

National Updates



An Roinn Sláinte  
Department of Health



**Loss of sense of taste or smell to be added to Covid-19 symptoms**

Chief Medical Officer Dr Tony Holohan has said “consideration will be given” for the addition of anosmia – the loss of sense of taste, smell or both – as a symptom of Covid-19 here, after health authorities in the UK added it to its list of coronavirus symptoms. At yesterday’s Department of Health briefing, Dr Holohan said that cases had been observed which had seen patients report these symptoms but that any change wouldn’t happen here immediately as they “want to avoid giving GPs a new and different piece of guidance every day”. The HSE website lists a number of [symptoms of Covid-19](#), including a cough, a fever and shortness of breath. It advises people with symptoms to self-isolate.



**ALONE – Supporting Older People to Age at Home**

Since it launched in March, ALONE’s national helpline for older people has received more than 20,000 calls. In addition to this, ALONE staff and volunteers have made 70,729 calls to older people who needed support. Check out their weekly infographic [here](#). If you have concerns or queries in relation to COVID19 or if you are in need of support, you can contact the ALONE helpline on **0818 222 024**. Click [here](#) for more info on ALONE’s response to COVID19. Many thanks to Lisa Fennelly from ALONE for sending us in this update.



Aware is proud to have achieved the  
Investing in Volunteers Award

**Aware – Zoom Support & Self Care Group**

Aware are introducing a **Zoom Support & Self Care group** this week in addition to the conference call Phone In groups which were introduced recently. The Zoom Support & Self Care group is for people experiencing anxiety, depression, bi-polar disorder and other mood related conditions – who would like to see others on video. Good wifi is necessary. The purpose of these groups is for people to give and receive support and coping skills in relation to their mood related condition and feelings. Click [here](#) for details on how to book a place on either the Zoom or the Phone In group. Please share this information with people who may be isolated and struggling with their mood at this time.



### Irish Text Relay Service (ITRS) during COVID-19 restrictions

The **Commission for Communications Regulation** would like to remind consumers who are deaf or hard of hearing that they can use the Irish Text Relay Service (ITRS) when making and receiving calls during the COVID-19 pandemic restrictions. They encourage those who are deaf or hard of hearing or who have difficulty speaking who haven't used the ITRS service before to try the service. ITRS translates text into voice and voice into text through an ITRS agent and is available to customers of Eir, Sky, Tesco Mobile, Three, Virgin Media and Vodafone. Click [here](#) for information on using ITRS during the COVID-19 pandemic or visit [www.itrs.ie](http://www.itrs.ie).



### Making the Most of Your Food, with Catherine Fulvio

Now that we are all spending a lot of time cooking and eating at home, why not try some simple tasty nutritious recipes which aim to help you to 'Make the Most of your Food'. Bread, potatoes, pasta, rice, fruit and vegetables are the most wasted foods in Ireland, with each family binning around €700 worth of food each year. **Catherine Fulvio** has made 4 step by step videos demonstrating how to make **Chicken Rice Cups, Salmon Pasta Bake, Panzanella** and **Homemade Burgers** together with tips to Stop Food Waste. Click [here](#) to check them out. Many thanks to Bernadine Carry from Meath County Council's Environment Department for sending this on to us.



### Botanic Gardens, Trim Castle and Farmleigh among heritage sites reopened as part of Phase One

As Phase One of Ireland's lifting of restrictions begins this week, parks, beaches and heritage sites are reopening. ON Sunday, the government advised people to be "disciplined" during Phase One and urged them "not to stay too long" at public amenities. People are advised not to travel 5 kilometres beyond where they live to visit facilities. For people living near OPW Heritage Sites, however, Phase One offers a chance to get out and exercise beyond the local park or green space. The OPW closed most of its sites to the public following public health advice as Ireland worked to limit the spread of Covid-19. Click [here](#) for a list of Heritage Sites which have now reopened as part of Phase One



### Bloom at Home

This summer Bord Bia is encouraging the Irish public to come together and Bloom from their own homes on **Sunday, 31<sup>st</sup> of May**. Bord Bia's Bloom At Home will feature a series of online events, including live Q&As and panels, cookery demonstrations, music and more. Find out more [here](#)

## Local Updates



Monaghan Age Friendly  
Cocooning Activity Pack



### Monaghan Age Friendly Programme coming up trumps for cocooners!

As part of their ongoing support to older people in the community **Monaghan Age Friendly programme** has produced a [Cocooning Activity Pack](#) to keep the cocooners in the county entertained. This latest initiative is a 64-page colourful fun filled activity pack for people to enjoy at their leisure. There are word-searches, quizzes, riddles, games, songs, stories and poems in the pack. There is lots of information too on different services and supports available to older people in the county. And for a very Monaghan feel a few messages of support from some well-known Monaghan people.

