

National Updates

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.



Join us live from the Custom House, Dublin
for the virtual launch by
Minister of State, Peter Burke, TD and
Minister of State, Mary Butler, TD
of the
Suite of Age Friendly Resources & agefriendlyhomes.ie website
Tuesday, 22nd June @ 11am

[JOIN THE EVENT HERE](#)



Rialtas na hÉireann
Government of Ireland



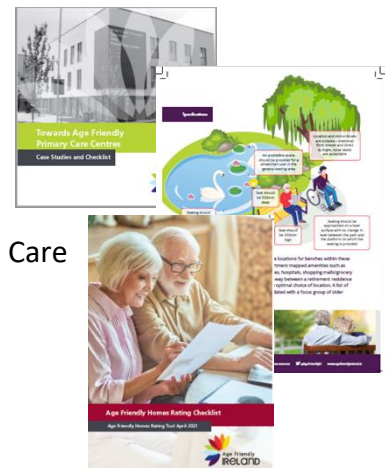
An Ghníomhaireacht
Tithíochta
The Housing Agency



comhairle chontae na mí
meath county council

The Suite of Age Friendly Resources being launched include:

- 10 Ways to An Age Friendly Home
- Age Friendly Rating Tool
- Rightsizing Research Report
- Age Friendly Primary Care Centre Guidelines
- Age Friendly Planning Guidelines & Recommendations
- Age Friendly Pre-Planning Guidelines for Long Term Residential Care
- Age Friendly Rightsizing Guide
- Age Friendly Parking Toolkit
- Age Friendly Seating Toolkit





Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Public Health Measures

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

Cyber Attack Information

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 Vaccination Programme

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

- Almost 3.5 million doses administered
- 1.2 million people fully vaccinated
- 1.2 million who registered have now received at least one dose
- Registration for age 39 from Sunday
- GPs expected to hit 1.5 million dose milestone this weekend
- Community Pharmacies now vaccinating

[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.

Registration for people aged 39 from Sunday the 20th June.

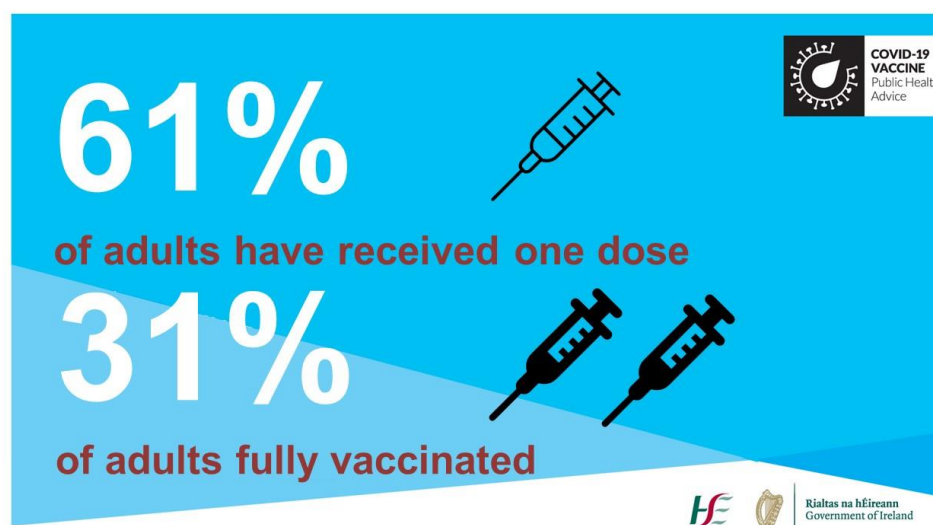
After you have been fully vaccinated against COVID-19, you are vaccine protected

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).

