

National Updates

Invitation to a Blended Launch live from the Custom House, Dublin
Suite of Age Friendly Resources & agefriendlyhomes.ie website

by **Minister of State, Peter Burke, TD and
 Minister of State, Mary Butler, TD**

on Tuesday, 22nd June @ 11am

Housing Options for Our Ageing Population Policy Statement

Registration and link to live event will follow



Rialtas na hÉireann
Government of Ireland



An Ghníomhaireacht
Tithíochta
The Housing Agency



comhairle chontae na mí
meath county council

Age Friendly Ireland are delighted to invite you to virtually attend a blended launch event live from Custom House, Dublin on Tuesday the 22nd of June @ 11am. Further details and the link to access the online event will be issued in next week's newsletter.



Rialtas na hÉireann
Government of Ireland

Public Health Measures

You can [find information here](#) about the public health measures in place.

HSE Cyber Security Incident Update

As you'll be aware, our health service has been targeted by a criminal cyber-attack. Progress is being made in hospitals and health service sites on restoring IT systems. However, many health services are continuing to operate essential and urgent services without full access to critical IT systems.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



What does this mean?

While our focus is to restore priority systems, most health services are still dealing with substantial challenges and limited functionality. While essential services are continuing, our systems are not functioning as usual and patients may experience delays and in some cases cancellations. People can check updates on services that are affected on the [HSE website service updates page](#).

What should people do?

We would like to remind the public to consider all care options including Injury Units, GP Out of Hours and your local pharmacy in advance of attending Emergency Departments. People receiving any suspicious calls, texts or other contacts seeking personal or banking details are advised to report these contacts to their local Garda station. We are working with the Gardai, digital publishers, search engines, social media networks and our legal team to control the risk of any stolen information being shared online.

For further information

We thank patients, their families, and the public, for your support and understanding. We thank all staff for, once again, responding with determination to provide the safest care possible. Visit [HSE website service updates page](#) for regularly updated information about service changes and follow our updates in the news and on HSE social media channels.

COVID-19 Activity

Reports from some parts of the country regarding a rise in COVID-19 cases are concerning and we urge people to continue taking sensible precautions and abiding by social distancing guidelines. We would like to remind people that the COVID-19 Test and Trace systems remains operational without the GP referral system for testing. People with symptoms may attend test centres without an appointment. Close contacts, including school close contacts are now once again receiving a text message with details of where and when they need to get their COVID-19 test. All static testing centres are currently operating as walk-in test centres. Full details of [how to get tested](#) are available here

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. More than 2.9 million vaccines have been administered in Ireland. We are grateful to all of our colleagues and partners, and to the public, for taking part and making this happen. For updates and information on each of the vaccine allocation groups, and when and where they'll be invited for their vaccine, please visit www.hse.ie/rollout

Registration for people aged 40 to 69

We're inviting people aged 40 to 69 to register now.

[Register online to get a COVID-19 vaccine.](#)

[Read the user guide for help with registering online.](#)

If you cannot register online, you can [call the COVID-19 helpline](#) at 1850 24 1850 to register by phone.

Groups currently being vaccinated

The groups currently being vaccinated against COVID-19 are:

- people aged 65 years and older who live in long-term care facilities (Group 1)
- frontline healthcare workers (Group 2)
- people aged 70 and older living in the community (Group 3)
- people aged 16 to 69 who are at very high risk (Group 4)
- people aged 65 to 69, including those at high risk (Groups 5 and 6)
- people aged 16 to 64 who are at high risk (Group 7)

We are also vaccinating:

- pregnant women over 14 weeks – you can find more information here
- socially vulnerable adults
- people aged 40-69 who have registered for their vaccine.

Younger age groups will be invited to register when it's their turn.

