

National Updates

**Age Friendly Libraries help Ireland's Older People get online
Minister Butler launches the Age Friendly Libraries Digital Ambassadors Programme**



Age Friendly Ireland were delighted to invite Minister of State, Department of Health with responsibility for Mental Health and Older People, Mary Butler, TD to officially launch the rolling out of the Digital Ambassadors programme in Ireland's libraries on Wednesday the 20th of January via an online event. This programme was developed in partnership between Age Friendly Ireland (AFI) and

Libraries Development at the LGMA. The aim of the programme is to support older people in accessing online library resources, while physical library services are suspended as part of government measures to prevent the spread of Covid-19.

Building on the success of the peer to peer pilot, that saw members of Age Friendly Ireland's Older People's Councils participate in training provided by AFI and Libraries Development so that they could teach other older people to get on line, the ambition for this Programme is for the online training to be rolled out nationally through the 48 Age Friendly Library Champions in libraries around the country. You can read the full press release for the event [HERE](#). As part of the launch Ita Healy, Chairperson of Meath Older People's Council spoke about her personal experience of taking part in the pilot part of this programme. You can watch Ita's speech online [HERE](#).



Cara Pharmacy Group become the First Age Friendly Pharmacy Group

All thirteen of the Cara Group stores throughout the country have completed Age Friendly training, have appointed an Age Friendly Champion, and have implemented three simple changes in store to make the environment, and the customer experience, more appropriate for older customers. Age Friendly Ireland is currently rolling out training for businesses all over Ireland to help them respond to our rapidly ageing demographic in a positive and supportive way. These businesses



recognise that, despite the challenges of Covid19, it is important to focus on encouraging and supporting older customers to continue using the products and services they need and enjoy.

The Cara group stores have received their Age Friendly Charters which will be on display in store, and will be the first stores to be listed on the Age Friendly Business directory at www.agefriendlyireland.ie

Rob Wood, Superintendent Pharmacist for CARA says: “We’re delighted to be the very first accredited Age Friendly Pharmacy Group in Ireland. We know all of our customers have different needs and undertaking the work with Age Friendly had given us the tools to tailor our products, services and care for our older customers and patients.

We’re looking forward to a productive long-term relationship with Age Friendly”. Other business leaders in the banking, finance, insurance, food, hotel and restaurant sectors are currently undergoing Age Friendly Business Recognition training and will be completing the requirements to receive their charters before the end of the year.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

COVID-19 Vaccination Programme

Since 29th December, the HSE has been giving the vaccine to people in the highest priority groups – frontline healthcare workers, and people living in long-term care facilities who are aged 65 or over.

The COVID-19 vaccine will offer you protection from COVID-19. Getting a COVID-19 vaccine should also protect you from the serious complications of COVID-19. The aim in offering the vaccine to the population is to protect people and reduce the illness and deaths caused by this virus. The HSE encourage everyone in Ireland to read about the COVID-19 vaccine and to get their information from a factual, trusted source – www.gov.ie/covid19vaccine is a good place to start, and you can find COVID-19 vaccine information materials at www.hse.ie/covid19vaccinematerials



Poetry Ireland to host a Poemathon with Older People

Poetry Ireland with the Global Brain Health Institute (Trinity College Dublin) and Neuroscience Ireland is inviting older people across the island of Ireland to write a line of poetry for a Poemathon with Older People. The contributions will be combined to form a longer poem that captures the thoughts and imaginings of older people right now in society. John Sheahan, one of Ireland's best-known musicians and member of The Dubliners, has penned the opening line of the poem: "Intrepid intruder, stalker of unwashed hands". He will also be contributing the final line of the poem, which will be curated and edited by poet and editor Seamus Cashman. Entries can be submitted until 5pm on Friday 12th February on the Poetry Ireland website: at this [LINK](#). Further details [HERE](#). One lucky entrant will be drawn at random to receive a book bundle comprising of titles from Poetry Ireland and Trinity College Dublin.



