

National Updates



Testing criteria for Covid-19 broadened

The **testing criteria** issued to GPs for Covid-19 have been broadened so that people will no longer need to be in an at-risk group to be eligible. People only need to have sudden onset of a cough, fever or shortness of breath and no other cause that explains their illness in order to be eligible for testing

When asked about **cocooning** Dr Tony Holohan said the National Public Health Emergency Team's advice was to ease restrictions on cocooners from yesterday. He said they wanted to do something for them although their advice was conservative, and he said it was not their view that cocooning should stay in place until Phase 5 of the roadmap

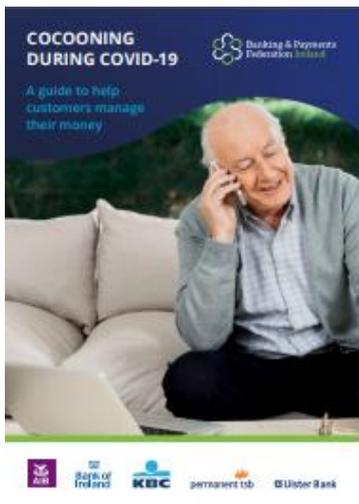
Remember you can download a copy of the **Government's Roadmap for Reopening Society and Business** [here](#)



Alzheimer's Virtual Tea Day tomorrow, 7th May

The ASI wants people to come together virtually to celebrate, remember and show solidarity with people with dementia and their carers. Although people can't gather in groups for Tea Day, people can still connect and reach out to friends and loved ones across their communities, around Ireland and abroad – on the phone, on screen, Skype, Zoom and any other socially-distanced way people may choose. It's easier than ever to participate in Tea Day, just do 4 simple things: Host, Share, Give and Dare. Click [here](#) to find out more

Also, a reminder that the **ASI National Helpline** is expanding with a new free call-back service, which offers people with dementia and family carers from anywhere in Ireland the opportunity to book a **1:1 session with a Dementia Nurse or a Dementia Adviser** during the COVID-19 public health emergency. To avail of this new service you can contact the National Helpline to make an appointment which is open six days a week **Monday to Friday 10am–5pm and Saturday 10am–4pm** on **1800 341 341**. You can also email helpline@alzheimer.ie or use the Live Chat at www.alzheimer.ie



BPFI Guide to Cocooning During Covid-19

A reminder that the **Banking and Payments Federation Ireland** have issued a guide advising those who are cocooning of how they can best bank from home. To access the guide, click [here](#)

Freephone services are in operation in 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**

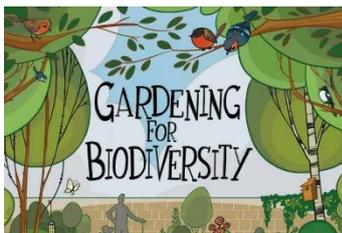
KBC Bank: **1800 804 472**

Permanent TSB: **1800 218 000**

Ulster Bank: **1800 656 001**



An Roinn Cultúir,
Oidhreacht agus Gaeltachta
Department of Culture,
Heritage and the Gaeltacht



New free government guide will show you how to promote wildlife in your garden

A new **booklet** has been launched to encourage people to promote wildlife in gardens at home, with tips for beginners and those who are more ambitious DIY enthusiasts. Funded by the **Department of Culture, Heritage and the Gaeltacht**, the booklet can be posted to you by contacting [your local heritage officer](#) in your Local Authority and it is also available online [here](#). The guide offers plenty of options to help our biodiversity no matter how big or small your garden is, taking a practical approach on ways to support wildlife. See more [here](#)



Over the last few weeks the **Irish Men's Sheds** have been running a virtual talent competition called '**Shed Factor**'. Members sent in videos of themselves singing or performing music. The competition closed on Friday, May the 1st and the results are in! Well done to Derry McCarthy (Carrigaline), Jimmy Cotter (Dundalk) and Tom Conachy (Mayfield) on winning a €100 One4All voucher each for their shed! You can still check out all the videos submissions on the Irish Men's Sheds social media channels, including [Facebook](#) & [Twitter](#).



Hairdressers being offered 'three or four times' normal prices to cut hair while salons are closed

Hairdressers have been offered 'three or four times' the normal price of a salon haircut by clients desperate to have their hair done during the current lockdown, according to industry representatives. President of the Irish Hairdressers Federation, Danielle Kennedy said people aren't prepared to wait until mid-July to have their hair cut or treated and are willing to pay treble the price, they normally pay to have hairdressers come to their homes. See the full story [here](#)

Local Updates



Wellbeing Packs from Kells Age Friendly Library

In Meath, Kells Age Friendly Library sent out their first batch of **library wellbeing packs** to cocooning library members in the Kells area last Thursday. As well as books and magazines the packs also included some Age Friendly Meath merchandise – kindly donated by the Meath Age Friendly Programme. We think this is a really lovely initiative which is happening all over the country. Well done to everyone involved.



