

National Updates



HSE's 11 essential rules for shopping in Irish stores

As the country continues to reopen, authorities are putting more and more responsibility on the public. Supermarkets have been operating without any major issues right through the lockdown but the HSE does have further guidelines now that the rest of the country is reopening. They have broken it down into 11 key tips for shopping in any type of store in order to stay safe and aid in any potential contact tracing.

1. Know the symptoms, if you have them isolate and contact your GP immediately
2. Keep the amount of time spent indoor shopping as short as possible
3. Avoid crowds and crowded places
4. Stay 2m away from people when queuing
5. Wear a face covering
6. Practice good cough/sneeze hygiene. Use your elbow or a tissue.
7. Pay special attention to vulnerable people
8. Step aside to give others space
9. Respect other people including staff
10. Wash your hands for at least 20 seconds when you get home
11. Keep a log of who you meet each day



In Conversation with Irish Rural Link Webinar Series

Irish Rural Link are inviting you to join them in a series of conversations around COVID-19 and Lessons for Rural Communities. Covid-19 has completely turned all our lives upside down. In rural communities the changes are profound. More people are at home. Some are cocooning or in isolation, some are there because they have lost their job or are working from home. As a consequence, rural shops are thriving, neighbours are getting to know each other, and many people have volunteered as part of the Community response call to reach out to people who need help. So, what are learning from this unwanted experiment and can we reimagine a different rural Ireland as a result of this experience? What will Europe do for rural communities and what should we be saying to rural areas.? Access to these conversations is free. However, in order to receive your personal link, you must register [here](#). Click [here](#) for more info on each session.



   ECONOMIC & SOCIAL RESEARCH INSTITUTE	<p>Economic and Social Research Institute HSE Health and Wellbeing Research 'Clusters of Health Behaviours in Young Adults in Ireland'</p> <p>In 2018, HSE Health & Wellbeing signed a joint agreement with the Economic and Social Research Institute to develop a research programme on health and wellbeing in adolescence using the Growing Up in Ireland dataset. The research focuses on three issues of current policy concern for young people, namely, health behaviours; sexual health & mental health. These will make up three different reports. The first report is now complete and was launched yesterday along with an infographic highlighting the main findings. The full press release is available here</p>
	<p>IBEC calls for end to travel restrictions</p> <p>Employers' group IBEC has called for Ireland's international travel restrictions to be ended and for testing and tracing used in place of "ineffective" quarantine measures. People entering Ireland from abroad currently have to quarantine themselves for 14 days upon arrival into the country. Ibec CEO Danny McCoy said there are benefits from quarantine but there are costs too and the benefits will only accrue if the quarantine is effective. Read more here</p>
 <p>IXD/UXD Masters TU Dublin Blanchardstown Campus</p> <p>IXD/UXD Máistrí TU Dublin Campa Bhaile Bhlainséir</p>	<p>Survey - Improving Communication for the Ageing Population</p> <p>We have been contacted by Shane Conroy, a master's student at TU Dublin who would like some help with a piece of research he is completing as part of his master's degree in User Experience and Interaction Design. Covid-19 has influenced how we communicate, and technology has proved extremely useful. There has been some strain on older people in the community due to cocooning and Shane is hoping to improve digital literacy in communication apps, thus allowing people with different abilities to have the opportunity and access to communicate online. Shane's plan is to create an 'onboarding experience' for older people which would help users understand and learn how to use an instant messaging app before they begin to use it. As part of Shane's research into this project he has created an online survey and he would be very grateful if you could take the time to complete it. The survey can be accessed here.</p>
	<p>Diageo to launch \$100m global fund to help pub sector</p> <p>Drinks giant Diageo has announced it is to launch a \$100m global fund to help pubs and bars recover following the Covid-19 imposed shutdown of the sector. The fund will provide supports for bars to implement new physical distancing measures, digital investment and other technology to help deal with reopening. The company will allocate €14m of the fund to Ireland. The fund called 'Raising the Bar' will be focused on the provision of equipment, confidence building measures for consumers and hygiene provision in bars, according to Diageo. Read more here</p>

Local Updates



Galway City Community Network
Líonra Pobail Chathair Na Gaillimhe



Galway City
Partnership

a tide for change
a tide for change



volunteer centre
Ionad d'Obair Deonacha na Gaillimhe
GALWAY

Returning to Work.. Returning to Community Activity: A Guide for Community Organisations

Galway City Community Network, Galway City Partnership and Volunteer Galway have produced **Returning to Work...Returning to Community Activity: A Guide for Community Organisations** as a resource to support community organisations to reopen workplaces and spaces and resume activities with communities and clients in the context of the ongoing COVID-19 environment.