Ageing Voices Resources and Workshops

Sing Ireland and [Creative Aging International](#), supported by [Creative Ireland](#), are delighted to launch our [Ageing Voices](#) resources including guidebooks and video resources which share expertise made from practical experience, showcasing great examples of singing groups for ageing voices, care, and well-being, to encourage singing for health and well-being amongst adults, whether they live in the community or in care. Alongside these resources, a series of [Online Workshops](#) will take place in January and February 2021. Further details are available [HERE](#).



Sing Ireland places importance in the value and positive impact of singing at all stages of life. Strategically, Sing Ireland sets out to develop programmes and initiatives that will make practical contributions to the development of high-quality singing experiences

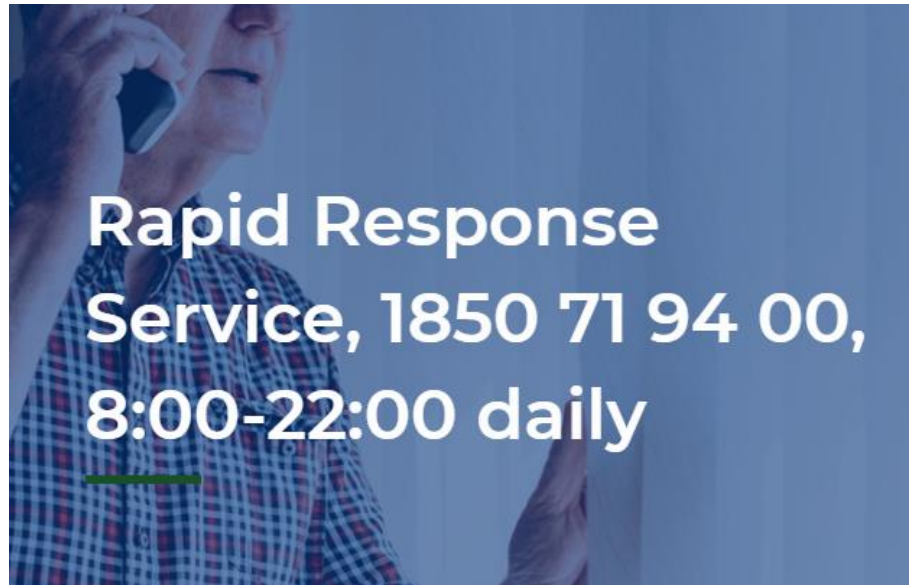
across Irish society. Sing Ireland has worked with national partners on the delivery of projects for the ageing demographic over a long number of years. As well as this, Sing Ireland has many member singing groups who specialise in projects and run choirs for people in older life.

For more information on the Creative Ireland Creativity in Older Age programme, please go to <https://www.creativeireland.go...> For further information or press queries contact: info@singireland.ie or 061234823



Sage Advocacy | Rapid Response Service

Sage Advocacy provide nationwide support and advocacy services to vulnerable adults, older people and healthcare patients and also directly support nursing homes residents and their families through their Nursing Home Residents-Family Forum. Sage Advocacy operates a rapid response service - 365 days a year 08:00 - 22:00- the contact number is [1850 71 94 00](tel:1850719400)







Rialtas na hÉireann
Government of Ireland

Outreach to those travelling from Brazil

You will be aware of the newly reported Brazilian variant of COVID. By way of maximising the communication with people who may have travelled from Brazil in recent weeks, the Irish Government are reaching out to facilitate the following information reaching (and, as far as possible, being acted on by) the intended audience:

- All passengers who have arrived from Brazil in January are requested to come forward for a COVID-19 PCR test. This test can be obtained by going to a GP and seeking a referral. GPs have been alerted and will facilitate this without any charge.
- These travellers are also strongly advised to self-isolate for 14 days from the date of arrival.
- The HSE's contracted isolation facility at the Citywest Hotel complex is available to those who are unable to self-isolate in their own homes for any reason and is an option for people from Brazil in this situation.