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

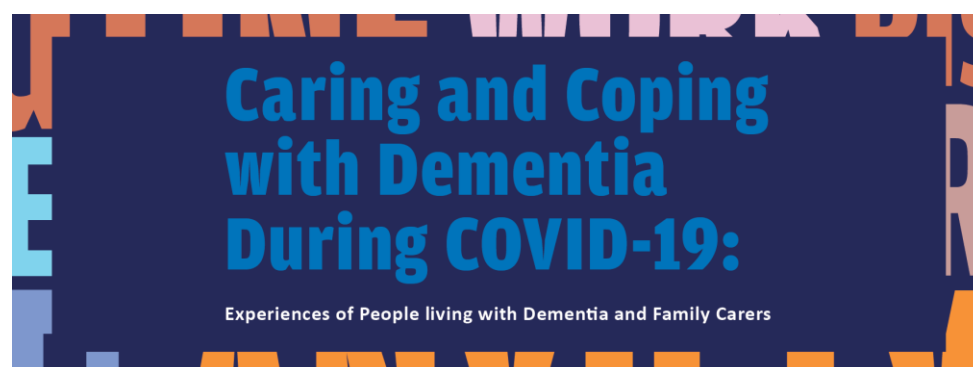
As always, for the most up to date information and advice on Coronavirus, please go to: <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

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](#).



Launch of Alzheimer Society report Caring and Coping with Dementia during COVID-19.

On Monday the 14th June, The Alzheimer Society of Ireland (ASI) launched a new report Caring and Coping with Dementia during Covid-19. The report includes findings on the impact of Covid-19 on the lives of people living with dementia and family carers. The stark findings include personal experiences and new data on the irreversible impact on those living with Dementia and breaking-point strain on family carers.



Key Messages

- The serious challenges faced by family carers of people living with Dementia, and urgent need for respite and support services, have been highlighted in a new report from The Alzheimer Society of Ireland.
- The COVID-19 pandemic has led to an irreversible deterioration in the condition of many people living with dementia – with their world becoming smaller and more frightening.
- A new ASI report Caring and Coping with Dementia during COVID-19 has found family carers to be at breaking point – 54% reported a decline in their mental health and 40% a decline in physical health.

What the report recommends is needed in Dementia care services:

- Provide the necessary capital and revenue resources now for day care re-opening arising from public health guidelines.
- Better assistance for family carers through support groups and therapeutic services including counselling.
- Continued funding of ASI's Day Care at Home service in order for additional support to be provided.
- Provision of additional dementia appropriate home care hours urgently.
- Pilot and develop the Statutory Home Care Scheme without further delay.
- Plan and coordinate dementia services post COVID-19 alongside other major chronic diseases.
- Implement fully The National Dementia Strategy.

Links

- REPORT – <https://alzheimer.ie/creating-change/research/covid19research/> Caring and Coping with Dementia during COVID-19
- VIDEO – <https://youtu.be/RNxT80FZcrA>
- NEWS RELEASE – <https://alzheimer.ie/wp-content/uploads/2021/06/Covid-3-Press-Release-FINAL-11th-June.pdf>



Co-funded by the
Erasmus+ Programme
of the European Union



INVITE: Hands on SHAFE learning materials expo and evaluation workshops

Age Friendly Ireland are delighted to collaborate with “Hands on SHAFE” with TU Dublin Grangegorman. We would like to invite you to attend a number of sessions via zoom to discuss the projects. Schedule for the Hands-On SHAFE expo & evaluation workshops are starting from **Tuesday the 22nd of June to the 24th**. We would welcome your attendance and your input.

Event Organiser: damon.berry@tudublin.ie

SHAFE (Smart Healthy Age-Friendly Environments) is an idea that has brought together 170 partner organisations from across Europe and beyond. SHAFE as a concept is intended to draw the attention of policy makers, organisations and citizens of the need to better align ICT with built environments that are focused on an enhancement of the major concept areas of People and Places. The Hands-on SHAFE project is funded by the ERASMUS+ programme and aims to deliver informal learning experiences and hands-on knowledge to implement SMART and HEALTHY BUILT environments or to develop BUSINESS in this area.



We wish to ensure that a selection of the type of Hands-on SHAFE content that you will see in the workshop is useful to potential SHAFE facilitators. That is the main purpose of this series of workshops. Click [HERE for summaries of five workshops](#) which will showcase the first learning materials outputs for the five Hands on SHAFE topics. Participants at these events can provide feedback and guide the development of the next round of learning materials.



