

National Updates

 <p>Feidhmeannacht na Seirbhíse Sláinte Health Service Executive</p>	<p><b>HSE promises faster turnaround time for COVID19 test results</b></p> <p>The Health Service Executive has promised to speed up the turnaround time for COVID19 test results and for contact tracing. Over 250,000 tests have now been performed and the number of patients testing positive is reducing. The HSE said it has the capacity to meet the demands for COVID19 testing, even with the recently expanded test criteria. Click <a href="#">here</a> for the full story</p> <p>The Chief Medical Officer has said there will be a role for non-medical grade face coverings in the community as part of the response to COVID19. Dr Tony Holohan said that there will be communication in the coming days on the nature of these coverings, as well as their effective use. Speaking at the Department of Health yesterday evening, Dr Holohan said that "perhaps" the use of coverings may be recommended in situations such as retail stores or on public transport. Full story <a href="#">here</a></p>
 <p>THE ALZHEIMER SOCIETY of IRELAND</p>	<p><b>Managing Changes in Behaviour</b></p> <p>Infectious disease outbreaks, like COVID19, can be worrying. Feeling anxious and the change in daily routines can also affect our behaviours. Understanding the reasons for changes in behaviours, and how you can support a person's feelings and emotions can help you and your loved one through these very different times. The Alzheimer Society of Ireland have practical tips on how to manage changes in behaviours - check them out <a href="#">here</a></p>
 <p>Age &amp; Opportunity</p>	<p><b>My Inspirational Older Person Competition</b></p> <p>Age &amp; Opportunity are asking all kids, big and small, to tell them about an inspirational older person in their life as part of their new competition. You can do this through a number of different art forms including drawings, poems, stories, songs or dance to name a few. There are 5 different categories with the chance to win some great family days out in the future. Click <a href="#">here</a> for further information and details on how to get involved.</p>

  	<p><b>Learn a Language in Lockdown</b></p> <p><b>Lingualift</b> – an online interactive language learning platform have put together a list of recommended language learning mobile apps. If you are interested in learning a new language to pass some time check it out <a href="#">here</a></p> <p><b>IrishCentral.com</b> have also put together a guide on how to learn the Irish language for free online no matter where in the world you are. Check it out <a href="#">here</a></p>
	<p><b>Twitter says many employees may work remotely 'forever'</b></p> <p>Twitter has said it is unlikely to open its offices before September, and that many of its employees will be permitted to work from home permanently even after the end of the coronavirus lockdowns. The San Francisco-based company said it was among the first to move to remote work in March as a result of the health crisis and that it will continue that policy indefinitely as part of a move towards a "distributed workforce". "We were uniquely positioned to respond quickly and allow folks to work from home given our emphasis on decentralisation and supporting a distributed workforce capable of working from anywhere," a Twitter spokesperson said. "The past few months have proven we can make that work. So, if our employees are in a role and situation that enables them to work from home and they want to continue to do so forever, we will make that happen." Full story <a href="#">here</a></p>
	<p><b>51 Fun Things to Do At Home To Banish Boredom</b></p> <p>Are you stuck for ideas on what to do next? Getting bored of the same daily routine? Livebold&amp;bloom have put together a list of <a href="#">51 fun things to do at home</a>. From baking to yoga to scrapbooking there is something for everyone. Why not check it out and see if you can find some inspiration.</p>

## Local Updates

  	<p><b>Build a Box Challenge</b></p> <p><a href="#">Galway City Partnership</a> in collaboration with <a href="#">Ballinfoile Castlegar Neighbourhood Centre</a> &amp; <a href="#">Ballybane Community Resource Centre</a> are calling on local communities to get involved in the <a href="#">Build a Box Challenge</a>. People are being asked to build a box suitable for planting flowers or vegetables, or even donate a box they may not be using anymore. Boxes can include flowers or seeds, or they can be empty, they can be painted or unpainted. Donated boxes will be distributed to those who are currently isolated or cocooning during this difficult time. Read more <a href="#">here</a></p>
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	<p><b>Dublin cafe expands free lunch scheme to help cocooners</b></p> <p>A cafe in Ringsend in Dublin has expanded its free lunch scheme to provide 150 nutritious packed lunches every day to people who are cocooning in the community. The <a href="#">Fair Play Cafe</a> had been running its "share your lunch" initiative before COVID19, which saw it provide free meals to people in need, but since restrictions were put in place and its doors were closed to the public, the initiative has grown into something bigger. Every day the staff of the cafe volunteer their time to prepare and assemble lunch packs for people cocooning in the Ringsend, Sandymount, Irishtown and Donnybrook areas. The packs contain sandwiches, soup, pastries and fresh fruit. This is an excellent resource for cocooners – well done to all involved. See full story <a href="#">here</a></p>
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## 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 <a href="mailto:rleavy@meathcoco.ie">rleavy@meathcoco.ie</a> Information is one thing we can share right now!</p>
	<p><b>Waterford Older People's Council members make the press!</b></p> <p>Two members of Waterford OPC have had articles featured in both local and national newspapers recently.</p> <p><b>Ray McGrath</b> from Checkpoint, Waterford, has a new column in the Waterford News &amp; Star 'Notes from the cocoon: step by step' as he adjusts to a life in isolation. Check it out <a href="#">here</a></p> <p><b>Bernadette Philips</b> from Ferrybank, Waterford featured in the Irish Times with 'Older People are Individuals' where she urges everyone to view older people as 'individuals who are as different as all other people are'. Check it out <a href="#">here</a></p> <p>Well done to Ray and Bernadette!</p>

## International Updates

	<p><b>Updates from the World Health Organisation</b></p> <p>The World Health Organisation has issued guidance on 'Moving around during the COVID19 outbreak' available <a href="#">here</a> in 4 different languages.</p> <p>They are also looking to hire a temporary Technical Officer for their Healthy Ageing Team working on multisectoral action with a focus on national and local action. Further details available <a href="#">here</a></p>
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## Iceland to offer airport arrivals Covid-19 tests to avoid quarantine

Iceland, which has successfully contained the coronavirus and conducted more tests per capita than any other country, has said it plans to offer arriving travellers a Covid-19 test to avoid a 14-day quarantine. Full story [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**

wash your hands well and often to avoid contamination

**Cover**

your mouth and nose with a tissue or elbow when coughing or sneezing and discard used tissue

**Avoid**

touching eyes, nose or mouth with unwashed hands

**Clean**

and disinfect frequently touched objects and surfaces

**Stop**

shaking hands or hugging when staying in public, especially those who might be unwell

**Distance**

yourself at least 2 metres (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.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

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

### 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  
1800 807 009  
1800 300 174  
1800 500 000  
1800 832 010  
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