 <p>An Phríomh-Oifig Staidrimh Central Statistics Office</p>	<p>Ireland needs 4m migrants to support State pensions</p> <p>According to the Herald.ie, Central Statistics Office statistician James Hegarty has told a meeting of the Government-appointed Pensions Commission that Ireland will need 4m migrants over the next 30 years to maintain the health of the State pension system. The “population of older age groups will increase, and this will have a significant impact on the ratio of working-age people to pensioners”, he said. While there are currently five working-age people to every person over 65, he noted, by current trends, by 2051 this will fall to 2.3 people for each person over 65. Elsewhere, Galway City Council member Cllr Niall McNelis has urged Minister for Justice Helen McEntee to fast-track Irish citizenship for frontline workers, many of them non-EU citizens, who have been “the backbone of the health system throughout the pandemic”. Around 20,000 people are still waiting for responses to their citizenship applications, according to research by Train Us for Ireland, which represents non-European healthcare workers in the State.</p>
 <p>QUEEN'S UNIVERSITY BELFAST</p>	<p>Queens University Belfast Questionnaire Experiences of having excess weight in today's society</p> <p>Researchers from the Centre for Public Health, Queen's University Belfast, are seeking survey responses from adults for their 'experiences of having excess weight in today's society' questionnaire and study. The purpose of the study aims to gain an understanding of the experiences of men and women who have ever had excess weight. It also aims to explore opinions on the acceptability of terms and phrases used to describe weight in different contexts. The survey can be accessed at the following link https://qubpublichealth.fra1.qualtrics.com/jfe/form/SV_2nUDx0DJGg8kFKZ</p>
 <p>AgileAgeingAlliance</p> 	<p>Creating a new gold standard for multigenerational living</p> <p>After global warming, demographic change is arguably the greatest challenge facing those of us who work in the built environment. Imagine, socially integrated neighbourhoods that are accessible and adapt to different stages of life. Clarion, Europe's largest Social Housing Group, is advancing the case for multigenerational living and creating enabling homes and communities for people of all ages and abilities. On January 28th, join the International Organization for Standardization (ISO), David Orr, Chair of Clarion Housing Association and Lord Best, Chair of the All Party Parliamentary Committee on Housing and Care for Older People, together with world renowned designers, developers, academics and practitioners. Read more & register your interest HERE</p>



12 WEEK - FREE ONLINE EXERCISE CLASSES FOR THE OVER 55'S

- STARTING IN JANUARY/FEBRUARY
- ALL FITNESS LEVELS CATERED FOR
- DELIVERED BY PROFESSIONAL SIEL BLEU TRAINERS
- AVAILABLE FOR PEOPLE LIVING IN DUBLIN (NORTH/SOUTH/DUN LAOGHAIRE/RATHDOWN), KILDARE, WICKLOW WEST, GALWAY, ROSCOMMON AND MAYO



PLACES ARE LIMITED, TO FIND OUT MORE OR TO SECURE YOUR PLACE EMAIL - PAUL.KIRWAN@SIELBLEU.IE

Are you living in Dublin North/South/Dun Laoghaire/Rathdown, Kildare, West Wicklow, Galway, Roscommon or Mayo? Siel Bleu are delighted to announce they have received funding to deliver a course of Free, online Zoom classes in those areas. These classes will be more interactive than their usual lives and will give you the opportunity to interact directly with the trainer as the class is happening. Places are limited so register your interest soon. You can email paul.kirwan@sielbleu.ie to register your interest.

If you're not living in those area, do not worry, they still have a full schedule for you this week. Classes are available on [Facebook](#) & [YouTube](#).



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

Join us live on Facebook
Monday 25th
Wednesday 27th
and Friday 29th

at 11am for
Age & Opportunity
Movement Minutes



#AgeandOpportunity



comhairle chontae na mí
meath county council



Local Updates



Co Wicklow PPN's Supercharge Your Selfcare Project

Earlier this year Co Wicklow PPN teamed up with Avril Bailey of the Dublin Human Givens Centre to develop Supercharge Your Self Care, a series of 6 workshops to support the wellbeing of our members during the current pandemic. The sessions were well received and the feedback from participants was so good that they have since worked with Avril and Nadia Ramoutar to further develop the workshops into a set of 6 podcasts

