

National Updates



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](#).

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide, and more than 961,887 vaccines have been administered as of the 6th April 2021. Yesterday, HSE CEO, Paul Reid tweeted “Today we'll administer our One Millionth [#COVID19](#) vaccine here in Ireland. We expect almost 19% of the eligible population to have received their dose 1 and almost 8% dose 2. This week we administered 98% of vaccines received within the same week. Future is brighter [@HSELive](#)”. Vaccination of people aged over 70 continues, with all who are aged over 70 due to have received their first dose by mid-April.

Group 4 vaccinations, for people aged 16-69 with certain health conditions that put them at very high risk is underway. Our hospital and healthcare teams continue to work to identify, contact and vaccinate people in Group 4. For now, people in this groups don't need to take any action.

Update on vaccinations for Group 4 (very high risk) and Group 7 (high risk) Starting in April, GPs will be vaccinating some people in Group 4 who are not regularly in contact with hospitals, and subsequently people in Group 7, those at high risk from COVID-19. GPs will make contact with patients in due course, for now people don't need to take any action.

Vaccinations for Group 5 (people aged 65-69 at high risk) and Group 6 (people aged 65-69)
Vaccines will be provided to all people aged 65-69 through HSE vaccination centres, starting later in April. People will be invited to register online soon, using public information and news media.

You can read more information about these updates on vaccinations for people in high risk groups on this page dedicated to the vaccine rollout - <https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/rollout/rollout.html>

Update to Vaccination Allocation Groups

The Government has approved an update to the COVID-19 Vaccination Allocation Strategy. This strategy sets out the groups to be prioritised for vaccination to best achieve the vaccination programme's objectives of preventing serious illness, hospitalisation and death. It is based on clinical, scientific and ethical frameworks produced by the National Immunisation Advisory Committee and the Department of Health. For further information please visit

<https://www.gov.ie/en/publication/39038-provisional-vaccine-allocation-groups/>

New multi-lingual video messages on Covid-19 vaccines

The HSE has launched 36 multi-lingual video messages on the Covid19 vaccine in Ireland. The video messages were developed by Translate Ireland with the support of the National Social Inclusion Office and National Immunisation Office.

The videos are now available to view [here](#). Simply select the required language on that page, e.g. Albanian, and you will be able to watch the new video in Albanian and also access other HSE COVID-19 resources in that language. The videos are available in the following languages: Albanian, Amharic, Arabic, Bengali, Bulgarian, Chinese (Mandarin), Croatian, Czech, English, Filipino, French, Georgian, Hindi, Hungarian, Italian, Kurdish Sorani, Latvian, Lingala, Lithuanian, Macedonian, Moldovan, Pashto, Polish, Portuguese, Romanian, Russian, Slovak, Somali, Spanish, Swahili, Tamil, Tigrinya, Ukrainian, Urdu, Yoruba and Zulu

Vaccination bonus

People who have received the second dose of the vaccine more than 2 weeks ago, can now meet indoors with other fully vaccinated people from 1 other household without wearing masks or staying 2 metres apart. This measure comes into place immediately. Please remember that 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.](#)

Where to find 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 [hse.ie/covid19vaccine](https://www.hse.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at www.hse.ie/covid19vaccinematerials
- Details on getting the COVID-19 vaccine is updated regularly [here](#)
- Details on COVID-19 vaccines administered are available [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](#)

COVID-19 Vaccine Centres

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

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](#).



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development

CLÁR
SCHEME
2021



Minister Humphreys launches €5.5 million CLÁR 2021 programme

Minister for Rural and Community Development, Heather Humphreys TD, announced the launch of the 2021 CLÁR programme on Monday the 15th of March. CLÁR provides funding for small scale infrastructural projects in rural areas that have suffered significant levels of population decline. Funding for the CLÁR programme has been increased by 10% this year, in recognition of the importance of the programme to some of our most remote rural areas.

This brings the allocation for the programme to €5.5 million for 2021. The measures being funded under the 2021 CLÁR programme are:

- Measure 1: Support for Schools/Community Safety Measures
- Measure 2: Outdoor Community Recreation Facilities
- Measure 3: Community Wellbeing Measure:
 - a. Community Gardens and Allotments
 - b. Mobility and Cancer Care Transport
- CLÁR Innovation Measure

Read the full details [HERE](#)

Engaging Men Webinar Series: Why Men's Health?