Reserved times for cocooners in Dublin parks

Dublin's parks are to have special times reserved for over 70s and other cocooners from today. The measure is being introduced to cover more than 100 green spaces across the four local authority areas. The parks will be reserved between the hours of 1.30pm and 3.30pm for over 70s and those who have been cocooning because of serious underlying medical conditions. Cocooners are being advised to go out for "short walks" but to avoid personal contact and to maintain social distancing. See more [here](#)



Galway Beo- connecting people and heritage in County Galway: A New Digital Heritage Initiative

In Galway the Heritage Office of Galway County Council and the communities of the County of Galway have created an initiative called '[Galway Beo](#)'.

Heritage is everywhere around us; in old buildings and graveyards, streets and country lanes, rivers and coastlines, hedgerows and gardens, stories and songs. Galway Beo aims to highlight and share the rich heritage of the County of Galway.

They have a [website](#) with an interactive map and they produce short videos to highlight what they receive each week which can be viewed on their [YouTube](#) channel. They are asking people to send in a photograph, drawing, poem or story to help celebrate the wonderful heritage of the County of Galway. You can email your contribution to GalwayBeo@gmail.com



Message from Micheal Ó Muircheartaigh

In Kildare, Kildare Sports Partnership have posted a beautiful message from the legend that is Micheal Ó Muircheartaigh on the importance of physical activity for all ages. With the restrictions being loosened to 5km and older adults now encouraged to take some time outside, they are encouraging people to get out and get active. Check out the video [here](#).

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 Information is one thing we can share right now!

International Updates



IFA | Virtual Town Hall Series

This Friday, the 8th May at 11am (Irish Time) the International Federation on Ageing Virtual Town Hall series on COVID-19 and Older People will focus on good practices from an Age-friendly Perspective with our very own Chief Officer, Catherine McGuigan joining the discussion to give an update from Ireland. Click [here](#) to register



IFA Virtual Town Hall Series
COVID-19 and Older People:
Good Practices from an Age-friendly Perspective

Featuring Ms. Catherine McGuigan
Chief Officer, Age Friendly Ireland

📅 8 May 2020 ⌚ 07:00 (GMT-4)



The **World Health Organisation** has released a [video](#) which shows the key moments of COVID19 so far as they work with partners worldwide to fight coronavirus and save lives. In a little over 3 months, COVID19 has changed the world in so many ways, bringing us closer together and reaffirming the importance of Health For All.



Germany to reopen shops and schools and restart Bundesliga football this month

Germany is preparing to reopen all shops and schools and restart Bundesliga football this month, according to a draft agreement approved by Angela Merkel. Pupils will return to kindergarten and primary schools from next week, restaurants could reopen from Saturday and the Bundesliga could resume as early as May 15 as the country emerges from its lockdown. See more [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 sleeve when coughing or sneezing and dispose of used tissue

Avoid

touching eyes, nose or mouth with unwashed hands

Clean

and disinfect frequently touched objects and surfaces

Stop

shaking hands or hugging once saying hello or greeting other people

Distance

yourself at least 2 metres (about 6 feet) away from other people, especially those who might be unwell

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
www.hpsc.ie

ireland: operating a confidential design
www.hse.ie/hsc19/covid-19



Riadas na hÉireann
Government of Ireland

Useful Contacts

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

Carlow County Council
Cavan County Council
Clare County Council
Cork City Council
Cork County Council
Donegal County Council
Dublin City Council
DLR County Council
Fingal County Council
Galway City Council
Galway County Council
Kerry County Council
Kildare County Council
Kilkenny County Council
Laois County Council
Leitrim County Council
Limerick City and County Council
Longford County Council
Louth County Council
Mayo County Council
Meath County Council
Monaghan County Council
Offaly County Council

Community Response Number

1800 814 300
1800 300 404
1800 203 600
1800 222 226
1800 805 819
1800 928 982
01 222 8555
1800 804 535
01 890 5000
1800 400 150
1800 928 894
1800 807 009
1800 300 174
1800 500 000
1800 832 010
1800 852 389
1800 832 005
1800 300 122
1800 805 817
094 906 4660
1800 808 809
1800 804 158
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