



Our home environment has never been as important as it is now, as has been demonstrated through this pandemic and the need to cocoon at home. **Age Friendly Ireland** have been conducting a survey on older people's perceptions and experiences of rightsizing. This is being carried out in the context of the [Housing Options for Our Ageing Population](#) policy and is supported by the National Network of Older People's Councils. Age Friendly Ireland would love to hear from you! If you are interested in taking part in the survey it is available to complete, both [online](#) or in [hard copy](#), until mid- April. We can also post out hard copies so if you would like one by post you can contact **Dr Emer Coveney** on **085 8745680** and we will send it with a stamped addressed envelope so you can return it. For more info click [here](#)

## National Updates



An Coimisiún  
um Rialáil Fóntas  
Commission for  
Regulation of Utilities

The **Commission for Regulation of Utilities** is providing guidance and information for any customers who are facing challenges in relation to utilities or payment for utilities (gas, electricity, telephone) particularly in the case of pre-pay customers. For more information see [here](#)



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

The **Department of Rural & Community Development** has put together a pack of supports for those who are volunteering and for those who need support including:

- [You, Your Community & COVID19](#)
- [Advice for people offering support](#)
- [Advice for vulnerable people](#)
- [Recruitment of volunteers](#)
- [How can I Volunteer?](#)
- [Sensible volunteering](#)
- [How to protect against fraud](#)

This content is also available online [here](#)

	<p>Chief Executive of the <b>Mental Health Commission</b>, John Farrelly, has written an article for <a href="http://thejournal.ie">thejournal.ie</a> on the mental health aspects of coronavirus, with particular reference to frontline health workers; survivors and the bereaved; and those already suffering from mental illness. It also includes some advice on how we can all play a part in protecting everyone’s mental health during this period. To read the article click <a href="#">here</a></p>
	<p><b>Tesco Ireland</b> today confirmed changes to its home delivery services which will help the company to provide more delivery slots to over 65s and customers most in need during Covid-19 pandemic. The firm said that the changes have already resulted in over 2,000 more deliveries for over 65 customers becoming available in the coming weeks. See more <a href="#">here</a></p>
	<p>Almost <b>200 doctors</b> will join Ireland’s health service in the coming weeks after graduating in a ‘virtual’ ceremony on Monday. The 190 medics from <b>NUI Galway</b> graduated in a ceremony broadcast via Facebook, after the university brought forward their final year exams to ensure they could enter the healthcare workforce as soon as possible. The new doctors are hoping to begin working in hospitals as interns from May.</p>
	<p>Tonight, Thursday 9th April at 8pm sharp <b>Centra Ireland</b> <a href="#">@CentralIRL</a> are teaming up with <a href="#">@entertainmentIE</a> to bring you the ‘<b>Staying In To Win</b>’ Quiz! Join them over on their <a href="#">Facebook</a> page for the live quiz where your TV, movie and music knowledge will be tested with lots of chances to win prizes!</p>
	<p>In response to concerns about funerals The Irish Hospice Foundation has prepared '<a href="#">Planning a funeral when your relative has died from COVID-19</a>' to support people at this very difficult time. For other supports from the Irish Hospice Foundation you can check out their website <a href="#">here</a></p>
	<p>Irish rock band <b>U2</b> has donated <b>€10 million</b> to support health care workers battling coronavirus in Ireland. The money will be used to source and buy personal protective equipment (PPE) for frontline staff. RTE has reported the donation is part of an initiative involving Irish aircraft leasing company Avolon, which is working with public and private companies to raise funds to buy tonnes of PPE equipment from China. More <a href="#">here</a></p>

## Local Updates



Over 400 face masks have been made in a week as more and more people seamlessly get on board the **Masks 4 All Ireland** campaign. The initiative was started by three women in County **Meath**. Read more [here](#)



Well done to our Age Friendly Programme in **Donegal** and Sharleen Tinny in the YOURS (Young and Old Understanding, Remembering and Sharing) project who created over 400 packs with music sheets, colouring pencils, puzzles, quizzes, poems, simple recipes, information on Covid19 and a chocolate Easter treat and posted it out to every member of the Donegal Intergenerational choir 'CEOL LE CHÉILE'. Well done too to all members that took part from the YOURS project and older people from the general public. Such a lovely simple idea, reaching out to a wonderful Age Friendly intergenerational group of people during this time.



**Dublin City** Council has developed exercise guidelines '[Stay Home, Stay Active, Stay Healthy](#)' for older people during the Covid -19 pandemic. The guidelines, which have been developed by Dublin City Sport and Wellbeing Partnership and Dublin City Age Friendly, recommend that older adults should aim to be active for 30 minutes a day doing moderate intensity activity for 5 days a week. The booklet will be distributed to older people in Dublin city through the Staff and Volunteer Network.



In **Wexford** the Wexford County Council's COVID-19 Community Call Helpline staff have a list of 260 older people in the need of support living in the community all around Wexford and they are ringing them every few days just to make sure they're alright and if they need anything it can be arranged for them. Super stuff – keep up the great work guys!



Baile Mhuire Service for Older People in **Tralee, Co. Kerry** is promoting Physical Activity for older people who are at home through a free online daily exercise video clip. The Exercise Facilitator at Baile Mhuire Day Care Centre for Older People will guide you through an exercise for the day from the comfort of your own home. Each two-minute video clip concentrates on one exercise a day and is a great way of ensuring that people keep active in this cocooning period. Why not give it a try and post a message to let them know how it's going.

The video can be accessed through Baile Mhuire [Facebook Page](#)



Comhairle Contae Thiobraid Árann  
Tipperary County Council  
Library Service



ENGINEERS  
IRELAND

**Tipperary's** Library Service is doing its best to play its part during the current COVID-19 pandemic. Their five 3D printers are now being used to manufacture visors for those on the frontline. They've teamed up with **Engineers Ireland**, who are coordinating a national effort to produce this equipment and they've given the libraries a design for the headband part of the visor which can be made with these printers. It has already been tested in Tipperary and production is now up and running with two being completed every hour.

## 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!

## International Updates



World Health  
Organization

The **World Health Organisation** has issued guidance on the use of masks in the context of COVID19. The document provides advice on the use of masks in communities, during home care, and in health care settings in areas that have reported cases of COVID-19. It is intended for individuals in the community, public health and infection prevention and control (IPC) professionals, health care managers, health care workers (HCWs), and community health workers. It will be revised as more data become available and can be viewed [here](#)



**Chime**  
The National Charity for  
Deafness and Hearing Loss

Healthcare workers are increasingly required to use PPE equipment for infection control. Face masks can make communication with patients more difficult, especially for Deaf and Hard of Hearing patients who rely on lipreading to assist communication. **Chime**, the National Charity for Deafness and Hearing Loss, have developed some communication tips for healthcare workers (and others) available [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](#)

### How to Prevent



**Wash**  
your hands well and often to avoid contamination



**Cover**  
your mouth and nose with tissue or elbow when coughing or sneezing and discard and dispose



**Avoid**  
touching eyes, nose, mouth with unwashed hands



**Clean**  
and disinfect frequently touched objects and surfaces



**Stop**  
shaking hands and hugging once leaving public or crowded indoor spaces



**Distance**  
stand at least 2 metres (about 6 feet) away from other people, especially those who are coughing or sneezing

### 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

### 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)

Health Services and Research Group  
HSE.ie/COVID19/2020/04/20



Riann na Mídeanna  
Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** T: 046 9097413 E: [reavy@meathcoco.ie](mailto:reavy@meathcoco.ie)

**HSE Advice Line:** Callsave 1850 24 1850

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