**Engaging Men
Webinar Series**
INVITATION

Why Men's Health?

Date 29th April 2021
Time 12.00 – 13.00

REGISTER HERE

HSE, M's Health Forum, HSE Development Programme

You are invited to the first in a series of webinars focused on **Engaging Men**. The **Why Men's Health?** webinar takes place on the 29th April from 12.00 – 13.00 and registration is [here](#).

HSE Health and Wellbeing, together with the Men's Health Forum in Ireland, the Men's Development Network and the Men's Health Research Centre in IT Carlow will host this series of webinars which will bring you expert insights about the work

and learning from the delivery to date of the HSE National Men's Health Action Plan '[Healthy Ireland Men](#)'.



Bealtaine At Home 2021

Bealtaine Festival has just announced a stellar line-up of events taking place online this May 2021, and they want you to get involved. Bealtaine is an Age & Opportunity initiative and is a celebration of the arts and creativity as we age.

The Bealtaine Festival team want you to sign up to and take part in the incredible events they've organised, from performances, creative workshops, discussions, music and more. There will be

- a discussion chaired by Rory O'Neill with the participants in the LGBTQIA+ Bealtaine documentary film commission, along with activist and academic Ailbhe Smyth.
- Paula Meehan, author of *As If By Magic* and this year's Bealtaine Book Club poet, will be in conversation with Mia Gallagher
- new videos will be released weekly as part of the *As If Trying Not To Own The Earth* series with *Instant Dissidence*, a new dance and food activism piece co-commissioned with Dublin Dance Festival
- there will be traditional music and readings with Niall Williams and Christy McNamara based on Niall's book *This Is Happiness*
- a performance of *On A House Like A Fire* by Michelle Read and Brian Keegan dealing with remembering, personhood and love,
- and a new work by visual artist and vocalist Ceara Conway, *How Are You?*, will explore the power of scent, its effects on mood, memory and wellbeing and the connection of scent to music. This sensory work will be shared with family carers around Ireland over April and May.

Karen Horgan, CEO of Age & Opportunity, said: "This year has been difficult for everyone, and we hope this exciting variety of activities and events will give people a boost as we head into the summer..."

The festival will kick off with Bealtaine's annual Dawn Chorus event. This year the Dawn Chorus will be a taster of a very special collaboration between the Bealtaine Flagship Choir (Ceol le Chéile) and two special guest choirs. This final virtual performance will be premiered for the Dusk Chorus at the end of May. Choirs around Ireland are invited to record their own Dawn or Dusk Chorus.

There will be a weekly discussion series on fundamental topics including the cultures of ageing, the politics of care and intersectional identities. A number of weekly workshops will also take place for singing, writing and visual arts. People are encouraged to sign up and participate in the discussions and workshops with all details available on the Bealtaine Festival website.

Make sure you keep an eye on the Bealtaine website and Facebook page for information, updates and the full list of events: https://bealtaine.ie/events_2021/ and <https://www.facebook.com/Bealtainefestival/>



Universal Design Walkability Audit Report
Kilrush, County Clare | 2020



Pilot of Draft Universal Design Walkability Audit Tool – Kilrush, Co. Clare

A walkability audit was carried out in Kilrush, Co. Clare which piloted the new Universal Design Walkability Audit Tool, developed by the National Transport Authority in conjunction with the Centre for Excellence in Universal Design and Age Friendly Ireland.

This study was a collaborative approach in keeping with the strategic objectives of the Clare Age Friendly Strategy 2018-2022. The study was facilitated by Derek Whyte, Age Friendly Planning consultant and assisted by Karen Fennessy Age Friendly Programme Manager, Ruth O'Reilly & Aisling Glynn from the National Disability Authority who facilitated the groups on the day. Participants of the study included the Clare Older People's Council, Brothers of Charity, the Alzheimer Society of Ireland, Kilrush Family Resource Centre & Kilrush Tidy Towns Committee members.

The walkability audit serves as a practical, low cost method of engaging local people with their town structures. It provides very useful information on where changes can be made to increase a town's accessibility for everyone of all ages & abilities.

