

National Updates



Be Responsible. Be Safe. Revised Roadmap for Reopening Ireland

COVID-19 is still having a major impact on Ireland. However, the expert advice is that progress on suppressing the virus, due to the huge effort of our citizens, means we can now bring forward our reopening roadmap.

As we continue to reap the country every step will be guided by scientific evidence and public health advice. We will remain in consultation with our citizens and will continue to listen to their views and concerns. We will continue to listen to their views and concerns. We will continue to listen to their views and concerns.

Here are four things you should know:

- Phase 1 - Commencing 15 June**
- Phase 2 - Commencing 29 June**
- Phase 3 - Commencing 29 June**
- Phase 4 - Commencing 20 July**

All details are now available at gov.ie/roadmap

Rialtas na hÉireann Government of Ireland

Accelerated Roadmap for the Reopening of Ireland

Taoiseach Leo Varadkar has announced an accelerated roadmap for the reopening of Ireland. Cabinet have approved the re-phasing of the Roadmap for Reopening Society and Business. We remain in Phase 2 until 29th June. The Roadmap will have two further phases. Phase 4 is now the final stage and will commence on the 20th of July. The revised roadmap can be downloaded [here](#). A number of sectors has now moved into Phase 3 of the easing of Covid-19 restrictions, with gyms, cinemas, hairdressers/barbers and places of worship to open their doors on the 29th June. The Taoiseach urged people to continue to adhere to the two-metre social distancing rule. As we continue to reopen the country, every step will be guided by scientific evidence and public health advice. It's really important to remember now, as things open up further, that personal responsibility and your own judgement are more important than ever. Mr Varadkar also said if restrictions had to be reintroduced in the future, they could be limited to certain areas or regions. He said if the Government has to act, they will - and if it has to reverse the measures, it will.



How to use Face Coverings

ALWAYS CLEAN YOUR HANDS BEFORE AND AFTER WEARING A FACE COVERING

Correct Covering **Check Your Fit**

Medical masks should be reserved for health workers or patients in treatment. If you have been advised to wear a medical mask, always have one available when wearing the mask around all the rest of your time.

Check that the face covering fits snugly over your face, without gaps. If there are strings, tie them tight on top of the head to pull it snug. Do not touch or adjust while the face covering is on your face.

Check that it is easy to fit and comfortably covers your nose and mouth, all the way down under your chin.

DO NOT: Wear the face covering below your nose. **DO NOT:** Leave your chin exposed. **DO NOT:** Wear it loosely with gaps on the sides. **DO NOT:** Wear it so it covers just the top of your mouth. **DO NOT:** Push it under your chin to rest on your neck.

FOLLOW THESE TIPS TO STAY SAFE:

- ALWAYS wash your hands before and after handling your face covering.
- ALWAYS check your face covering is a correct fit and covering your nose and mouth.
- ALWAYS avoid touching the front of your face covering.
- ALWAYS avoid touching the front of your face covering.
- ALWAYS avoid touching the front of your face covering.

Safe Removal **Disposing Of Single-Use Mask**

Use the ties or ear loops to lift the face covering off. Don't touch the front of your face covering. Avoid touching the front of your face covering.

Place the mask in a closed container. Don't touch the front of your face covering. Avoid touching the front of your face covering.

Use the ties or ear loops to lift the face covering off. Don't touch the front of your face covering. Avoid touching the front of your face covering.

Safe stay. Protect each other.

Stay Safe. Protect each other. Wear a face covering.

Everyone in Ireland has helped to reduce the spread of COVID-19. We have worked together in difficult circumstances to save many lives. Now that our services and communities are re-opening, we all want to stay safe and keep protecting each other from coronavirus. We do this by cleaning our hands, social distancing and covering sneezes and coughs. We can also do this by wearing a face covering. Face coverings help prevent people who don't know they have the virus from spreading it to others. They should be worn anywhere it's difficult to stay 2m apart, like shops or public transport, or when visiting anyone who's more at risk. This includes people aged over 70, or people who are medically vulnerable. Wear a face covering to show your support for others, and to help in the fight against coronavirus. You can find information on face coverings [here](#). You can download the poster on how to use face coverings [here](#) with a high resolution version available [here](#).



