

National Updates



# Happy Easter



## Meeting the Easter Bunny

On Easter morn at early dawn  
before the cocks were crowing  
I met a bob-tail bunnykin  
and asked where he was going.  
"Tis in the house and out the house  
a-tispy, tipsy-toeing,  
Tis round the house and 'bout the house  
a-lightly I am going."  
"But what is that of every hue  
you carry in your basket?"  
"Tis eggs of gold and eggs of blue;  
I wonder that you ask it.  
"Tis chocolate eggs and bonbon eggs  
and eggs of red and gray,  
For every child in every house  
on bonny Easter day."  
He perked his ears and winked his eye  
and twitched his little nose;  
He shook his tail -- what tail he had --  
and stood up on his toes.  
"I must be gone before the sun;  
the east is growing gray;  
Tis almost time for bells to chime." --  
So he hippety-hopped away.



~Author Rowena Bennett, 1930~



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Public Health Measures

Ireland remains at level 5 restrictions. You can see the [measures in place here](#).

If you have received the second dose of the vaccine more than 2 weeks ago, you can meet with other fully vaccinated people from 1 other household indoors without wearing masks or staying 2 metres apart. This measure comes into place immediately.

If you have received the second dose, you have to wait 2 weeks until you can meet other fully vaccinated people indoors.

[See the HPSC's guidance](#).

Following the announcement on Tuesday the 30<sup>th</sup> of March the following changes will come into effect on a phased basis from the 12<sup>th</sup> of April.

### From 12<sup>th</sup> April

| Activity                        | Guidance  |
|---------------------------------|---|
| <b>Schools</b>                  | In-school teaching to fully return  |
| <b>Meeting other households</b> | You can meet 1 other household outside but not in your garden or theirs                     |
| <b>Travel</b>                   | You can travel within your county or within 20km of your home if crossing county boundaries |
| <b>Construction</b>             | All residential construction can restart as well as early learning and childcare projects   |

### From 19<sup>th</sup> April

| Activity           | Guidance   |
|--------------------|--|
| <b>GAA</b>         | Training for and playing of National Governing Body sanctioned and organised adult inter-county National Gaelic Games Leagues not including under 20 or minor competitions |
| <b>Elite sport</b> | High performing athletes, as approved by Sport Ireland, can resume   |

**From 26<sup>th</sup> April (subject to prevailing public health situation)**

| <b>Activity</b>            | <b>Guidance</b>   |
|----------------------------|---|
| <b>Outdoor sport</b>       | Outdoor sports facilities can reopen (for example: pitches, golf courses and tennis courts, other facilities as appropriate)          |
| <b>Outdoor attractions</b> | Outdoor visitor attractions can reopen (for example: zoos, open pet farms, heritage sites). Amusement parks are not permitted to open |
| <b>Underage sport</b>      | Underage non-contact outdoor training in pods of 15 or fewer can restart  |
| <b>Funerals</b>            | Maximum attendance at funerals will increase to 25  |

**Under consideration from 4<sup>th</sup> May (subject to prevailing public health situation)**

| <b>Activity</b>  |
|--|
| <b>Full reopening of construction activity</b>   |
| <b>Phased return of non-essential retail commencing with click and collect and outdoor retail, for example: garden centres/nurseries</b> |
| <b>Recommencement of personal services on a staggered basis</b>  |
| <b>Reopening of museums, galleries and libraries</b>   |
| <b>Recommencement of religious services on a staggered basis</b>   |

**COVID-19 Vaccination Programme**

The vaccination programme continues to be rolled out nationwide, and more than 819,676 vaccines have been administered as of the 29<sup>th</sup> March 2021 (Total 1st Dose Vaccines Administered - 590,688, Total 2nd Dose Vaccines Administered - 228,988)

**COVID-19 Vaccine Centres**

Videos with information about how the vaccination centres will operate are [available here](#).



### Where to find ongoing COVID-19 Vaccination Information

We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check [gov.ie/covid19vaccine](https://www.gov.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at [www.hse.ie/covid19vaccinematerials](https://www.hse.ie/covid19vaccinematerials)
- Details on getting the COVID-19 vaccine is updated regularly [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)

### This is the provisional order in which people in Ireland will be vaccinated against COVID-19.

- 1 People aged 65 years and older who are residents of long-term care facilities (likely to include all staff and residents on site)
- 2 Frontline healthcare workers
- 3 People aged 70 and older
- 4 People aged 16-69 with a medical condition that puts them at very high risk of severe disease and death
- 5 People aged 65-69 whose underlying condition puts them at a high risk of severe disease and death
- 6 Other people aged 65-69 and key workers essential to the vaccine programme
- 7 People aged 16-64 who have an underlying condition that puts them at high risk of severe disease and death
- 8 Residents of long-term care facilities aged 16-64
- 9 People aged 64 years and younger, and people aged 16-64 living or working in crowded settings (in parallel)

### Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign. Ireland's COVID-19 Data Hub is [available here](#).