After you have been fully vaccinated against COVID-19, you are vaccine protected

When your vaccine has had time to work, you can do some things that were not recommended before you were vaccinated. You can [find more information here.](#)

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.](#)

2nd dose of AstraZeneca vaccine

For anyone awaiting their 2nd dose of the AstraZeneca Vaccine you will find updated information about the second dose online @ <https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/astrazeneca/second-dose/>

Apply for a medical card by post

The cyber-attack on HSE IT systems is causing significant disruption to medical card services and our processes are significantly slower as a result. It is not possible to register medical card applications online at the moment. We are asking people to send in postal applications, and you can [find information here on how to apply for a medical card by post](#). People with queries about their application can call us on (LoCall) 1890 252 919 (9am – 5pm Monday to Friday).

Men's Health: 'The How of Men's Health' webinar

'The How of Men's Health' will take place on the 16th June during Men's Health Week. Please [register here](#) for the webinar.

The webinar will include Mayo GAA legend David Brady, who will discuss what he learned about connecting with men during COVID-19. We also have a range of very experienced speakers who will share their learning on engaging men and supporting their health and wellbeing.

SunSmart - promoting skin cancer protective behaviours

Skin cancer is the most common form of cancer in Ireland. Over 13,000 cases of skin cancer are diagnosed annually. Most skin cancers can be prevented by protecting your skin from the sun, even on cloudy days, and not using sunbeds. Take action to protect your skin when spending time outside, exercising locally or enjoying a run-around in the park. Our SunSmart campaign from the HSE National Cancer Control Programme and Healthy Ireland aims to support people to follow these protective behaviours (the 5 S's).

- Slip on clothing that covers your skin such as long sleeves, collared t-shirts.
- Slop on sunscreen on exposed areas, using factor 30+ for adults and 50+ for children.
- Slap on a wide-brimmed hat.
- Seek shade - especially if outdoors between 11am and 3pm. Always use a sunshade on a child's
- buggy.
- Slide on sunglasses to protect your eyes.

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](#).



Mental Health Commission | COVID-19 in residential mental health services - examining the impact and response

Over the past year, the Mental Health Commission has gathered significant data as part of its work to supervise and support 184 mental health services to manage and mitigate COVID-19. Combined, these in-patient facilities care for 3,900 service users.

Yesterday, they published a detailed report that examines the impact of and response to the pandemic across services and shares findings to help ensure residents and staff are protected from future infection risks.

Click [HERE](#) for the full report.



Vision Health in Later Life Project ECHO at the IFA | Call for Interest

The International Federation on Ageing (IFA) is pleased to announce the first ever Vision Health in Later Life Project ECHO at the IFA. This multi-session learning cycle is a forum to raise awareness and exchange knowledge and perspectives on vision health issues among clinicians, policymakers, advocates, educators, and patients, through the lens of prevention, access, and equity. The end goal is to improve patient education, streamline guidelines and protocols, and enhance coordinated care.

The forum is a safe environment to share experiences and expertise and be part of an online learning community of thought leaders and patient and ageing organisations, through guided practice, peer learning, and collaborative problem solving. The IFA's Vision Health Portfolio seeks to build the capacity and capability of patient and ageing organizations as champions of the vision health of older people throughout the life course and especially in later life.

The ECHO Model as a vehicle to drive evidence to policy

The ECHO Model™, with more than 860 ECHO networks in 44 countries and training more than 148,000 learners in more than 30,000 organizations, has been successfully used across many fields including education and social justice. Using proven learning techniques and interactive video technology, sessions using the ECHO Model™ are designed around case-based learning and mentorship, helping to gain expertise in particular fields.

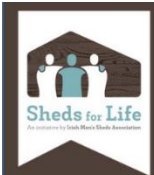
Building online learning communities through guided practice, peer learning and collaborative problem solving is at the heart of creating change at a community level as well as influencing policy on ageing. The hub-and-spoke model connects organizations (the "spokes") with a group

of experts (the “hub”) and involves a didactic component from subject matter experts followed by case presentations from learners to facilitate practical learning.

The IFA is seeking feedback from interested learners on topics to be included in this multi-session cycle (held in English) every month for a 5-month period.

The IFA would like to know what your needs are to learn about vision health for older persons. Please take this [one-question survey](#) to help inform session topics.