Siel Bleu at Home | Live Schedule

| JUNE | 11AM | 2PM |
|----------|---------------------------------|-------------------------------|
| MON 22ND | CIRCUIT CLASS WITH MAGGS | CHAIR AEROBICS - WITH MARTINA |
| TUE 23RD | STRENGTH & BALANCE WITH PAUL | CHAIR GYM - WITH SHANE |
| WED 24TH | CIRCUIT CLASS WITH MICHAEL | CHAIR GYM - WITH CORMAC |
| THU 25TH | EXERCISE, COPD & ME WITH CORMAC | CHAIR GYM - WITH MICHAEL |
| FRI 26TH | CHAIR AEROBICS WITH MARTINA | CHAIR GYM - WITH SHANE |

Classes are available on [Facebook](#) and on [YouTube](#) at the times above. Check the symbols on the timetable to see where each class is on.

There are also two special classes coming up this week:

- On Wednesday at 10am, Shane will be hosting Staying Well While Staying Home in partnership with The Irish Cancer Society. The class is suitable for anyone who has been affected by cancer! To tune in, just click [here](#) on Wednesday at 10am!
- On Friday at 12pm, Cormac will be hosting Exercise for Shedders in partnership with the Irish Men's Sheds Association. Tune in [here](#) on Friday at 12pm



RTÉ | Comic Relief fundraiser

RTÉ, in association with Comic Relief, will bring the cream of Irish comedy and entertainment together to raise a laugh, as well as much-needed funds for the Irish charity sector this Friday, June 26th. Hosted by Deirdre O'Kane, Nicky Byrne, Jennifer Zamparelli and Eoghan McDermott, the night promises to bring together the very best of Irish entertainment for a number of good causes. You can expect performances and appearances from a whole host of Irish stars including Dara Ó Briain, Hozier, Amy Huberman, Chris O'Dowd, Jason Byrne, Normal People's Paul Mescal and Daisy Edgar-Jones, Andrew Scott, Nathan Carter, Niall Horan, Paul Howard, the RTÉ Concert Orchestra, Soulé, Lenny Abrahamson, Zig & Zag, Christy Moore, The Derry Girls, and many, many more. The show will be broadcast live from RTÉ studios from 8pm on RTÉ One, with links to Irish talent across the country and further afield. Read more [here](#)

Local Updates



Meath Local Sports Partnership | Online

Meath LSP are starting a four-week online **Pilates programme** on Wednesday, June 24th at 7.00pm via Zoom. Improve your strength, flexibility and balance from the comfort of your own home with experienced Chartered Physiotherapist Siobhan. This beginners programme (18yrs+) will cost only €10 for the 4 weeks. There are 100 places available. [Register now!](#) For more information please contact Ruairi at rmurphy@meathcoco.ie

Meath LSP are delighted to announce a new **online dance programme** featuring the song "The time of my life" from Dirty Dancing. It's one of the most famous movie songs of all time and a real favourite with teens and adults of all ages. Tutor Aisling Rountree will take you through a newly choreographed routine in two easy to follow sessions. Start date is Wednesday, July 1. Registration is open from Wednesday, June 24th. Please contact Lisa at lodowd@meathcoco.ie for more details

Or why not try **Walking Football for Over 40's** which continues Tomorrow, Tuesday, June 23rd at 8.00pm in Blackwater Park. Drill based, easy to play and no skill level required! Physical distancing will be adhered to. Pre-booking is essential as numbers are limited. To book please email Conor at conor.gonnely@meathcoco.ie.