National Housing Strategy  
for Persons with Disabilities  
2022-2027  
#GetInvolved



An Ghníomhaireacht  
Tithíochta  
The Housing Agency

## The National Housing Strategy for Persons with Disabilities 2022-2027: Have Your Say

The National Housing Strategy for People with a Disability (2011-2016 (extended to 2020)) will come to an end this year. A new national strategy is now being developed. The strategy is about facilitating the provision of housing options and related services to disabled people to allow individual choice and support independent living.

Do you have a disability, care for a disabled person or work in supporting independent living for disabled persons? If yes, have your say on the plan.

The Housing Agency want to hear your views on the current strategy and what you would like to see included in the new national strategy. In order to get involved today, fill out this [10-15 minute questionnaire](#). The survey is anonymous and confidential.

A further round of consultation on the drafted aim and objectives will be carried out over the Summer and Autumn months.



Rialtas na hÉireann  
Government of Ireland



Our Rural Future  
Rural Development  
Policy 2021-2025



## Our Rural Future: Government's blueprint to transform rural Ireland

The Government this week published Our Rural Future, the most ambitious and transformational policy for rural development in decades. The policy reflects the unprecedented change in living and working patterns during COVID-19 and the significant opportunities this presents for rural communities – from remote working and revitalising our town centres to job creation, developing a green economy and enhancing our outdoor amenities. The five-year strategy was launched in Croke Park by An Taoiseach Micheál Martin, An Tánaiste Leo Varadkar, Minister for Rural and Community Development, Heather Humphreys, and Minister for Transport and the Environment, Climate and Communications, Eamon Ryan.

Our Rural Future sets out a blueprint for the development of rural Ireland over the next five years. It is supported by 150 commitments across Government, which will address the challenges facing communities and deliver new opportunities for people living in rural areas. The policy will help rural Ireland to recover from the impacts of COVID-19, enable long-term development of rural areas, and create more resilient rural economies and communities for the future. Read the full press release [HERE](#). Our Rural Future, Ireland's Rural Development Policy 2021-2025 is available [HERE](#).



An Roinn Iompair,  
Turasóireachta agus Spóirt  
Department of Transport,  
Tourism and Sport



## NTA Allocates Over €70m In New Funding to Rural Councils for Active Cycling and Walking Infrastructure

The National Transport Authority and Minister for Transport Eamon Ryan this week announced spending totalling €72.8m for 340 sustainable transport projects in 19 local authorities. The funding is in addition to the multi-annual active travel investment programme announced on February 11th which has already designated €240m to Dublin, the GDA and regional cities. This week's announcement is the first ever major active travel investment programme for rural Ireland. The €72.8m announced today for rural counties, is greater than the entire 2019 funding for national walking and cycling programme. The NTA had originally earmarked €50m for this scheme but due to the volume of project proposals being developed by local authorities, it has been increased to over €70m.

The NTA will be tasked with overseeing and supporting the development of the high-quality mobility infrastructure across all projects. The authority will also ensure that projects are accessible, age-friendly and maximise comfort to people of all ages and abilities. The fund will be administered for the Department of Transport by the National Transport Authority. Funding will be initially available to support projects in:

- Leinster: Carlow, Laois, Longford, Louth, Kilkenny, Offaly, Westmeath, Wexford
- Munster: Clare, Kerry, Tipperary
- Connacht: Galway, Leitrim, Mayo, Roscommon, Sligo
- Ulster: Cavan, Donegal, Monaghan

[A full list of projects to be funded under this allocation can be found here.](#)



## Age & Opportunity | The impact of Covid-19 on physical activity in older people's groups.

Covid-19 restrictions have been devastating for older people's groups and fear of getting Covid-19 is the biggest barrier to recommencing group activities, including physical activity, according to a report released by Age & Opportunity this week. The report examines the impact of Covid-19 on physical activity in older people's groups. The report is based on 700 survey responses and four focus groups. [View the full report here.](#)

Key findings in the report include:

- Groups with access to safe outdoor and indoor spaces fared better when restrictions were lifted somewhat.
- Individuals with access to the internet have more opportunities for contact with their group.
- Men's groups have been less successful at keeping in touch and getting together than women's groups.
- Internet, phone, post and broadcast media could hold solutions for groups to keep in touch and to keep active.
- In the aftermath of Covid-19 supports such as access to bigger venues, safe transport, more enabling environments, more and varied physical activity resources for groups and a positive outlook

about ageing will be crucial to bringing groups back to life and back to physical activity.