To express interest in the program or for more information, register [here](#) or please contact Dr. Supriya Venigalla, Senior Project Officer, at svenigalla@ifa.ngo.



Sheds for Life Impact Report Webinar



Date: 14 June 2021
Time: 11.00 - 11.45

#MensSheds
#ShedsforLife



Sláintecare.



Rialtas na hÉireann
Government of Ireland



Serbhís Sláinte
Níós Feara
& Forbairt
Building a
Better Health
Service

[REGISTER HERE](#)

This webinar will present the development and progress of the "Sheds for Life" programme and the impact of Implementation Phase one on the health and wellbeing outcomes of Men's Sheds participants. 'Sheds for Life' was developed by the Irish Men's Sheds Association with the support of Sláintecare, the HSE, Waterford Institute of Technology, the Institute of Technology Carlow, the Irish Research Council, Sheddors and a number of allied health organisations. Sheds for Life responds to the need for gender specific strategies that engage men with health. The ethos of Sheds for Life is a programme for Sheddors by Sheddors and will continue to be shaped in response to the needs highlighted by Sheds for Life participants.

For more information visit: www.menssheds.ie/sheds-for-life/



comhairle chontae na mí
meath county council



Shelbourne teams up with The Alzheimer Society of Ireland for powerful Football Memories events, Packie Bonner lined up as first guest

SHELBOURNE AND THE ALZHEIMER SOCIETY OF IRELAND
PRESENT
FOOTBALL MEMORIES
WITH PACKIE BONNER
JUNE 24 - 16:00

OPEN TO THOSE LIVING WITH
DEMENTIA, FRIENDS AND
FAMILY

RELIVE FOOTBALLING
MEMORIES WITH LEGENDS

THE SHELBOURNE REDS TOGETHER PROGRAMME

#REDSTOGETHER

#DEMENTIASUPPORTS

WWW.SHELBOURNEFC.IE
WWW.ALZHEIMER.IE

REGISTER FOR THE ONLINE EVENT AT SHELBOURNEFOOTBALLMEMORIES@ALZHEIMER.IE

Shelbourne Football Club and The Alzheimer Society of Ireland (The ASI) are delighted to announce an exciting new partnership and programme of events called Football Memories. Through our Football Memories programme we aim to increase awareness of dementia, reduce the stigma surrounding it, and support communities to become more dementia inclusive.

The first Football Memories event will take place with special guest former Republic of Ireland goalkeeper Packie Bonner on **June 24th, 2021 at 16:00**.

These fantastic events will allow people living with dementia to participate in a fun and stimulating experience, using football as a unifying topic of engagement. Reminiscence will play a key part in these events with images, stories and personal experiences being shared. We aim to create a welcoming environment for those living with dementia to share their own sporting memories with us, and each other.

Shelbourne FC will host each of the events and the programme will include recalling of great stories from former players and fans, engaging quizzes, and the viewing of old footage and clips from famous footballing moments.

Though we wish to enjoy these special events in future at Tolka Park, we will be beginning the series virtually and we would be delighted to begin registration for the events via shelbournefootballmemories@alzheimer.ie now.

See full press release online [HERE](#)



Join us live on Facebook
Monday 14th
Wednesday 16th
Friday 18th
at 11am for



Age & Opportunity
Movement Minutes

#AgeandOpportunity

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

Happy Carers Week from Age Friendly Ireland



National Freephone Careline

1800 24 07 24

Carers Week 2021
Monday 7 – Sunday 13 June

Connect with us





Age Friendly Wexford | Beach Wheelchairs

It's that time of year again when we can start to look forward to the



warm, long days of summer and this year, and coming out of lock down, its all the more important to look forward and plan that holiday staycation or simply a day trip out with family and friends. Wexford has some of the most scenic coastline in the South East, with seven of their Blue Flag beaches providing beach wheelchairs so that all the family or friends can enjoy a day out at the beach together. Beach wheelchairs provide access for all visitors, specifically for people with a disability, mobility aid users or older family or friends, onto their sandy beaches and down to the water's edge so when planning that trip make sure to plan and pre-book a beach wheelchair.

