

National Updates

Coronavirus
COVID-19



Level 5 Restrictions

Ireland moved to Level 5 Restrictions this week. This means that many retail services close and you should have no visitors to your household (with limited exceptions). Outdoor gatherings are limited to meeting with one other household. If you live alone, you can form a support bubble with another household.

No organised indoor or outdoor gatherings should take place. Certain retail outlets are allowed to remain open, such as hardware shops. Schools are remaining open. Religious services are available online. Restaurants and pubs are allowed to provide a takeaway service.

You must stay within 5km of your home (again, there are some exceptions such as travelling for work if it's an essential service, or attending medical appointments). Visits to nursing homes are suspended, with the exception of visits required for critical and compassionate circumstances. People aged over 70 and the medically vulnerable are advised to continue to exercise personal judgement, stay at home as much as possible, keep 2 metres distance from others when outdoors, and wear a face covering if shopping.



#HOLDFIRM

What Does it Mean to Self Isolate?

Dr Tony Holohan, Chief Medical Officer, explains how to self isolate if you have been diagnosed with Covid19 in this helpful video from the Department of Health.



<https://twitter.com/roinnslaight/status/1319335441708044289?s=09>

1. Avoid contact with other people
2. Stay apart from other people in your household
3. Clean your room every day with disinfectant
4. Do not go to work, school, or religious services or public areas
5. Do not have visitors to your home
6. Avoid contact with other people
7. Stay apart from other people in your household
8. Clean your room every day with disinfectant
9. Do not go to work, school, or religious services or public areas
10. Do not have visitors to your home.

Level 5 restrictions

From midnight, Wednesday,
October 21st, 2020

- Changed from original Level 5

 Visitors	No	Own household only - no visitors
1  Other gatherings	Limited	Meet with 1 other household in an outdoor setting which is not a home or garden, such as a park
2  Indoor gatherings	No	No organised indoor gatherings should take place
 Outdoor gatherings	No	No organised outdoor gatherings should take place
3  Funerals	25	Up to 25 mourners can attend
4  Weddings	25	Up to 25 guests can attend a wedding ceremony and reception
 Education	Open	Schools, early learning and childcare services will continue to remain open
5  Sport	Limited	Elite sport and GAA inter-county championships will be played. Children can train in small groups
 Domestic travel	5k	Stay at home. Exercise within 5 kilometres of home
 Hospitality	Limited	Take away food or delivery only
 Wet pubs	Limited	Take away or delivery only
 Retail	Limited	Essential retail only. All other retail and personal services closed.
 Public transport	Limited	Capacity restricted to 25%. Walk or cycle where possible. Essential workers and essential purposes only

Deviations from original level 5

- 1** Originally no social or family gatherings were to take place in other settings. This has been relaxed slightly to allow people to meet with 1 other household in an outdoor setting which is not a home or garden, such as a park.
- 2** Gardaí given new powers to fine people who hold house parties.
- 3** Originally 10 but increased to 25 mourners.
- 4** Number of wedding guests increased from 6 in the original plan to 25.
- 5** In the original plan all training other than individual training was to cease. The new level 5 restrictions allow for non-contact training for school aged children, outdoors in pods of 15.

IRISH TIMES GRAPHICS





An Ghníomhaireacht
Tithíochta
The Housing Agency

The Housing Agency Autumn Webinars

The Housing Agency has launched its autumn webinar series. On Friday 30th October, the webinar will focus on walkability audits. This will be of great interest to many people who are involved with the Age Friendly Programme.

Friday 30 October 12-1pm (IST)

Mobility makes sense: Walkability, neighbourhood design and the future of mobility and housing in Ireland

Lorraine Darcy, Technological University Dublin

[Register](#) for the webinar here



Libraries Ireland

Did you know that you can join the library online and get eBooks, audiobooks, online magazines and newspapers for free straight away, or even take language and other courses online! Go to www.librariesireland.ie and click 'join now' to sign up, or visit <https://www.librariesireland.ie/news/online-services-during-coronavirus> for more information, including video tutorials and illustrated step-by-step user guides to help you get started.