Karen Horgan, CEO of Age & Opportunity, said:

“Our report on the impact of Covid-19 on physical activity in older people’s groups has shown that fear is a big factor in getting back to physical activity.... It’s not easy to keep active, especially right now but I hope initiatives like FitLine are giving people encouragement and motivation. There are so many people in the same boat. My advice is don’t be afraid to do something for yourself”

FitLine, an Age & Opportunity initiative, is a motivation phone line aimed at people aged 50+. The service is completely free. You will receive a call from a FitLine Volunteer Mentor every two weeks to give you advice and information to get moving. Call 1800 303 545 for details.



### Specsavers launches Healthy Hearing Month - celebrating free hearing aids with PRSI

Specsavers is pledging to test and screen a quarter of a million people over the next two years, as the audiologists encourage people to claim free hearing aids under exciting new PRSI changes. To celebrate the new benefits, which will see thousands of people qualify for free hearing aids at Specsavers from Saturday (27 March), the high street opticians and audiologists is making this April, Healthy Hearing Month.



Speaking about the campaign, Specsavers Audiology chairperson, Orla Walsh, says: ‘With one in six Irish adults affected by hearing loss, we are on a mission to break down the stigma often associated with hearing loss and start having a more honest and open conversation about this important health issue.

Research, commissioned by Specsavers, revealed that almost half of Irish adults (47%) regularly worry about losing their hearing, yet only 25% of people would act quickly (within a week) if they noticed a change in their hearing. While 69% of Irish adults have not had their hearing tested in five years. Fears relating to cost (62%) was the biggest deterrent to wearing hearing aids. However, this no longer needs to be a concern for many thanks to the new changes introduced to the PRSI treatment benefits.

Following changes to the PRSI scheme by the Department of Social Protection, those eligible for the benefit can now avail of a pair of hearing aids up to the value of €1,000 or put their PRSI contribution towards the cost of a more expensive pair of hearing aids at Specsavers. Even with a Medical Card, many will also have PRSI entitlements which would make them eligible for a free pair of hearing aids. With hearing aids available from just €600 at Specsavers, this is the very first-time people can claim free hearing aids under the scheme.

For more information about using your PRSI Treatment benefit entitlement available at Specsavers, speak to your local store or check out [www.specsavers.ie/hearing/hearing-aids/prsi-treatments-benefit](http://www.specsavers.ie/hearing/hearing-aids/prsi-treatments-benefit). You can also make an appointment online.



### **The Decision Support Service (DSS): Introduction and Update**

The DSS is established by the Assisted Decision-Making (Capacity) Act 2015. Although the Act was signed into law at the end of 2015, for the most part it has not yet been commenced. The DSS are working to a plan that will see them open their doors in mid-2022.

Join them online on April 13<sup>th</sup> for a live in-studio event from 11am to 1pm to hear about the Decision Support Service (DSS) and how it will bring about important, long-awaited changes in the lives of adults with decision-making capacity difficulties, and the people who care for them.

The event will cover the guiding principles and the key reforms that the Act will deliver, focusing particularly on its impact on individual adults who have difficulties with decision-making, and the certainty the legislation will bring to families, carers and their loved ones.

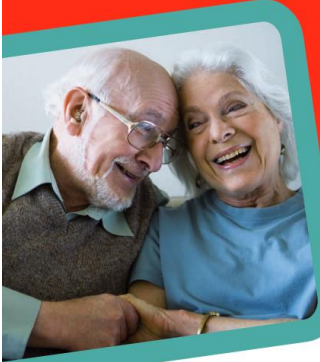
For further event information click [HERE](#). To Register click [HERE](#).