Irish Gerontological Society

Ageing in Place- the Danish experience – Irish Gerontological Society Public Lecture Series

Thursday June 24th, 2021 3.00 – 4.30 p.m.

There is no charge for IGS Public Lectures. You are advised to book early as places may be limited. Over 6,000 people registered for our last public lecture. The lecture recording has been viewed over 10,000 times.

Introduction

When it comes to examining how different countries and cultures address ageing, we need look no further than Denmark. Danes employ an ‘ageing in place’ policy whereby, over 30 years ago, they started to close down nursing homes and to redeploy funds and human resources to enable people stay in their own homes with support for health needs as necessary. Numbers of nursing home residents are therefore less than one tenth of that in Ireland although the population differences are 5.3 versus 4.4 million respectively. For the small numbers of people who are in nursing homes, the care is in the main, although not exclusively, delivered in houses with 4 or 5 “apartments” and a central nursing pod. Couples can be together and if one dies, their partner can remain in the nursing home apartment- it is ‘home’.

Professor Rudi Westendorp from the University of Copenhagen will share with us his experience of the ‘Ageing in Place’ model and he will be joined by a panel of experts to discuss the social, health and economic implications of the Danish model for Ireland. The event will be co-chaired by the IGS President Professor Rose Anne Kenny and Professor Alan Barrett, CEO of the Economic and Social Research Institute

Panellists: Amanda Phelan, Professor in Ageing and Community Nursing at Trinity College Dublin, Eamon O’Shea, Professor of Economics at the National University of Ireland Galway & Brendan Walsh, Social Research Division at the ESRI

The panel will contribute towards addressing issues raised and questions posed by the audience. However, it may not be possible to answer all questions we receive.

[Registration and further information for the IGS lecture](#)



The National Economic and Social Council (NESC) has published a report on this issue, Digital Inclusion in Ireland: Connectivity, Devices & Skills. The report contains five recommendations to help promote digital inclusion in Ireland, which are:

- Develop a national strategy for digital inclusion, with a key focus on co-ordination, and with a strong commitment to fine-grained measurement of progress.
- Create a comprehensive framework for digital skills progression.
- Support digital inclusion at community level.
- Deliver targeted supports for material access to key groups.
- Enhance guidance for digital and assisted-digital public services, and 'complementary' channels.

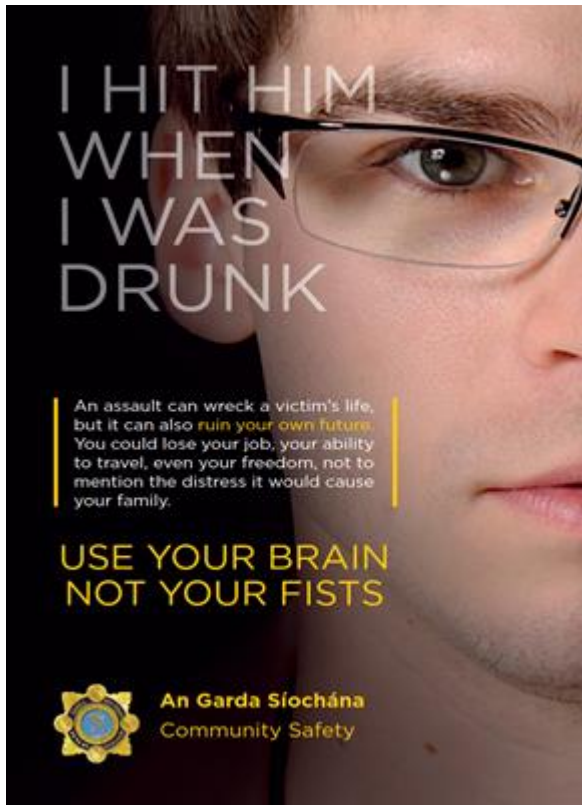
To launch the report, NESC is hosting a webinar that will hear from a range of speakers, outlining the findings of the report, the experience of communities impacted by digital exclusion, and the focus on digital inclusion in policy in Ireland.

