

National Updates



HSE Health & Wellbeing is supporting Men's Health week (MHW), which runs from 15th June – 21st June 2020.

This annual event encourages men to take a more proactive role in managing their health and promotes awareness about different health topics. Throughout MHW, all men are being asked to take action, no matter how small, to help to 'Restore the Balance' in a particular aspect of their lives. Read about the HSE daily specific themes [here](#). Next week features daily health related topics from physical health to mental health – click [here](#) for more details.

HSE Digital will be sharing different messages to support this year's themes on Twitter and Facebook in the run up and during Men's Health week. You can join the conversation and share your story by using #restorethebalance #menshealthweek



Simon Harris confirms that all cancer screening services will resume by July

The Government has said that all cancer screening services will resume by the end of the month. The three screening services were cancelled in March when the Covid-19 pandemic began, which prompted concerns over the impact on people's health. Minister Harris confirmed that Cervical Check would be the first service to restart, followed by Breast Check and then Bowel Screen. Keep an eye on the [HSE website](#) for further updates



Dr Holohan calls for more compliance over face mask use

Chief Medical Officer Dr Tony Holohan has called for a redoubling of efforts in the wearing of face coverings in retail settings and on public transport. Dr Holohan said he would like to see a higher level of compliance in relation to the wearing of face masks or coverings in instances where it can be difficult to maintain social distance. He stressed that the masks do not offer protection on their own and cough etiquette and hand washing should also continue. Read more [here](#)





COVID-19 has prompted a quarter to think about their future care

Safeguarding Ireland calls on older adults to ‘write down’ their future care preferences. The COVID-19 pandemic has prompted a quarter to think about their future care – and Safeguarding Ireland are encouraging older people to act on and document these wishes. To mark **World Elder Abuse Awareness day**, which takes place this Monday, Safeguarding Ireland called for a stronger focus on safeguarding during COVID-19 and said older and vulnerable adults would be better safeguarded by having their care preferences recorded. Click [here](#) for the full press release



Dublin City University Research study: The potential of technology to support older adults to live independently at home

DCU are currently working on research on the potential of technology to support older adults to live independently at home. The aim of the research is to support older adults to remain living independently in their own homes using technology. They have just launched a national survey last week and are hoping to gather opinions from older adults (ages 60 years and older), family carers as well as health and social care workers who provide care to older adults. They would be most grateful if you could take the time to complete their survey. For more information about the study click [here](#). The survey can be accessed directly [here](#)



Cruinniú na nÓg | children's art festival shares classes and events online

From tomorrow, a range of free arts events and workshops for children and teenagers is kicking off – to propel students into arts, crafts and music by asking them to give creativity a go. Cruinniú na nÓg – which is organised and funded by Creative Ireland, and the Dublin events are programmed by Dublin City Council – is hosting its events online this year meaning that children from across Ireland can access most of the workshops and classes. You can view the full list of events on Dublin City County Council’s site [here](#), or on the Cruinniú na nÓg website [here](#)



Embrace Music Ireland | Age Friendly Music Sessions

Embrace Music Ireland (EMI), a social enterprise founded by two musicians and trained Arts in Health practitioners, are currently running livestream sing-alongs via their Facebook page every Friday at 11am. They have been getting some lovely engagement from older people all over the country, and each week they interact with their comments and learn their requests for later sessions. EMI are keenly aware of how long this situation will continue to affect nursing homes, so they are aiming to keep these Friday sessions going for as long as possible. They also hope to continue extending their reach to anyone who may benefit from this resource. Why not get involved over on their [Facebook page](#)



Hidden Gems: Staycation ideas for Ireland in 2020

As the lockdown restrictions ease and we accept that there is a possibility that it might be 2021 before we can travel abroad again, a lot of people are considering a holiday in Ireland with the hospitality sector officially allowed to re-open at the end of June. Click [here](#) for Tanya Grimson's (RTE Lifestyle) list of the best staycation spots to book this summer.

Local Updates



Vital PPE delivery to Limerick's Milford Care Centre

Milford Care Centre has received a vital delivery of personal protective equipment (PPE) from Nanjing in China. More than 5,000 masks have been dropped off at the well-loved centre, which provides specialist palliative care and older person's services in the region. It comes as the facility on the Plassey Park Road is set to re-open to visitors this Monday. Age Friendly Programme Manager for Limerick, Anne Rizzo, who is also the community development co-ordinator for Limerick City & County Council, commented: "This was of huge interest to us considering the number of older people who have been isolated and not been able to engage with families due to the Covid-19 pandemic. So, we saw this as a great way of the nursing homes being able to provide PPE to visitors coming to the nursing homes to begin re-engaging with the older people." The opening on Monday of the care centre will take place under strict public health conditions. Click here to view [Anne's interview](#) with Limerick Leader.





Meath Sports Partnership | Dance in the Park!

What better way to keep active than dance?! Dancing improves strength, balance, flexibility and heart health. Meath LSP's new Outdoor Dance Programme for people 55yrs+ starts Monday, June 15th at 11.00am in Blackwater Park, Navan. The first class is FREE! Meath LSP dance teacher will introduce you to line dancing and the waltz. The classes are suitable for beginners. Individuals and couples are welcome. Physical distancing will be adhered to. Booking is essential as places are limited. To book a place contact Ruairí on **046-9067337** or email rmurphy@meathcoco.ie



CliffRun Media



'Staying Connected' | Skerries Age Friendly Town | Smart Technology Initiative

The COVID-19 Pandemic has forced all of us to rethink how we live our lives. It has also required us to find new ways to support others in our community, especially our older people, to stay connected to their families, friends and service providers. Skerries Age Friendly Town, a working group under the umbrella of the Skerries Community Association and an initiative of the Fingal Age Friendly County programme, decided to take action to address the needs of our more vulnerable older community. The 'Staying Connected' initiative is a smart technology solution called ACORN to enable older people to stay in touch. It is a new venture for the town and is a response to Covid-19. Click [here](#) for the full story



Your Voice



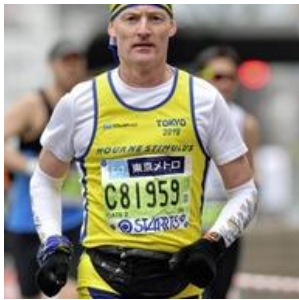
We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at rleavy@meathcoco.ie Information is one thing we can share right now!

International Updates



Which European countries are easing travel restrictions?

As some countries in Europe restart tourism, The Guardian have a roundup of lockdown-easing measures and restrictions country-by-country. They are updating the information as the situation changes. Click [here](#) for the most recent updates.



Co Down man takes on world's largest and oldest ultra-marathon race around Mourne Mountains

A County Down man due to take on the world's largest and oldest ultra-marathon race in South Africa before the Covid-19 crisis unfolded is bringing the challenge to the Mourne Mountains instead. Damien Cunningham (54), who lives near Kilkeel, has spent the past six months undergoing a regimented training schedule in preparation for the 90km marathon in the KwaZulu-Natal province between the cities of Durban and Pietermaritzburg. But when the annual event was cancelled, he decided to run the ultra-marathon around the Mourne Mountains, in aid of the Southern Area Hospice. 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.dfa.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 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 sharing foods or hanging where using public premises	Distance avoid close contact with 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

Intelli-specific COVID-19
Eolas na Meitheamh 2020



Riann na Meitheamh
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	Community Response Number
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1800 203 600
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 222 8555
DLR County Council	1800 804 535
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