireland website at [www.safeguardingireland.org](http://www.safeguardingireland.org).

The HSE National Safeguarding Office Annual Report, announced last week, reported 12,000 abuse concern cases in 2019. However, Ms. Rickard-Clarke said in recent RED C research 12% of Irish adults said they had experienced abuse since the start of COVID-19, and as many as one third reported ever experiencing abuse.

“We know that the actual level of abuse is much higher than that which presents specifically to the HSE Safeguarding and Protection Teams. To get a comprehensive picture, safeguarding data would need to also be collated from the Gardaí, the banks and the Department of Social Protection. To achieve stronger reporting from the public, and more comprehensive data, overarching national structures for safeguarding need to be planned for. Furthermore, stronger safeguarding laws which are in development need to be delivered with urgency,” she said.

More information, including a dedicated page on reporting, can be viewed at [www.safeguardingireland.org](http://www.safeguardingireland.org). Safeguarding means living safely, free from abuse or neglect. It means our choices, particularly if we are vulnerable, are clearly heard and respected.

Safeguarding Ireland promotes safeguarding of vulnerable adults to protect them from was all forms of abuse by persons, organisations and institutions and to develop a national plan for promoting their welfare.



## Dublin City University | Virtual visit by Prof. Gill Rowlands Newcastle University: Health Literacy Approaches to Healthy Families and Communities

DCU Age-Friendly University is delighted to invite you to

### Health Literacy Approaches to Healthy Families and Communities

a lecture by Prof Gill Rowlands, Newcastle University

Gill is a Professor of General Practice (Family Medicine) in the Institute of Health and Society, Newcastle University. Her main interests are the role of health literacy in health, the role of Family Physicians in identifying and addressing the problems faced by patients with lower health literacy, and the development of evidence-based policy.

Date: Monday 23rd November, 2020  
Time: 1.00pm - 2.00pm  
Venue: Zoom

RSVP  
by Friday 20th  
November  
by email to  
[grainne.reddy@dcu.ie](mailto:grainne.reddy@dcu.ie)

INVITATION



### Age Action | Upcoming Events

- **Memories of Cinema and Film in Ireland | 10.30am - THURSDAY NOVEMBER 26<sup>th</sup>**

The Irish Cinema Audiences Project, in collaboration with Age Action Ireland and Maynooth University, examines the history of cinema-going in 1950s Ireland. The aim of this project is to assess the impact of cinema on the everyday lives of ordinary cinemagoers. As many of the cinemas from that time are demolished or repurposed, the stories of ordinary cinemagoers provide a vital link with this aspect of Irish social and cultural history.



Since launched, they have met with groups around the country to talk to them about the project and to hold memory-sharing sessions during which people are invited to talk about their memories.

To receive the link for the webinar please email [events@ageaction.ie](mailto:events@ageaction.ie) and include Cinema in the subject line.

- **Virtual Visit to EPIC, the Irish Emigration Museum & become a Family History Detective | 10.30am - THURSDAY DECEMBER 10th**

EPIC have a Virtual Tour to discover why 10 million people left Ireland, and the impact they had on the world. Irish history should never be a long list of names and dates, it should be an experience. Get hands on with Irish culture and its past with this fully interactive museum – swipe through video galleries, dance through motion sensor quizzes, listen to remastered audio from 100 years ago and watch videos that bring Irish history to life. Discover the far-reaching influence of Irish history, and the impact the 10 million Irish men and women who left Ireland had on the world.

EPIC recently launched a Genealogy Pack aimed at helping young people become Family History Detectives and explore their family tree and heritage. This webinar will start us on a journey of discovery within our own family tree and pass the information on to future generations.

To receive the link for the webinar please email [events@ageaction.ie](mailto:events@ageaction.ie) and include EPIC in the subject line.