The webinar will provide a forum for hearing and discussing new ideas and reform proposals. It will be of interest to policy makers, service deliverers, business, community and voluntary organisations, academics and interested individuals.

Register [HERE](#)
View Programme [HERE](#)

An Garda Síochána | Use Your Brain Not Your Fist Campaign

The Use Your Brain Not Your Fist campaign is a simple premise and one that could save a life.



Background

Assaults are carried out mainly by men aged 18-39 and usually on other men. There is a very low level of repeat victimisation and repeat offender which suggests that assaults are often random, possibly alcohol or drug fuelled. The personal safety advice promoted during the campaign is simple and clear, designed to reduce the fear of crime for our citizens when they are out in public.

The campaign informs them about the consequences from assaulting another person – they could lose their job, their ability to travel, and even go to jail. It also reminds people of the potentially devastating physical and mental impact on assault victims.

In addition to awareness raising, An Garda Síochána implemented a range of activities across a number of areas during each edition of the campaign to further reduce assaults and enhance community safety.

Operations & Crime Prevention: Assault hotspots are identified high visibility policing presence are placed in these areas at key times.

Partnership: An Garda Síochána works in partnerships with licensed premises, the business community and local councils to address issues around anti-social behaviour.

Victim Support: Through our national network of Victim Service Offices victims of assaults are provided with information on available support services and are given regular updates on their case.

Comhairle na N'Óg video launch Use Your Brain Not Your Fist.

(Sgt. Courtney, NCPU with members of the Comhairle Na N'Óg Leitrim at the Video Launch)

Watch the video [HERE](#)



Survey - Agency and Ageing in Place in Rural Ireland

Age Action are working with University College Cork to understand how people want to Age in Place.

If you are over 55, live in a rural location and have 10 minutes to spare, please take the survey [here](#).



Ageing in Place

What do you want?

The purpose of the study is to explore the views of people living in rural Ireland about where they choose to live, including what would enable them to remain in their homes and community as they age and the barriers that they face in doing so. The research aims to inform the work of civic, voluntary, and state organisations to support older people in rural areas.



Join us live on Facebook
Monday 21st
Wednesday 23rd
Friday 25th
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.



Age Friendly Donegal | 'YOURS' INTERGENERATIONAL PROJECT FINAL EVENT & LAUNCH OF 'BACK TO THE FUTURE' BOOK

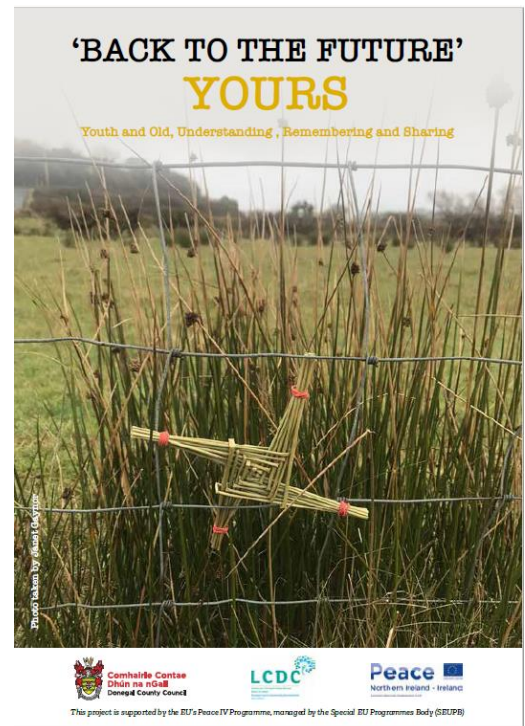
This week Donegal Age Friendly programme attended the finale of the peace 4 "YOURS" ProjectYOUTH & OLD – UNDERSTANDING, REMEMBERING & SHARING and the Launch of the Shared Past Local History Book 'Back to the Future'.