The Kilrush Walkability Audit is available to view [HERE](#)



EU Green Paper on Ageing: a key opportunity to make concrete steps towards a more inclusive future for all ages

Living longer is one of the greatest achievements of the past decades. Yet, the new longevity and the generational mix of our European societies require a better coordination of policies on ageing and the mainstreaming of ageing issues across policy making from the local to the European level. [The Green Paper on Ageing](#), recently published by the European Commission in 22 languages, opens a wide debate on the impact of an ageing population for all of us as a society.

Back in July 2019, AGE Platform Europe sent a [letter](#) to the recently elected Commission President, Ursula von der Leyen, calling for "an EU strategy on demographic change and solidarity between generations with a dedicated Commissioner's portfolio to coordinate all EU related actions (...)". Since then, a Vice-President of the European Commission in charge of Demography and Democracy, Dubravka Šuica, has been nominated, notably with [the mission](#) to present a Green Paper on Ageing. This paper is now out and invites all relevant parties to participate in a wide [consultation process](#). Through public consultations you can express your views on aspects of EU laws and policies before the Commission finalises its proposals. The public consultation period runs up to the 21st of April 2021. Age Friendly Ireland is preparing a submission on behalf of the Local Government Sector in Ireland.

Further information available [HERE](#)

ExWell Medical
cordially invites you to the official virtual launch of
**The ExWell – Mater Hospital Exercise for Breast Cancer
Programme**

&
**The ExWell@Home for Cancer Booklet in association with
the Irish Cancer Society**

on
Wed April 14th at 11.00am-12.15pm

11.00am Official launch by : Minister Frank Feighan, Minister
of State with responsibility for Public Health, Well Being and
National Drugs Strategy

Panel Discussion & Q&A : “The importance of exercise in the
management of cancer at all stages in the survivorship
pathway”

Chair - Professor Niall Moyna

- **Dr Noel McCaffrey**, CEO ExWell Medical
- **Dr Cathy Kelly**, Consultant Oncologist, Mater Misericordiae
Hospital
 - **Cancer Survivorship Advocates**
 - o **Seán Boylan**
 - o **Dorothy Dalton**

Please register for the event on eventbrite here:

[https://www.eventbrite.ie/e/joint-launch-of-exwell-initiatives-
supported-by-novartis-tickets-149708176185](https://www.eventbrite.ie/e/joint-launch-of-exwell-initiatives-supported-by-novartis-tickets-149708176185)



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LIVE EXERCISE CLASSES TO STAY ACTIVE

@SIELBLEUIRELAND

	CIRCUIT CLASS	STRENGTH & BALANCE	MOBILITY & STRETCH	CHAIR GYM
MON 12TH	PARKINSONS CLASS WITH JAMES	STRENGTH & BALANCE WITH PAUL	CIRCUIT WITH MAGGS	CHAIR GYM WITH MICHAEL
TUE 13TH		STRENGTH & BALANCE WITH PAUL	CIRCUIT WITH MAGGS	CHAIR GYM WITH MICHELLE
WED 14TH			CIRCUIT WITH MAGGS	CHAIR GYM WITH MATT
THU 15TH		STRENGTH & BALANCE WITH MATT	CHAIR GYM WITH CORMAC	
FRI 16TH		CIRCUIT WITH DEBORAH	CHAIR GYM WITH MICHELLE	
SAT 17TH				MOBILITY & STRETCH WITH MAGGS

11AM

2PM

ON FACEBOOK ON YOUTUBE

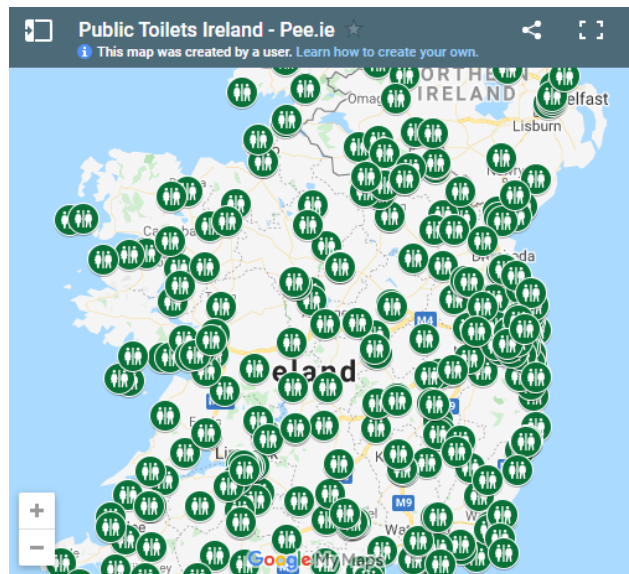
The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.



