

National Updates



President's poem inspires new HSE hold firm campaign

The HSE is running a new campaign called 'Hold Firm', inspired by the words of President Michael D Higgins, written in his 1993 poem, 'Take Care'. The [60 second TV ad](#) aired for the first time over the weekend. The campaign is also on radio and social media. Staying away from the people we love and the things we enjoy is not easy. It's not us. But this is us – taking care of each other, supporting our colleagues on the frontline and essential services, and the people most at risk in communities all across the country. The rainbow has become a symbol of hope and support during the COVID-19 pandemic across the world. This will be the visual identity of the campaign. In support of the campaign Age Friendly Ireland are asking the Chairs of our Older People's Councils around the country to send us in a picture of themselves with a rainbow. We will be sharing the photos on our [Twitter page](#) during the week – keep a look out and feel free to like and retweet!

The very successful HSE Stress Control Online programme starts again today and runs for the coming three weeks

The programme covers topics including:

- how stress affects our bodies and our thoughts
- skills to overcome panicky feelings
- and tips to getting a good night's sleep

This programme includes six modules which will be broadcast at scheduled times for 3 weeks. Each module will be broadcast 4 times, either on Monday and Tuesdays or on Thursdays and Fridays at 2pm and 8.30pm as per the timetable available [here](#).

You can subscribe at no cost to the [YouTube channel](#) so you will be updated when the next module will be broadcast.

At this very challenging time Stress Control is a proven and effective way to improve mental wellbeing for everyone. You may wish to share the information about this programme with your family and friends to encourage their participation.



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



€40 million COVID-19 support package for community and voluntary organisations, charities and social enterprises

Minister for Rural and Community Development, Michael Ring TD, and Mr Seán Canney TD, the Minister of State with responsibility for Community Development, last Friday, announced the launch of a €40 million package of supports for Community and Voluntary Organisations, Charities and Social Enterprises. Many these organisations are providing critical services to vulnerable individuals and groups in society arising from the COVID-19 crisis. Many of these organisations now find themselves in financial difficulty as fundraising efforts, commercial activities and other services they rely on have been curtailed due to the ongoing crisis. The €40 million funding package is being made available through the Dormant Accounts Fund, which is specifically set aside to support initiatives which will benefit the most disadvantaged groups in society. Check out the full press release [here](#)



Bealtaine At Home

Whether you live alone, with family, or in the wider family of a care setting, the Age & Opportunity Bealtaine Family are asking you to join them to mark [Bealtaine At Home](#) this May ([full press release](#)) There is a selection of events that you can watch, join in with or use as inspiration for your own creativity in the future. From the anarchic video postcards of [The Windy Lady](#) each week, to interviews with authors, to practical workshops, there is something for everyone to lift your heart this Bealtaine. Check out the calendar of events [here](#). Age & Opportunity also have other resources you may find useful such as resilience videos available [here](#)



Centre for Excellence in Universal Design in the National Disability Authority Guidance on Accessible online meetings

The Centre for Excellence in Universal Design at the National Disability Authority have produced guidance on running **online meetings** as more and more of us are working remotely. Post Covid 19 remote working may well remain a feature of our work. The CEUD unit have published guidance on running accessible online meetings, from the planning stage, to running the meeting and after the meeting. It is based on guidance already contained in the Customer Communications Toolkit, and is available [here](#)

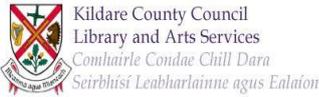


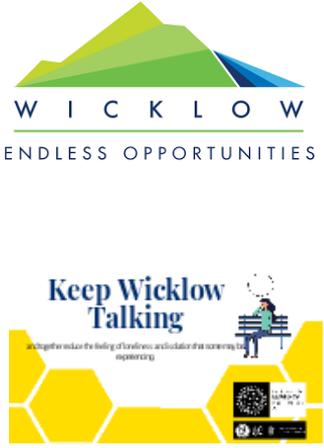
Ireland in harmony – together while apart

Dawn Chorus - **Creative Aging International** have come together with **Sing Ireland** and the **Royal Irish Academy of Music** to bring you [Dawn Chorus](#). The idea is simple, easy and free and may involve a neighbourhood group or joining a local choir and connection through song. There is an opportunity to rehearse online, on the phone, at the front gate, or on the local street. As the government guidelines on restricted movements ease, people can gather locally, in small groups, to discuss the tunes that bring them comfort and joy, to rehearse and to sing to each other. As the