The guide has been produced as a joint initiative and is based on national guidelines. This initiative will be promoted as part of the wider community response to the COVID-19 pandemic. The guide will also be supported by webinars for community organisations. The first of these free events was held today. You can contact [Volunteer Galway](#) for details of further webinars. To download the guide click [here](#)



Mary Coughlan presented with a lifetime achievement award by Mayor of Galway

Singer Mary Coughlan has been presented with a lifetime achievement award by the Mayor of Galway in recognition of her impact on the cultural life of the city. The musician was selected by Mayor Mike Cubbard, due to her "personal resolve... in carving out a career to be proud of". The Independent Councillor said Mary Coughlan had made an immense contribution to the artistic, musical and cultural life of Galway.



Committee in place to lead re-opening of Bray

A special committee has been established by Wicklow County Council to co-ordinate the re-opening of Bray for business and trade. The re-opening committee will work with local stakeholders, including members of Bray Chamber of Commerce, the Health Service Executive and gardai, to plan for a return to civic life which is vital to help to restart the local economy in the town. This is in line with the Government's phased roadmap for re-opening the country socially and economically. The committee is keen to work closely with businesses and the local community, to find new and innovative ways to keep everyone safe in this 'new normal'. Read more [here](#)



Pedestrians only on Sligo's O'Connell Street

Sligo's O'Connell Street looks set to be pedestrianised by default due to the coronavirus. Plans to create wider space for pedestrians to safely pass each other is behind the thinking of a new plan drawn up for the centre of Sligo. Less parking spaces and more room for pedestrian's form part of the Temporary Covid-19 Mobility Plan. Sligo County Council in consultation with Sligo BID and other various stakeholders have prepared the plan to improve physical distancing for pedestrians on the busier core centre streets during the COVID-19 pandemic. Read more [here](#)

Your Voice

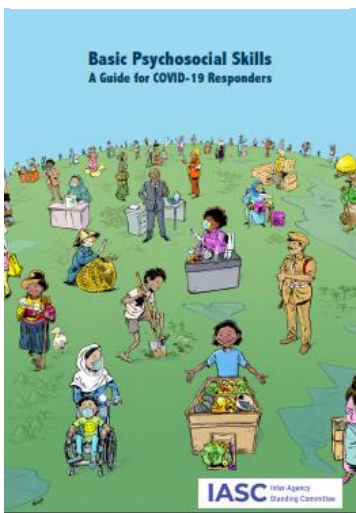


We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at rleavy@meathcoco.ie Information is one thing we can share right now!

International Updates



World Health Organization



WHO | Basic Psychosocial Skills: A Guide for COVID-19 Responders

The World Health Organisation has produced a guide which aims to help orient people supporting the COVID-19 response to integrate psychosocial support skills into their daily work, thereby making a difference to the well-being of people they come into contact with during the pandemic. More specifically, the Guide is intended for health and social workers; emergency responders; people working in food stores, public transport, funeral parlours and pharmacies; employers and managers; and people who are providing support to vulnerable family members or members of their community. The illustrated chapters provide practical advice for taking care of one's own mental well-being, communicating with empathy, and helping people suffering from stress or severe distress. Case studies and tips to remember are included throughout. The Guide was developed by the Inter-Agency Standing Committee's Mental Health and Psychosocial Support Reference Group, a unique collaboration of United Nations agencies, national and international nongovernmental organizations and international agencies providing mental health and psychosocial support in emergency settings. You can download the publication [here](#)

TEAGUE



Could this 'air shield' be used in planes during a pandemic?

Seattle-based firm Teague has come up with a rather different solution – an invisible 'air shield' to make travelling by plane safer by controlling the very airflow of the plane. A simple device that fits onto the air con units above each seat – and, crucially, does not require fundamental restructuring of the plane – the air shield emits a continuous curtain of air around each passenger, which, at least in theory, restricts respiratory droplets to the person that produced them. A cheap solution that could allow planes to fly at full capacity, Teague hopes to appeal to airlines already suffering crippling financial losses, and mass-produce the units using 3D printing. 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

Wash your hands well and often to avoid contamination

Cover

Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and discard and reuse

Avoid

Avoid touching eyes, nose or mouth with unwashed hands

Clean

Clean and disinfect frequently touched objects and surfaces

Stop

Stop shaking hands or hugging when staying indoors or greeting other people

Distance

Stay 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/covid-19](#) or [www.hse.ie/covid-19](#)



Riailtas 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

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