Public Toilets Ireland

You might be planning a little [day trip](#) around your county for later this month. But one question always arises. “Where will I stop for a wee?” Well worry no more. There’s a new website out dedicated to mapping Ireland’s public toilets.

[Pee.ie](#) is still accepting new locations and has a map of bathrooms in both the Republic and Northern Ireland. The site has had 331 entries in just 4 days so you should be able to find a public toilet to use during your day out. The site says it depends on ‘intrepid toilet users’ to keep the information up to date. The information is outlined in a shared Google map so once you open it up on your phone, you can refer back to it whenever you need it.



Local Updates



Age Friendly Clare | 'Here Comes the Sun' Project

The 'Here Comes the Sun' project has fostered creativity across the generations connecting communities across county Clare. This Age Friendly intergenerational project brings together primary schools, secondary schools, nursing homes, virtual day centres, and families. The Here Comes the Sun Project is a [Keep Well](#) Initiative broken into two parts, [Part 1](#) was released on 19th March 2021 and paints a bleak picture of the realities faced by people during lockdown. [Part 2](#), released on 26th March 2021 celebrates communities across County Clare, filling us with hope and instils pride in our county.



The project has been a resounding success with people from Killaloe to Kilfenora contributing video clips, poetry and short stories and our very own President Michael D. Higgins too is involved. Music plays a central role in this project which features musical performances from the Farrell family in New Quay and Craig Pete from Shannon. The Here Comes the Sun Committee worked in conjunction with the Clare Education Centre, Clare Sports Partnership, Clare Age Friendly Programme and Clare County Council.



Ranelagh Community Response | Easter Hampers & Thanks to Everyone

Ranelagh Community Response had a very special Easter treat for their Meals on Wheels Recipients. They would like to thank all of their sponsors and volunteers, local Garda and the HSE for making this possible. It is really great to see the communities coming together and making a difference during these challenging times. Food is so important in keeping well. Over 100 hampers and meals were delivered over the Easter weekend. Well done everyone!



Gluais perform 'Hero' as tribute to frontline workers at Navan Hospital

It's just over a year ago since Leaving Cert members of Gluais recorded Mariah Carey's 'Hero' from the social distance of their homes. The now well-known zoom video ended up going viral in Ireland and was even featured on RTÉ News. Never did anyone think we'd be still in lockdown 1 year later. So, as a tribute to the continuous bravery, dedication and commitment of frontline health care workers, music teacher Mr Kerr invited all five past members of Gluais back to perform 'Hero' once more, this time LIVE - to mark the "one year on". The group paid tribute to Management and Staff of Our Lady's Hospital, Navan for all their encouragement and help. Check out the video of the live performance [HERE](#).



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 Global Cafe | In Conversation with Ms Margaret Gillis "The Lessons and Actions From the 11th Session of the UN Open-ended Working Group on Ageing"



The International Federation on Ageing held a Global Cafe event earlier today called 'In Conversation with Ms Margaret Gillis "The Lessons and Actions From the 11th Session of the UN Open-ended Working Group on Ageing"'. 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 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 seal tissue

Avoid
crowded areas, queues or meetings with international travel

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
www.hse.ie

International Federation on Ageing

HSE

Riann na hÉireann
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: rleavy@meathcoco.ie

HSE Advice Line: Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday

The following is the list of each **Local Authority's Helpline phone numbers**

Local Authority	Community Response Number
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1800 203 600
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 222 8555
DLR County Council	1800 804 535
Fingal County Council	1800 459 059
Galway City Council	1800 400 150
Galway County Council	1800 928 894
Kerry County Council	1800 807 009
Kildare County Council	1800 300 174
Kilkenny County Council	1800 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