To learn more about the DSS visit our website [www.decisionsupportservice.ie](http://www.decisionsupportservice.ie)

If you have any questions, please get in contact by email [Dss@mhcirl.ie](mailto:Dss@mhcirl.ie)



## Fire safety for older people



**firesafety**  
Be on your guard



Comhairle, Pobal agus Rialtas Árainn  
Environment, Community and Local Government

## Fire safety tips for older people

### What to do:

- Plan for a safe place in case you cannot get out of the house.
- Make sure there is a phone or personal alert in the room to call for help.
- Make sure there is a window so you can either get out or call for help. Stay by the window if you can't get out.
- Close the door and seal the bottom with towels or blankets to stop smoke getting in.
- Call 999 or 112

### Don't:

- Go back into a burning house for any reason.
- Borrow batteries from the smoke alarm.
- Have mirrors over fireplaces with real fires. Your clothes might catch fire if you stand too close to look in the mirror.

### FACTS!

- On average 46 people die each year in fires in Ireland.
- Fires do not always happen to other people.
- The next fire could be in your home!

### Remember:

- Be careful when using portable electric, gas or oil heaters.
- Don't use heaters near furniture, curtains or beds.
- Don't leave heaters on when you go to bed.
- Take care if pets are near the heaters.
- Don't use heaters to dry clothes.

### Prevent fire

#### Don't:

- ✗ Smoke when you are in bed, tired or on medication.
- ✗ Leave the room when there are candles burning.
- ✗ Leave young children alone near an open fire or cooker.
- ✗ Leave matches and lighters where children can get them.
- ✗ Leave the room when a chip or frying pan is on even for a minute.
- ✗ Overload electric sockets – one socket, one plug.
- ✗ Use electric appliances that don't work properly.
- ✗ Run electrical appliances from a light socket.
- ✗ Use a heater or the cooker to dry clothes.
- ✗ Stand too close to fires or heaters.
- ✗ Use petrol or paraffin to light a solid fuel stove.

#### Make sure to:

- ✓ Clean your chimney and service your heating system at least once a year.
- ✓ Use a spark guard with open fires.

- ✓ Keep your gas cylinder outside, on solid ground and away from anything hot.
- ✓ Use a proper holder for candles.
- ✓ Keep a suitable fire extinguisher and fire blanket in the kitchen.
- ✓ Repair or replace faulty electrical appliances immediately.
- ✓ Empty ashtrays before you go to bed. Run the contents under the tap before you empty them.
- ✓ Do a fire safety check before you go to bed.
- ✓ Unplug all electrics (except the fridge) at night.
- ✓ Close all doors at night.

#### **Detect fire**

Smoke alarms give you an early warning of a fire. 82% of fires that kill people are in homes with no working smoke alarm.

- ✓ Fit a smoke alarm in every room (except the bathroom and the garage) to protect your home. Fit a heat alarm in the kitchen.
- ✓ Test your smoke alarms at least once a week.
- ✓ Change the batteries every year.
- ✓ Change the battery right away when you hear the warning beep.

#### **Escape**

Know what to do when you hear a smoke alarm so you and your family can get out safely.

- ✓ Make an escape plan for your home and practise with everyone who lives with you.
- ✓ Plan at least two ways out in case one way is blocked by fire.
- ✓ Have a meeting point in a safe place outside the house.
- ✓ Keep your way-out clear day and night.
- ✓ Keep the keys to doors and windows nearby.
- ✓ Know where the nearest phone is to call the fire service.
- ✓ If you hear the fire alarm, check doors with the back of your hand for heat before you open them. If they are warm, the way might be blocked by fire.

#### **Fire safety check:**




A fire safety check only takes a few minutes, but it could mean the difference between life and death. Make it part of your routine before you go to bed.


#### **Every night**

- ✓ Unplug all electrical appliances (except fridge freezer).
- ✓ Turn off gas appliances.
- ✓ Put out candles and naked flames.
- ✓ Place a spark guard in front of open fires.
- ✓ Empty all ashtrays.
- ✓ Keep your way out completely clear.
- ✓ Close all doors.

|  |  |
|--|--|
|  | <p><b>FACT!</b></p> <p>Some medications can make you feel drowsy. Make sure your home is fire safe before taking your medication. Don't smoke or cook if you are drowsy.</p> |
|--|--|

