

National Updates



Many thanks to **Eddie Ward**, from the **HSE Resource Office for Suicide Prevention** for sending us on a list of mental health resources they have compiled which have been adjusted in response to COVID19.

The resources include

- National online counselling and supports
- National phone, email and text supports
- Information on national apps to support mental health

You can access the full list [here](#)



Engaging Dementia have launched a new **Virtual Dementia Café** every **Friday at 11am**, which is open to people with dementia, their families, friends, healthcare professionals and anyone with an interest in dementia. Similar to the Alzheimer Café in Donnybrook it involves a theme each week, with time for discussion. The virtual cafe lasts about 45 minutes. This week's guest speaker is Aine Conway and the theme is 'Staying Active in your Home.'

If you are interested in attending just email events@engagingdementia.ie and they will send you the Zoom link. More info [here](#)



Well done to **Dublin Fire Brigade** and **The Rotunda Hospital**, Dublin who have teamed up to provide a **drive-through COVID-19 testing facility** for Firefighter/Paramedics. If one member displays symptoms up to 12 close contacts have to stay at home. This facility will allow them to return to work ASAP. The service will see same-day results provided for firefighters and paramedics who continue to serve the public on the frontlines during the pandemic. See more [here](#)

	<p>Over the past six weeks, Siel Bleu Ireland have delivered exercise programmes online. These programmes are designed to be performed in your own home using simple equipment from around the home. To date they have proven to be extremely popular with over 120,000 views of these sessions online. If you wish to participate in their online exercise programmes, you can do so via Facebook or YouTube. A class schedule will be posted each Friday outlining the programme for the forthcoming week and who the trainer will be.</p>
	<p>Cycle Against Suicide have commenced the 'Buddy Up and Make the Call' campaign to support people struggling during this public health crisis. The aim is to ensure that we all come through it together. Cycle Against Suicide is encouraging people to 'Buddy Up and Make the Call' to 3 three people that they think may need support. Full details are available on their website</p>
	<p>According to research carried out by recruitment platform, IrishJobs.ie, over four in ten employees working from home in Ireland are working longer hours than they would in a standard working day. Some 90% of workers are now based at their homes since the coronavirus restrictions came into place to help prevent the spread of Covid-19. See the full story here</p>
	<p>Google.org, the philanthropic arm of the tech giant, will be offering €1 million in grants to Irish not-for-profits who are grappling with the impact and repercussions of COVID-19. The pandemic is placing unprecedented pressure on vulnerable communities across the country. The grants will be split into equal parts, to help support NGOs to provide vital support to those in need. See the full story here</p>

Local Updates

 	<p>In Meath, in conjunction with Meath Age Friendly Programme, all older people on the Meath Local Sports Partnership (LSP) database have been posted an 'Easy Exercises Booklet' with exercises and illustrations to help them stay active. The exercises are chair based and focus on functional movement and mobility. A Meath LSP Tutor provides 3 weekly online classes through Facebook. Older people can tune in and take part from their own home. Meath LSP has also notified older people in Meath about the weekly classes provided by Age and Opportunity</p>
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 <p>Laois Library Service</p>  <p>volunteering information service seirbhís eolas obair dheonach LAOIS</p>	<p>If you are currently cocooning in Laois you can now request a selection of library books, audio-books and DVDs from Laois County Library Service and drivers from Volunteer Laois will then deliver these library items to your house. Library staff will contact the person who is cocooning and select suitable library material, Volunteer Laois volunteers will then make arrangements with you to deliver these library items to your doorstep. You can contact the Laois Community Response helpline on 1800 832 010 or email: covidsupport@laoisccco.ie</p>
 	<p>In Monaghan, U3A and Border Bounce Gymnastics Club are running free exercise classes via Zoom weekdays at 9.30a.m. Join Zoom Meeting https://zoom.us/j/801958424 General fitness Monday, Wednesday and Friday, Pilates on Wednesday and Tai Chi on Fridays. All classes end with a ten-minute relaxation. All Welcome. Many thanks to Brendan Lillis for sending this into us.</p>

Your Voice	
 <p>LET'S SHARE OUR IDEAS Lorem ipsum dolor sit amet</p>	<p>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!</p>
 	<p>Age Friendly Carlow's Older People's Council in partnership with Carlow County Development Partnership are working on some excellent initiatives for older people during COVID19 one of which is Care Bags. Care Bags are hospital bags filled with essentials for older people who need to get to hospital quickly or in an emergency. The Care Bag initiative was the idea of a small but brilliant community group in Dungarvan called Surprise Surprise and was expanded on by Carlow Older People's Council and Carlow County Development Partnership who provide the funding. Click here to see exactly what this initiative involves. This is a wonderful idea, well done to all involved and many thanks to Joe Butler, Chairperson of Carlow OPC for sending this into us.</p>

International Updates



People in **Istanbul** have been delighted by the sight of rarely encountered visitors to the Turkish city: dolphins. The marine pollution and noise usually keep them well away from the Bosphorus's busiest areas, but people in Turkey have been sharing footage of the friendly mammals approaching them on the shoreline as most of the country remains in lockdown. See more [here](#)



According to the **Journal.ie** some COVID19 restrictions are beginning to lift across Europe. Click [here](#) to see what changes other countries are making.

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 Wash hands well and often to avoid contamination	Cover Cover mouth and nose with a tissue or elbow when coughing or sneezing and discard and wash	Avoid Avoid eye, nose or mouth with unwashed hands	Clean Use disinfectant frequently touched objects and surfaces	Stop Shaking hands or hugging when leaving public or crowded places	Distance Avoid crowded places and avoid close contact with other people. Avoid public transport if possible.

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](#) QR 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](#)
[www.hse.ie](#)

Healthcare workers and the general public should wear face masks in public places

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: reavy@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

Carlow County Council
Cavan County Council
Clare County Council
Cork City Council
Cork County Council
Donegal County Council

Community Response Number

1800 814 300
1800 300 404
1800 203 600
1800 222 226
1800 805 819
1800 928 982

Dublin City Council	01 222 8555
DLR County Council	1800 804 535
Fingal County Council	01 890 5000
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 500 000
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