Booking of the Beach wheelchairs resumed on 1st June 2021 for all beaches listed and Duncannon resumed on the 4th June. Beach wheelchairs are free of charge. Details of the locations and contact numbers are available at the following link:

<https://www.wexfordcoco.ie/environment/beaches/beaches-including-beach-wheelchairs>

Pre-book online @

<https://wexfordcoco.simplybook.it/v2/#book/service/4/>

Summer Walking Series



Healthy Wexford

Sometimes the hardest step is the first one.

Join Healthy Wexford as we partner with Sports Active Wexford to provide walking taster sessions this June & July.



Sport Active Wexford walking leaders will be there to guide and support you so whether you are a beginner or a regular walker this Summer Walking Series has something for everyone.

Why Sign up?

- To try something new
- To get out and about again & meet new people
- To increase your physical activity
- To give yourself an hour just for you each week

No Experience Necessary

Sign up for a three week series, with a one hour walk per week, choosing to join either North or South Wexford.

8-9pm weekly

North Wexford

29th June Kilanerin
6th July Courtown Woods
13th July Cahore

South Wexford

1st July Tintern Woods
8th July Rocks, Maudlintown
15th July Forth Mountain

To find out more & sign up get in touch with Sport Active Wexford
Phone 053-9196557 or email sports.active@wexfordcoco.ie

This series is offered as part of our Farmer Action funded under the Healthy Ireland Fund and also supported by:



Riádas na hÉireann
Government of Ireland



The Healthy Ireland Fund supported by the Department of Health and the Department of Children, Equality, Disability, Integration & Youth



South Dublin Age Friendly | Afternoon Tea

As part of the Bealtaine Festival 2021 and due to the current pandemic, the Social Inclusion Unit, South Dublin County Council teamed up with Peachtree East to organise the delivery of afternoon tea to some of the active age members of their Communities.

Nominees consisted of people who have been isolated or who have not been able to get involved in the online programme of events this past year. Afternoon tea was also delivered to those who went above and beyond to help others during the pandemic. More than 45 households received afternoon tea deliveries across the Festival.



Shaped by Limerick, a new city centre exhibition showcasing Limerick's edge and embrace opens

A new outdoor photography exhibition has been unveiled in the heart of Limerick city on the hoardings of the Opera site, showcasing the lives of 10 of Limerick's citizens, entitled Shaped by Limerick.

'Shaped by Limerick' is a project that celebrates individuals who exemplify the quality of the Limerick experience – our Limerick Edge and Embrace. One of those featured in the exhibition, is our very own Mary Cronin, former Chair of Limerick Older People's Council.

The candid series of 10 portraits came to life with the vision of local creatives Sean Curtin and Farouk Alao who collaborated with the Marketing and Communications Dept using a lenticular technique in an engaging and memorable way. By using lenticular printing for the exhibition, the printed images give an illusion of depth and the ability to change or move as the image is viewed from different angles.

The portraits are accompanied by QR codes which will direct people to a dedicated [Shaped by Limerick](#) page on [Limerick.ie](#) where you can read more about the subjects of the exhibition.

The exhibition will remain on display until the end of August and coincides with the re-opening of the city and the fact that people will be out and about enjoying the summer in Limerick.

Further information available at
<https://www.limerick.ie/discover/living/shaped-limerick>

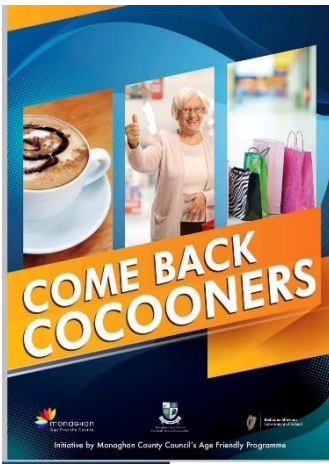
Mayor of the City and County of Limerick Cllr Michael Collins said: "Everyone has a different story, but they are all connected through the spirit or force that is Limerick. Limerick is made up of so many different and separate strands. Here we are celebrating those who've been shaped by Limerick as we look to the future of Limerick with work ongoing behind the exhibition in the Opera site."