The first podcast (13 mins) explains why Co Wicklow PPN undertook this work, how it links in with our Wellbeing Visions, and the work of the Wicklow County Council Community Response Forum as well as the government's Keep Well programme. The second podcast (7 mins) introduces Avril and introduces the podcast content. The third and fourth podcasts (6-7 mins each) raises awareness of what we need for optimum wellbeing. The last two podcasts (8-9 mins each) tells us about the simple things we can do to mind our mental health and wellbeing. The podcasts are small enough that you can watch them either individually (on a tea break perhaps) or all together. The podcasts are available on their You Tube Channel [HERE](#) or on the Covid Support Page on their website [HERE](#) (under the local tab)



Westmeath County Council | Keep Well Campaign

Westmeath County Council Arts Office and Creative Ireland have commissioned an excellent Keep Well film to highlight the services and events organised throughout Westmeath as part of the Keep Well campaign. Watch it [HERE](#). For more resources and information on minding your wellbeing, visit

<https://www.westmeathcoco.ie/en/ourservices/yourcouncil/keepwell/>





Leitrim County Council | Keep Well Campaign

Leitrim Community Forum has rolled out a range of programmes and initiatives to help everyone in the community to keep well and active in these trying times. Through creativity, arts, sports programmes, reading, heritage, or outdoor amenities, it has something to interest everyone. People in Leitrim have risen to the challenge since March, checking in on older or vulnerable neighbours, doing their shopping and trying to ease loneliness. As the year progressed, Covid and various levels of lockdown impacted in different ways on all ages. Working very closely with our local communities, partner agencies, wonderful volunteers and the Community Call helpline service, the aim is to support anybody who needs help or support.

Keep Well is focussed on five main themes:

- Theme 1 - Keeping active
- Theme 2 - Staying connected
- Theme 3 - Switching off and being creative
- Theme 4 - Eating well
- Theme 5 - Minding your mood

Click [HERE](#) for more information on the range of activities on offer under each theme.



An Garda Síochána
Excellent People Delivering Policing Excellence



Comhairle Chontae Liatroma
Leitrim County Council



“Granny Fenny” from Donegal

The Winter months are known to be tough on people with the longer evenings and the shorter days never mind the COVID 19 pandemic on top of that and on top of that. Because the numbers have been so high in Donegal, people have been in lockdown for longer spells than the rest of the Country. This created many challenges for people but caused a lot of loneliness and boredom. But this was not the case for a lady in her 80’s from Downings in Donegal known to everyone as “Granny Fenny”.



Granny Fenny’s normal day would have entailed helping out at her local day centre where she met her friends and carried out various games and projects every day. With the day centre closed it was a huge void in her life, till she seen a national call from the Neo-natal units looking for people to knit clothes for premature babies that are born. Granny Fenny spent the long winter evenings knitting small sized hats and cardigans of all colours to fit premature babies in Letterkenny Neo-natal unit and has now captured our hearts of everyone especially parents of premature babies for this wonderful initiative she carried out from her own home. What an inspiration to us all and when we come out the other side of this pandemic, Donegal Age Friendly Programme will certainly be asking Granny Fenny to take part in an intergenerational knitting project to share her talent and skills for the younger generations to learn from.

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 | In Conversation With Dr Marian Krawczyk: Doulas for older persons in palliative care settings

The International Federation on Ageing held a Town Hall event earlier today called 'In Conversation With Dr Marian Krawczyk: Doulas for older persons in palliative care settings'. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



Good Practice in Targeted Vaccination Communication

As a mechanism to drive positive change, the IFA is convening a series of 'good practice' discussions with keynote speakers as part of the transactional process of public health influenza vaccination messages to action. IFA invites you to a townhall entitled "Good Practice in Targeted Vaccination Communication" which will be held on 16 February 2021, at 7:00am EST. This townhall features expert remarks by Mr. Philip Weiss and aims to shine light on the significance of targeted communication strategies to ensure vaccination campaign planning and implementation is tailored to the diverse needs of the most at-risk populations.

[REGISTER NOW](#)



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 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, coughing, sneezing, hugging, kissing, hollering, shouting or greeting other people
- Distance** yourself at least 2 metres from any 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](#)

WASH HANDS TO STOP THE SPREAD OF COVID-19
[www.nhs.uk/coronavirus](#)

HSE
Riann na Mídeanna
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: 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	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 326 522
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