**Local Updates**

|   |   |
|---|---|
| <br><br><br><br> | <p><b>Dementia Adviser Service in South Wicklow &amp; Wexford</b></p> <p>The Alzheimer Society of Ireland received funding from the HSE &amp; Sláintecare to expand their Dementia Adviser Service. They are working closely with the National Dementia Office to deliver this service nationwide.</p> <p>The Alzheimer Society of Ireland (ASI) has recently appointed Laurence Collins as the Dementia Adviser in South Wicklow &amp; Wexford.</p> <p>Your local Dementia Adviser (DA) will work with people with dementia and their families including:</p> <ul style="list-style-type: none"> <li>• Provision of individualised post diagnostic support, structured and responsive information and signposting</li> <li>• Focus on the individual and their needs to facilitate them to live well with dementia</li> </ul> <p>The DA service seeks to:</p> <ul style="list-style-type: none"> <li>• Reach new people with a diagnosis of dementia (not already receiving a service)</li> <li>• Empower the person living with dementia to access the information they need, promoting self-help, wellbeing, choice and control.</li> <li>• Make connections and build relationships with other health and social care professionals as part of an integrated dementia care service pathway.</li> <li>• Promote understanding and address stigma by working with community organisations and groups.</li> </ul> <p>Due to COVID 19 restrictions they are currently providing a virtual service. If you have any queries or would like to discuss the Dementia Adviser service contact <a href="mailto:laurence.collins@alzheimer.ie">laurence.collins@alzheimer.ie</a> or phone 087 350 0312</p> |
|---|---|

|   |  |
|---|--|
|  <p>Feidhmeannacht na Seirbhíse Sláinte<br/>Health Service Executive</p> | <p><b>HSE Covid-19 Walk in Testing Clinic to open in Navan</b></p> <p>A Covid-19 walk-in testing centre for people with no symptoms will open in Navan, at Navan O'Mahony's GAA Club, Brews Hill this Thursday April 1st for 5 days until April 5th from 11.00am to 7.00pm each day. The HSE's regional Public Health Department and Community Healthcare Organisation (CHO) working with the National Ambulance Service aim to carry out 300-500 Covid-19 tests per day. The temporary walk-in testing centre will allow people, who don't have symptoms of COVID-19, to get a free COVID-19 test without having to contact their GP first. It is hoped that this initiative will assist in hunting down the virus.</p> |
|---|--|

The criteria for the free walk-in COVID-19 testing service are:

- Aged 16 years and over
- Do not have symptoms of Covid-19 but would like to be tested
- May not have your own GP Live within 5K of the walk-in testing centre.

#### Process for Referral

Each person presenting will be requested to provide ID e.g.

- A valid passport (passport book or passport card)
- A current driving licence (Irish, UK, EU, US)
- A Public Services Card
- A National Age Card (issued by An Garda Síochána)
- An identification form with a photograph signed by a member of An Garda Síochána
- [Free Travel](#) Pass
- A valid student identity card issued by an educational institution
- A bank card

Members of the public will need to bring with them photographic ID and provide a mobile phone number in order to provide test results. The normal social distancing measures will apply, and people have the option to return at another day or time if the waiting times are too long. The public are being advised that they should not attend the walk-in clinic if they are showing symptoms (high temperature, a new cough, shortness of breath or a loss or change to sense of smell or taste) of COVID-19. The HSE are continuing to advise people with these symptoms to self-isolate and phone their GP straight away, who will advise if they need a free COVID-19 test.



#### Chair of Limerick Older People's Council | Mary Cronin | 10K run for the Irish Hospice Foundation

Mary Cronin is a 76-year-old avid runner. Originally from Woodford, Co. Galway, she has lived most of her adult life working and volunteering in Limerick. From a young age, Mary knew she had a passion for running, but there was little scope for women to compete in athletics in the early 1960s. A local Limerick athletics club opened membership to women, Mary joined the newly established club and has been actively involved in athletics since that time, both as a competitor and a volunteer. One of Mary's proudest moments was when, at 70 years of age, she represented Ireland at the 2016 European Road Masters Championships in the Algarve. Mary also held a seat on the Board of Athletics Ireland for a number of years and currently sits on the Board of Limerick Sports Partnership. Over the years, Mary has volunteered in many groups and organisations and in recent years she became involved with Age friendly Limerick. Mary currently holds the position of Chair of Limerick Older Peoples Council and has just completed a two-year term as the National Chair of Older Peoples Councils of Ireland.

When COVID 19 raised its ugly head last year, Mary wanted to contribute, and with support from Age Friendly Limerick, she set up a friendly call service. "Reaching Out, Staying Connected" is run by Mary and she makes regular phone calls to check in on other older people, to have a chat and see how they are doing. Mary makes more than fifty calls per week. Dealing with bereavement during COVID restrictions is something that we have all had to come to terms with over the past year, and Mary was concerned that particularly older people were not able to attend funerals, pay their respects to friends, neighbours and loved ones, and that they were not able to grieve in the normal way. Mary became aware of the Hospice Foundation's new bereavement support line and she wanted to do something to help. She came up with the idea of a fundraising campaign for the Hospice Foundation as their fundraising activities had been seriously curtailed due to COVID restrictions. Mary says "I was at home like lots of other people and wanting to do something to contribute. I decided I could do what I do best as my contribution, and that's running. I would ask everyone who knows me from the world of athletics, the Age Friendly family across the country, and even those further afield, to please take a few minutes to donate whatever you can to this wonderful organisation."