Age Friendly Monaghan Programme Manager, Bernie Bradley hopes the pack will give people a lift and a smile at this difficult time and expressed gratitude to the Age Friendly Alliance partners who contributed to the pack. They are extremely grateful also to Monaghan Garda and Monaghan GAA who are supporting to deliver the packs throughout the county. Copies of the pack are also available to download from [Monaghan County Council website](#) and hard copies can be requested by contacting Bernie Bradley on **087 6443332** or by email to [Bbradley@monaghancoco.ie](mailto:Bbradley@monaghancoco.ie)



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

### Best wishes to the Bray Old Folks Association Meals on Wheels from all the Age Friendly family

The **Bray Meals on Wheels** have been working hard for the community for over 40 years. Yesterday they moved into their new premises at the new **Bray Primary Care Centre**. They provide 3-course meal three days a week to those in need. Prior to the pandemic they were creating 250 to 260 meals a week and under the current climate they are providing 450 to 500 meals a week. Special thanks to all the fantastic volunteers who do such great work. Pictured below are some of the leading lights.



Also special thanks to the builders who did trojan work, the HSE and all who contributed to this new venue which will enhance the lives of so many. Many thanks to Age Friendly Wicklow Programme Manager Richella Wood for sending us this good news story.

 	<p><b>Church pays tribute with 'Wall of Crosses' for Covid-19 dead</b></p> <p>The walls of the church and parish centre in <b>Balally, Dublin</b> have become a shrine to remember the victims of the Covid-19 pandemic. The red brick walls of the Church of the Ascension of the Lord are decorated with over 2,000 palm white crosses. The crosses stretch high along the cylindrical walls of the church and parish centre, each one placed randomly from the ground to as high as the vertical limits of the buildings permit and their white colour stands in relief to the red façade. The crosses are a tribute to lives lost during the Covid-19 pandemic both in the Republic and in Northern Ireland. Read the 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:reavy@meathcoco.ie">reavy@meathcoco.ie</a> Information is one thing we can share right now!</p>
	<p><b>COVID19 in Cappoquin</b></p> <p><b>Valerie Delaney</b> from <b>Waterford OPC</b> emailed to tell us that the Gilligan Family from Cappoquin, who own a mobile chipper van, kindly delivered a free Sunday lunch to over 150 people cocooning or living alone in Cappoquin, Melleray and Affane last Sunday. What a lovely kind gesture. Well done to the Gilligan Family and all their helpers who helped them deliver the meals. Valerie tells us 'It really cheered up the loneliness'</p>

## International Updates

	<p><b>Europe comes together for a Eurovision celebration</b></p> <p>From the glitz and glamour, pomp and politics to the soaring pop songs and viral duds, the Eurovision song contest brings Europe and the wider world together in its own unique way every year. But for the first time in more than 60 years, Eurovision's contest, which was supposed to take place in Rotterdam, has been cancelled due to the coronavirus pandemic. Europeans were still able to celebrate the moment however: in place of the contest, Eurovision livestreamed a special programming featuring the 2020 performers. <a href="#">Eurovision Europe Shine A Light</a> featured all 41 songs from 2020, with fans around the world still able to vote for their favourite artists. Read more <a href="#">here</a></p>
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## Italy's pristine beaches to see tourists return with electronic tagging system

Beachgoers on some of Italy's busiest stretches of sand could see some interesting new measures implemented to limit visitor numbers this summer. The country is one of Europe's worst hit by the COVID-19 virus and is likely to miss out on billions of euros of income due to a lack of tourists this year. Some ideas to allow visitors to maintain social distancing guidelines on the beaches include **electronic bracelets** to enforce caps on numbers and **booking apps** to provide allocated times slots. **One-way flow systems** and **umbrellas spaced a minimum of 5 metres apart** could also form a part of measures to keep beachgoers safe, as resorts consider reopening during the peak season. Read 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](#)

### 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

<b>Wash</b> your hands well and often to avoid contamination	<b>Cover</b> your mouth and nose with a tissue or elbow when coughing or sneezing and dispose and leave	<b>Avoid</b> touching eyes, nose or mouth with unwashed hands	<b>Clean</b> and disinfect frequently touched objects and surfaces	<b>Stop</b> sharing bottles or eating/drinking from other people	<b>Distance</b> 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](http://www.gov.ie/health/covid-19)  
[www.hse.ie](http://www.hse.ie)

Ireland's leading public health service  
[www.hse.ie](http://www.hse.ie)



Riagtas na hÉireann  
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

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

### 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



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association

Fingal County Council	1800 459 059
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