**Join us live on Facebook  
Monday 23rd  
Wednesday 25th  
and Friday 27th**

**at 11am for  
Age & Opportunity  
Movement Minutes**



**#AgeandOpportunity**

Sessions can be watched live on their Facebook page [www.facebook.com/ageandopportunity](http://www.facebook.com/ageandopportunity) or afterwards on their YouTube page [www.youtube.com/ageandopportunity](http://www.youtube.com/ageandopportunity) where a playlist of all Movement Minutes sessions to date can be viewed



## Specsavers | Precious little moments keep us smiling says new research

It's the simple things in life that are keeping us smiling, according to new research by Specsavers<sup>1</sup>, with the sound of the doorbell indicating a takeaway or other delivery likely to bring a smile to many of our faces! The Specsavers Smile Study has revealed that spending time with loved ones makes three quarters of us smile more than anything else. The study also revealed that receiving a smile – or a smize<sup>2</sup> – from someone else is what makes people smile most at the moment<sup>3</sup>. And despite face masks currently concealing the nation's smiles, two thirds of us still smile when wearing one, with over half of respondents admitting that they are now expressing themselves more using their eyes because people can't see their mouths.

Sounds that make us smile include a child's laughter or hearing waves crashing on the shore. Dr Carlos Crivelli, a leading psychologist and expert in the science of smiling at De Montfort University in Leicester, has reviewed the survey findings. 'The science of facial behavior - why we smile and how we use smiles in social interaction - is fascinating. For example, we smile to bond or affiliate, when we would like to reward others, to reciprocate, or to keep the interaction going,' explains Dr Crivelli.

'Specsavers' Smile Study found that respondents perceive people smiling to be more cooperative (73%), friendlier (82%) and more attractive (74%), and our confidence increases when people smile at us (69%). 'When you limit the opportunities to interact with others by imposing lockdowns and physical distancing restrictions, you can see the impact that it has on the usual tools that we use to interact. As part of this social interaction toolkit, smiles play an important role. Despite not being able to use smiles due to face masks, a positive outtake from these findings is that over half (58%) reported that they can rely on the upper part of the face to interact with others.'

When it comes to cheering ourselves up, a cuddle from a loved one or a call with a best friend is the best source of comfort (39%). Encouraging us to keep smiling are father and son presenting duo Martin and Roman Kemp, known for cheering up the nation on their new ITV Sunday Best TV show. Former Spandau Ballet musician and actor, Martin, says: 'Staying in touch and speaking with people who make you smile helps you focus on your happiness and theirs and we all need that right now. A smile is infectious and even though we're all mostly hidden by masks at the moment, you get a rush from smiling that helps boost your spirits. And you can still see a smile in the eyes. They aren't called the windows of the soul for nothing – they can reveal your feelings, your individuality and your personality.'

<sup>1</sup> The survey, of 517 people across Ireland conducted by Empathy Research, was commissioned as part of Specsavers new Something to Smile About multi-channel campaign

<sup>2</sup> The term coined for a smile with the eyes from behind a facemask

<sup>3</sup> Top sight that makes us smile post 23 March 2020 is receiving a smile today 75%



The survey was commissioned as part of Specsavers new Something to Smile About multi-channel campaign, which focuses on real people smiling with their eyes to the soundtrack of Michael Bublé singing When You're Smiling, to celebrate the positivity and joy that a simple smile can bring. For more information visit [www.specsavers.ie/smile-stories](http://www.specsavers.ie/smile-stories)

## Local Updates



### Clare Older People's Volunteer of the Year is named

Cratloe volunteer Mary Slattery has been named the 2020 winner of the Clare Older People's Volunteer of the Year Award. An award ceremony was live streamed from Áras Contae an Chláir in Ennis on Tuesday, 17<sup>th</sup> November 2020, via Clare County Council's YouTube channel. The function was hosted by the Clare Older People's Council and supported by Clare County Council. Nineteen community volunteers from all over Clare were nominated for this year's award. Pat Dowling, Chief Executive, Clare County Council, virtually presented Mary Slattery with an engraved glass trophy as well as a Clare Gift Card.