During the last weekend in April, Mary will run 10km to raise much needed funds for the Hospice Foundation and the fantastic work they do. She is already training for this event, running more than 50km in the last week alone. We are asking everyone to reach into your hearts and pockets to support this amazing lady as she does what she loves.

There is a fundraising page already set up <https://www.justgiving.com/campaign/marys10k> and we encourage you to log on and donate to this very worthwhile cause. You can also donate via text donate - simply Text IHF to 50300 to donate €4. (Text costs €4. Irish Hospice Foundation will receive a minimum of €3.60. Service Provider: LIKECHARITY. Helpline: 076 6805278)



### **Award-winning nutritious food delivered direct to your door**

Meals4Health prepares fresh tasty, affordable food and delivers direct to your home. All our meals have been developed by our professional chefs and dietitian to meet your nutritional needs. Meals can be created for your medically related dietary requirements or texture modified diet - suitable for use with IDDSI framework. Meals4Health provides nutritional support for, people living with chronic illness or recovering from illness, surgery or to carers who simply find it difficult to shop and cook for loved ones.

The team at Meals4health understand when you have chronic kidney disease, eating well is an important part of keeping yourself well. Many diet restrictions can make it challenging to maintain a well-balanced diet making it difficult to know what to eat to maintain a healthy weight. If you

have diabetes controlling your blood sugar (glucose) levels and maintaining a healthy weight or losing weight if overweight will help slow the development of kidney disease.

Our team of professional chefs have developed a range of Kidney friendly recipes using a wide variety of fresh produce naturally nutritious, reformulating recipes and cooking methods to make them healthier, by reducing the amount of fat, salt, and sugar, without compromising on taste. We take care in preparing ingredient components, e.g. pre-soaking, and followed by doubling boiling potatoes.

Our customer care team support our customers to customise meal plans to suit you to follow dietary advice for your kidney health as advised by your Kidney (Renal) dietician guiding you on the best food choices or to make substitutions (i.e. rice instead of potatoes) sauces and gravies on the side so you can control what you eat. Ideal for supporting you to eat well on your dialysis days, keeping mealtime interesting, convenient and enjoyable!



Home delivered,  
fresh nutritious  
meals supporting  
independent  
living.

Phone: 091 354 000 / 085 871 9384

[www.meals4health.ie](http://www.meals4health.ie) | [info@meals4health.ie](mailto:info@meals4health.ie)

Meals4Health was recently awarded 'Social Enterprise of the year' at the Charity Impact Awards which recognised entrepreneurial spirit and the invaluable contribution provided to its customers. Meals4Health offers a safe and convenient solution to help individuals maintain a healthy nutritional status.

Meals can be ordered by phone at 091 354 000 or online ([www.meals4health.ie](http://www.meals4health.ie)) where customers, a family member or carer can browse, add special dietary requirements and pay for delivery of meals up to twice each week. Main courses cost €6.50, Soups and desserts cost €2 each.

There is a minimum order of €24 per delivery (delivery cost may apply depending on location).

For more information call our customer care team on 091-354000 or email [info@meals4health.ie](mailto:info@meals4health.ie)

## 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



International Federation on Ageing

### IFA Global Cafe | In Conversation with Dr Tara A. Cortes "The critical roles of geriatric nursing, and how professionals need to focus on education of health to improve the future care of older people"



The International Federation on Ageing held a Global Cafe event earlier today called 'In Conversation with Dr Tara A. Cortes "The critical roles of geriatric nursing, and how professionals need to focus on education of health to improve the future care of older people"'. 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](http://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 or clean tissue

**Avoid**

crowded, busy, noisy or moist with unventilated spaces

**Clean**

and disinfect frequently touched objects and surfaces

**Stop**

shaking hands or hugging which causes viral particles to spread

**Distance**

avoid or limit frequent contact with 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](http://www.gov.ie/health/covid-19)  
[www.hse.ie](http://www.hse.ie)

IFA and its activities are funded by the Department of Health

## 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 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                     |