

National Updates



A new **Teagasc** telephone helpline to assist farmers with queries in relation to the current #COVID19 challenge has been set up. This helpline is open to all farmers for a range of farming issues they face on a day to day basis. Call **076 1113533** or find out more [here](#)



**Banking and Payments Federation Ireland** have today launched their '**BPFI Guide to Cocooning During Covid-19**' advising those who find themselves at home during these uncertain times, of how they can best bank from home. To access the guide, click [here](#)

**Freephone services** have been launched by Ireland's **five main banks** to help cocooning customers make payments and carry out other banking services. Here are the banks' numbers, which operate during normal banking hours:

AIB: **1800 207 232**  
 Bank of Ireland: **1800 946 146**  
 KBC Bank: **1800 804 472**  
 Permanent TSB: **1800 218 000**  
 Ulster Bank: **1800 656 001**



On Thursday the 26<sup>th</sup> March we saw hundreds of thousands of Irish people join in a national round of applause for workers who are responding to the Covid-19 pandemic. '**Clap For Our Carers**' is now taking place on a weekly basis in the UK, **every Thursday at 8pm** and we are encouraging Ireland to do the same. Let's take a moment, together as a nation, to say thank you to the health care staff who are working tirelessly to keep us all safe.



Many thanks to Christina from **Women's Aid** who sent on an information poster for people who may be in unsafe and abusive homes during COVID-19. See poster [here](#)

 <p><b>Spinal Injuries Ireland</b> Support at every stage</p>	<p><b>Spinal Injuries Ireland</b> is committed to supporting all of their service users and their families during CV19. Their services are being delivered remotely by a dedicated and experienced community outreach team. They are also delivering up to date accurate information and support via phone, text and email. Their weekly emails and online resources include yoga, exercises and mindfulness delivered by service users and experienced practitioners. Their expertly trained peer support volunteers are available to provide one to one phone support for people with a spinal cord injury and their family. If you are feeling worried, isolated or concerned or need advice you can call SII on <b>01 6532180</b> or visit their website <a href="#">here</a></p>
 <p><b>DogsTrust</b></p>	<p><b>Dogs trust</b> are giving people ideas of how to keep your dog happy and healthy within the comfort of your own home if you or anyone else is unable to take them out for a walk or run at the minute! From activities involving their favourite treats, to building doggy dens and treasure hunts, there are ample ways you can keep your dog active, without stepping outside your front door. For more info see <a href="#">here</a></p>
 <p><b>D U B L I N</b> <b>ZOO</b></p>	<p>Did you know you can now take virtual tours of <b>Dublin Zoo</b> on their <a href="#">YouTube channel</a>. They also have <a href="#">live animal cams</a> where you can catch a glimpse of the giraffes, zebras and rhinos on the African Savanna, get a birds-eye view of the penguins or watch the wondrous herd of Asian elephants bathe and chomp on their lunch. For more information see <a href="#">here</a></p>

Local Updates	
 <p><b>LOUTH</b> Age Friendly County</p>	<p>Many thanks to our Age Friendly Programme Manager in Louth for sending us a video, prepared by the <b>Alzheimer's Society of Ireland</b> dementia support worker in Louth, Maeve Montgomery. This video includes guidelines around physical distancing for people with dementia. The video can be viewed <a href="#">here</a></p>
 <p><b>EUREKA</b></p>	<p>Many thanks to Cllr Stephen McKee from <b>Eureka Secondary School</b> in Kells who emailed Meath Community Response Forum to let us know that there is a group of 5th year girls who were involved in the wonderful 'Never Home Alone' TY project last year, who are available to make phone calls to any vulnerable members of the community. The girls live in a wide geographical area from Kells over to Westmeath and up to Cavan and south to Navan. Cllr McKee is happy to act as a liaison to feed information back to the relevant people. You can contact him on <b>086 0432760</b>. What a lovely initiative – well done girls</p>



Many thanks to Patricia Cassidy from Meath CR Forum & Sean Whelan, Service Coordinator for **The Irish Wheelchair Association** in Meath for telling us about IWA's new initiative of compiling and delivering [activity packs](#) to the people they support on a weekly basis. The packs include some brain activities, [home exercises](#), wellbeing supports and HSE updates and guidelines around Covid-19. If there are organisations or people who want to get this pack printed, they can give Patricia or Sean a call and they can organise for it to be delivered - by post or by hand. Patricia **0866027009** | Sean **0858723355**

## 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 [reavy@meathcoco.ie](mailto:reavy@meathcoco.ie) Information is one thing we can share right now!



Many thanks to our Age Friendly Programme Manager in Kerry for sending us the picture below of a beautiful butterfly themed patchwork quilt created by the **Chair of Kerry Older People's Council, Maura Fitzgerald** with a lovely caption 'When cocooning is over this is how we will emerge. Beautiful Butterflies as I imagine them '. Well done Maura, this is fabulous. Where can we place our orders? 😊



## International Updates



The **World Health Organisation** want to spread the word that #OpenWHO has free #COVID19 online training from World Health Organisation experts in 17 languages, with more courses added every week. To sign up click [here](#)

## 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

<b>Wash</b> your hands well and often to avoid contamination	<b>Cover</b> your mouth and nose with a tissue or sleeve when coughing or sneezing and dispose and clean	<b>Avoid</b> touching eyes, nose, ears with unwashed hands	<b>Clean</b> and disinfect frequently touched objects and surfaces	<b>Stop</b> shaking hands and hugging when saying hello or greeting other people	<b>Distance</b> stand at least 2 metres (6 feet) away from 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)

## Useful Contacts

**Age Friendly Ireland Shared Service Office** T: 046 9097413 E: [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