	<p>final restrictions lift, the call will go out and the country will come together to sing at the water's edge around the country. For more information check out the official website.</p>
	<p>The Irish Hospice Foundation Covid-19 Care & Inform Hub</p> <p>The Irish Hospice Foundation wants to keep you, the Irish public, informed and supported in matters relating to end-of-life and bereavement care in these exceptional times during the Covid19 crisis. The need to provide reliable and up-to-date information for you, the public, and healthcare professionals is vital. With their many years of experience, they are responding with a depth of expertise, to respond to your needs at this critical time.</p> <p>As Ireland's only national charity dedicated to death, dying and bereavement, they have developed a Covid-19 'Care & Inform' information and advice hub to respond to the COVID-19 emergency in an informative and compassionate way. All of the information is in line with current HSE and Government guidance. The Covid-19 Care & Inform Hub includes a range of information resources and videos focusing on the themes of Grief, Funerals in Exceptional Times, Planning Ahead and a suite of resources for Healthcare Professionals to support and guide all who need it during this time.</p>

Local Updates

 	<p>Kildare Library Service Bringing the Library to Your Door</p> <p>Kildare Library Service have also commenced a housebound service for older people in Kildare who are cocooning due to the Covid-19 emergency (full press release). You can request a selection of 5 library items – books, audiobooks and DVDs from Kildare County Library Service and the library team will select these for you and deliver them to your home. If you would like to avail of this service, or you know someone who would benefit from it, please contact the Kildare Community Call Helpline on 1800 300 174 or email covidsupport@kildarecoco.ie</p> <p>You do not need to be an existing member of the library to avail of this service. The library team will also arrange collection of the items once you are finished with them.</p> <p>There are NO FINES. This is a FREE service.</p>
	<p>Internet & Radio Masses Diocese of Galway</p> <p>Restrictions on public gatherings in place due to COVID-19 mean that Masses cannot be held as normal. In response, many churches in the Galway Diocese are now hosting Mass via the Internet or over the radio. This is a great way for those who may be confined to their own home or feeling isolated - older people in particular to feel part of the community again. A list of daily & weekly Masses being held either online or via radio can be found online here</p>

	<p>‘Let’s Keep Wicklow Talking’</p> <p>County Wicklow Community Response Forum is launching a campaign ‘Let’s Keep Wicklow Talking’ to encourage people to smile and have a chat at a safe distance (full press release). You can give them your contact details and they will arrange to give you a call. You can call 1800 868 399 or text 087 245 6874 or email covidsupport@wicklowcoco.ie (8am-8pm seven days a week)</p> <p>Community groups and individuals are being encouraged to reach out and:</p> <p>T - Take the time to chat – together we can get through this A - Ask your neighbour how they are doing L - Let your neighbour have your contact details K - Keep in regular contact by telephone or video call I - Initiate conversations with a friendly wave or smile N - Never feel alone – Wicklow Community Call Helpline is here to help you G - Get talking – Its good for you and your community</p>
	<p>Restricted Access at Blackwater Park Navan</p> <p>Blackwater Park in Navan will be open from today with restricted access for people who are cocooning (those over 70 and people with medical conditions & their carers). The park will be open Monday to Friday from 1.30pm – 3.30pm. Access to the park during this time will be strictly controlled and the park will remain closed at all other times in line with the national roadmap</p>

Your Voice

	<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 leavy@meathcoco.ie Information is one thing we can share right now!</p>
	<p>Rose Part 2</p> <p>Following on from our newsletter on the 29th April Peig McManus from Fingal Older Peoples Council is back again with ‘Rose part 2’. Here Rose continues her story about cocooning in Fingal including having the difficult conversation with family regarding end of life choices. We love Rose’s humorous take on this important issue. This video is sure to make you smile! Check out tomorrow’s newsletter for part 3 of Peig’s video series.</p>

International Updates



International Federation on Ageing

IFA Virtual Town Hall – COVID-19 and Older People: An Age-friendly Perspective

The International Federation on Ageing have extended thanks to everyone who attended last Friday's virtual town hall on COVID-19 and Older People including an Age-friendly perspective with our very own Chief Officer Catherine McGuigan. For those of you who missed the webinar the recording is now 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](#)

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 your hands well and often to avoid contamination	Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and dispose and discard	Avoid touching eyes, nose or mouth with unwashed hands	Clean and disinfect frequently touched objects and surfaces	Stop shaking hands or hugging others. Avoid kissing or greeting others.	Distance 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](#)
[www.hse.ie](#)

Ireland's emergency contact centres are open 24 hours a day, 7 days a week. [www.hse.ie](#)



Riagtas na Mídeanna
Government of Ireland

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
Dublin City Council
DLR County Council
Fingal County Council
Galway City Council
Galway 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
1800 459 059
1800 400 150
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