This has been a truly fantastic project in the past 2 years which young people and older people came together for lots of activities, with both generations sharing their stories and developing strong positive relationships which in turn lead to greater levels of understanding and appreciation in our communities. The Project has had a positive impact on everyone involved by improving the well-being of older adults, reducing the stigma associated with aging and discrimination against older adults, while also supporting youth development.

The more generations talk to each other, the better they can understand each other's concerns and perspectives. Intergenerational connections can make a big difference, not only for how long we live, but how well we live. Relationships between older people and the younger generations make us feel connected in several ways. They make us feel linked not only to each other, but also to something bigger, to the past and to the future. Thus, this connection leads to many benefits for all generations. This has certainly been confirmed by the YOURS Project.

The activities carried out across the County were:

- Arts & Cultural Activity – Intergenerational Dancing
- Shared Past Local History – 'Back to the Future' online classes
- Bridging the generation gap – 'Pass it on' – Male active programme in South Inishowen
- Wellbeing and Physical Activity – 'My Sport & YOURS'
- Addressing Stereotypes – 'Walk and Ponder' Ballyshannon & Raphoe
- Personal Skills – Past and Present – 'Carry on Crafting' Finn Valley area



- The 'Back to the Future' book is a credit to all that have shared their part in the Local History activity, and it is great to see this book form a legacy to the Project.

This project was part of the Donegal PEACE 4 Action Plan and is funded under the PEACE 4 Programme which is managed by the Special EU Programmes Body and delivered locally through the Donegal PEACE 4 Partnership. This funding received has helped in supporting peace and reconciliation by contributing to social and economic stability and by promoting cohesion between communities.

Donegal Older persons Council supported many of the events and wish to congratulate Sharleen Tinney, Project Co-ordinator who has made this Project a huge success, despite the effects of Covid in our world.

This project is supported by the EU's Peace IV Programme, managed by the Special EU Programmes Body (SEUPB)

Check out the wonderful YOURS Project video [HERE](#)
You can download a copy of the 'Back to the Future' book [HERE](#)



Dublin North Bereavement Network and the South Dublin Bereavement Network hosts

Living with grief amidst a global pandemic

An information evening for the public about bereavement with guest speaker

Zoe Holohan

Author of 'As the Smoke Clears'

Online Event, 7.30pm, Thursday 24th of June, 2021



Dublin North
Bereavement
Network

South
Dublin
Bereavement
Network



BOOK YOUR FREE TICKET [HERE](#)



DMR North Youth Awards 2021

If you know a young person who deserves an award

Tell us now!

The DMR North Division in association with Dublin City Council present the DMR North Youth Awards. These Awards recognise the positive contribution young people between the ages of 13 and 21 years are making in their communities.

Awards will be considered for nominated young people who by their activities make their communities a better place to live, or who have shown great determination in their own lives.

If you wish to nominate someone or to be nominated for a Youth Award, please request an Application Form from your local Garda Station or by email at DMRNorth.YouthAwards@garda.ie

Closing date for Applications is 25th of June 2021.



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council

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



International Federation on Ageing

IFA Global Cafe | In Conversation with Dr Sara Ulla Díez on "The Importance of Evaluation in the Growth of Age-friendly Communities"



The International Federation on Ageing held a Global Cafe event earlier today called - In Conversation with Dr Sara Ulla Díez on "The Importance of Evaluation in the Growth of Age-friendly Communities". 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 <small>your hands well and often to avoid contamination</small>	Cover <small>your mouth and nose with a tissue or sleeve when coughing or sneezing and dispose of used tissue</small>	Avoid <small>crowded areas, public or group events, or events with international travel</small>	Clean <small>any object frequently touched by hands and surfaces</small>	Stop <small>shared meals or hugging which could reduce your personal space</small>	Distance <small>avoid or limit 2 metres (6 feet) away from other people, especially those who might be unwell</small>

Symptoms
> Fever (high temperature) > A Cough > Shortness of breath > Breathing Difficulties

For daily updates visit
www.gov.ie/health/covid-19
www.hse.ie

IFA International Federation on Ageing
 HSE
 Rialtas 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