Tipperary students launch farm safety video

A group of young farmers – and transition year students of St. Joseph's CBS in Nenagh, Co. Tipperary – are on a mission to encourage their generation to “open your eyes to farm safety”. Patrick Fogarty, Jack Gleeson, Michael Ryan, Paul Seymour and Patrick Quigley (all of whom are just 16 years of age) – along with their teacher Paul Butler – have produced a practical [farm safety video](#) to “simply help save lives” on Irish farms. The initiative – which is supported by the Irish Farmers' Association (IFA), the Health and Safety Authority (HSA), Embrace Farm and with significant input from farm safety advocate Peter Gohery, who has shared his survivor story with the school in recent years – features the five students addressing, assessing and overcoming a number of unforeseen dangers on a farm.

The IFA has rowed in behind the St. Joseph's CBS students on their farm safety video by offering a significant cash prize fund of €5,000 to run a competition. To be in with a chance, participants are being asked to simply watch the [video](#) and answer the five questions in this [questionnaire](#). The cash-pot will be split among 10 winners who will receive €500 each. The winners of the questionnaire will then be randomly selected from a draw at a later date. Read more [here](#)





Cork
City Council
Comhairle Cathrach Chorcaí

Cork City Age Friendly | Blue Bibs initiative

Cork City Age Friendly's Blue Bibs initiative came about through the Cork City Council Covid19 Community Response Forum. Following a number of calls from older people who were nervous about going out into the community again after cocooning, Cork City Age Friendly came up with a solution. They are providing blue hi viz vests that older people can wear to indicate a request to other people around them to keep their physical distance while they are out and about. If you would like one of these vests you can contact Cork City Community Response Forum on 1800 222 226



Last week, Cork City recognised its civic, cultural and community leaders with the annual Lord Mayor's Cultural & Civic Awards and a Community & Voluntary Recognition Ceremony. This year, the Community and Voluntary sector came to the fore more than ever in their response to COVID-19. Under the umbrella of the Cork City Community Response Forum, community and voluntary groups stepped up to aid the most vulnerable when they needed it most. For that reason, it was decided that rather than single out individual groups for awards, the City would honour all the community groups and volunteers who proved that community spirit burns bright in this Cork City – check out the wonderful 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 rleavy@meathcoco.ie Information is one thing we can share right now!

International Updates



International
Federation on
Ageing

IFA Virtual Town Hall Series | COVID-19 and Older People: The Future of Volunteers | Friday 26th June @12noon

COVID-19 has brought with it many unprecedented challenges, particularly regarding the impacts on older people. Volunteerism has become a critical pillar of community support, with many older people contributing to the COVID-19 response. Following a remarkable outpouring of support from volunteers in Wales, Ms. Ruth Marks, Chief Executive of Wales Council for Voluntary Action looks ahead to life after lockdown and explores practices that must be continued in the voluntary sector in the future. Click [here](#) to register. Should you be unable to participate in this meeting, a recording will be available [here](#). Please note that this town hall will also be recorded and streamed live on [Facebook](#).



Over 100 Irish peacekeeping troops arrive home from Lebanon

Over 100 Irish peacekeeping troops have arrived back from Lebanon after their return was delayed last month due to Covid 19 restrictions. The Irish peacekeeper flight landed in Dublin airport this morning. Some 300 members of the Irish Defence Forces have been serving in the 115th Infantry Battalion which was deployed to South Lebanon in November 2019. They were due to return home in May but were delayed for over six weeks after the UN Secretary General directed that all rotations be suspended until 30 June to prevent the spread of coronavirus. But the UN agreed to an exemption of the suspension allowing Irish troops to return ahead of that date. 115 personnel landed in Dublin Airport this morning, the remaining 170 are due to follow on 2 July. 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](#)

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 discard and reuse



Avoid
touching eyes, nose or mouth with unwashed hands



Clean
and disinfect frequently touched objects and surfaces



Stop
shaking hands or hugging when saying hello or greeting other people



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

Infected: [www.hse.ie/covid19/infected](#)
Travel: [www.hse.ie/covid19/travel](#)



Rialtas 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
Roscommon 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
1800 832 005
1800 300 122
1800 805 817
094 906 4660
1800 808 809
1800 804 158
1800 818 181
1800 200 727

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|-----------------------------------|--------------|
| 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 |