Mary Cronin

Mary, from Croom, has always had a passion for running, 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. Over the years, Mary has volunteered with many groups and organisations. In recent years, she became involved with Age Friendly Limerick, having just completed a two-year term as the National Chair of Older Peoples Councils of Ireland.

When Covid-19 hit, Mary wanted to contribute, and with the support of Age Friendly Limerick, she set up a friendly call service, "Reaching Out, Staying Connected". Making more than fifty calls per week, Mary checks in on other older people, to have a chat and see how they are doing.



Monaghan Age Friendly Business | Come back Cocooners initiative

Monaghan County Council's Age Friendly programme is delighted to launch our new Come back Cocooners initiative, aimed at supporting businesses to increase footfall back to their business and encourage older people who have been cocooning to safely return to shopping in their local towns.

This initiative is funded through the [Department of Rural and Community Development](#) Town and Village Renewal Scheme and is aimed at supporting the economic and social recovery of our rural towns and villages. Monaghan Age Friendly Programme have been working with local businesses to identify special offers, promotions and supports for older customers. Promotional booklets are available in shops and business across the county. The promotional booklet includes details of some offers available along with important information from the HSE on returning safely to shops. The promotional booklet also includes timetables of bus services provided by Local link.

PICK UP YOUR FREE BOOKLET in shops and businesses in your local town or it is available online [HERE](#).

Look of out for these promotional posters in your local town!



Your Voice

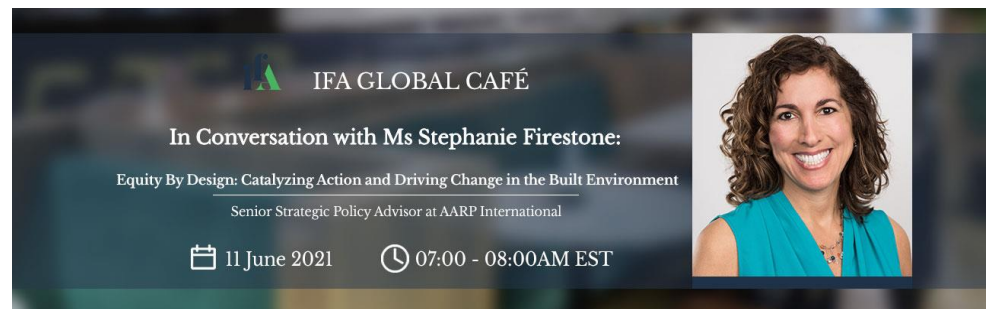


We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at rleavy@meathcoco.ie Information is one thing we can share right now!

International Updates



IFA Global Cafe | In Conversation with Ms Stephanie Firestone on "Equity By Design: Catalyzing Action and Driving Change in the Built Environment"



The International Federation on Ageing held a Global Cafe event earlier today called - In Conversation with Ms Stephanie Firestone on "Equity By Design: Catalyzing Action and Driving Change in the Built Environment". A recording of this event will be available on the Federation's website <https://ifa.ngo/>



Entrepreneurs 50+ | powered by SHINE 2Europe

We want to share with you our initiative LAUNCHED TODAY: Entrepreneurs 50+ - A new initiative by SHINE 2Europe!

Innovation, entrepreneurship and success are not only the territory of the younger ones. At SHINE 2Europe we wanted to learn from those that started their business, new projects or did a life shift on their mature years.

Want to change your life and pursue your dreams? It is never too late to do what we were made for, as our entrepreneurs 50+ so well display!

We will bring new stories several times a year – see the first one featuring Willeke Van Staalduinen in <https://shine2.eu/entrepreneurs50-2/>

Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them



Coronavirus COVID-19 Public Health Advice

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.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, exchanging gifts, hugging, kissing or greeting others in person
- 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 HSE.ie

Riann na Mídeanna
 Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413
 Or Email: leavy@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