Mary has been an active member of her community for over 48 years and is currently a member of Cratloe Community Council. She attends their meetings and involves herself with all activities to improve the life of the community. She has been a member of the Irish

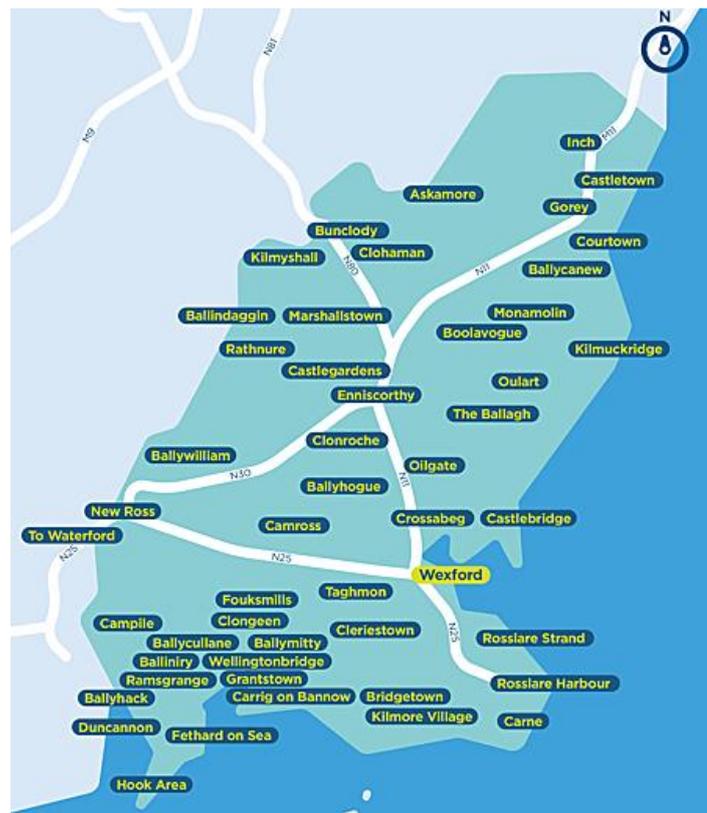
Countrywomen's Association (ICA) since 1967 and has held all offices. Mary has provided catering for events, organised by groups such as the GAA, the Church and the annual Milford Hospice fundraiser. She is a Eucharistic Minister and visits nursing homes. She takes older people to

Ennis for hospital appointments and visits their homes to help organise medication, which she collects from pharmacies if required. During the Covid-19 restrictions she has collected groceries and medication for people. Addressing those attending virtually, the Mayor of Clare, Cllr Mary Howard, spoke of the importance of voluntary work to local communities and of how such work contributes to the resolution of challenges faced by those communities.

The keynote speaker, Dr Harry Barry, spoke via video link about resilience as we age, and about recognising and dealing with stress. He also gave tips on how we can improve our mental wellbeing.

Pat Dowling, Chief Executive, Clare County Council, congratulated the winner and all the nominees, who received a framed certificate in recognition of having been nominated by their communities. Nominees will also receive a framed letter from President Michael D Higgins, which was read out during the ceremony. Mr Dowling also praised the organisers of the event, Clare Older People’s Council, and acknowledged the resilience demonstrated by the older community during the Covid-19 pandemic as well as the leadership role they have played in following Government guidelines.

**Local Link Wexford | Have your Say – Public Transport Survey**



Local Link Wexford are looking for your help to complete this [survey](#) to assist them in developing solutions that meet local transport needs. Information will be used to re-route, re-time or create transport routes in Co Wexford, in particular for rural areas.

## 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!

## International Updates



The International Federation on Ageing held a Town Hall event called 'COVID-19 and Older People: Maximizing the Longevity Dividend'. 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](#)

**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 or clean tissue.
- Avoid** crowded places, fairs, or events with international travel.
- Clean** and disinfect frequently touched objects and surfaces.
- Stop** shared meals or hugging which causes saliva or contact with other people.
- Distance** yourself at least 2 metres (6 feet) away 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](http://hse.ie) or phone HSE Live 1850 24 1850

**Symptoms**

- > Fever (high temperature) > A Cough > Shortness of Breath > Breathing Difficulties

**For daily updates visit**

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

ifa | HSE | Rialtas na hÉireann Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** Telephone: 046 9097413  
Or Email: [rleavy@meathcoco.ie](mailto: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**

<b>Local Authority</b>	<b>Community Response Number</b>
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