Team Hope Shoebox Appeal

Many people will be familiar with the annual collection of shoe boxes full of toys and gifts that are sent to vulnerable children in developing countries every year at Christmas time. This year Team Hope cannot take physical donations of gifts, but if you wish to support their Christmas appeal you can donate a shoebox online. These donations will allow our network of local partners in Africa and Eastern Europe to purchase items for shoeboxes, which will then be delivered straight into the hands of children affected by poverty. Often these shoeboxes are the only gift that a child will receive at Christmas and the joy that they deliver is incredible.

<https://www.teamhope.ie/christmas-shoebox-appeal/>



Free Post to Nursing Homes

A new initiative by An Post will ensure free delivery of all card and letter mail posted to and from residents of nursing and care homes in the State. The company said it is being introduced to bring a little joy to nursing homes experiencing increased restrictions. An Post will carry cards and letters to and from residents of nursing and care homes, without a stamp, with Freepost written where the stamp normally goes.



NUI Galway

NUI Galway to Host Virtual Undergraduate Open Day

NUI Galway will host their Autumn Undergraduate Open Day on Saturday, 24 October from 12-4pm. The event, which has been reimaged as a virtual event in line with current public health guidelines, will provide an extensive interactive online experience which will allow students, parents and guidance counsellors to explore courses and careers and to connect with NUI Galway staff and students throughout the day.

<https://www.nuigalway.ie/opendays/>

Remember, lifelong learning is for everyone!



Meath Lady Celebrated her 107th Birthday this Week

The Meath Chronicle and other press report that Nancy Stewart, from Clonard, Co Meath, celebrated her 107th Birthday this week. Born on October 16, 1913, Nancy has survived two World Wars and is living through her second pandemic, having been an infant at the time of the 1918 Spanish Influenza outbreak. Nancy has 84 grandchildren, great-grandchildren and great-great-grandchildren. Her secret to a long and healthy life? Positivity, prayer and a full Irish breakfast! She is currently cocooning and keeping safe during the pandemic.



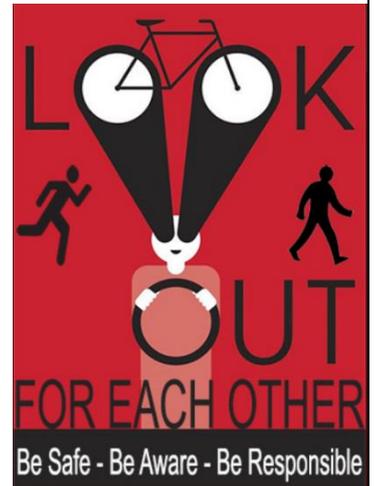


COMHAIRLE CHONTAE
Dhún na nGall
 DONEGAL COUNTY COUNCIL



A Message from Donegal Road Safety

As the clocks go back this week, the mornings will be darker. Donegal Road Safety Officer is encouraging everyone to **stay safe and be seen**.



Age & Opportunity

Bealtaine Festival

Celebrating the arts and creativity as we age

Bealtaine at Home October 2020

From October 20– 31, Age & Opportunity are bringing you a selection of events which span from celebrating titans of literature Seamus Heaney and Anne Enright, to discussing a thorny issue for many, the onset of middle age, to hearing from some Mad, Bad and Dangerous women, to welcoming in our new communities through Tar Isteach, to creating Love Letters through movement!

Further details available at: <http://bealtaine.ie/>



Irish Hospice Foundation

Irish Hospice Foundation

The Irish Hospice Foundation have a bereavement hub and support line where anyone who has lost a loved one at this time can find support.



Young harpist collects her new harp at county border to keep to Covid-19 restriction

A lovely story from Mark Hilliard of the Irish Times

On a stretch of invisible border where Dublin meets Wicklow, as cyclists turned their bikes around to keep within Covid-19 travel restrictions, 10-year-old Muireann Ní Mhuirthile waited to collect her harp. The wooden instrument, hand-carved by Roundwood expert Kevin Harrington, had



comhairle chontae na mí
 meath county council



been several months in the making, but the pandemic had conspired to frustrate its delivery between two counties.

Then, as National Harp Day approached, just as the young musician was about to travel to Wicklow, Level 3 restrictions shut down all hope again (pre-level 5 restrictions). Almost all hope. Muireann's uncle, a cyclist, knew of at least 11 crossing points on the mountain roads where they could hand over the harp at the border and they settled on the Featherbeds, a heathland near the Glenasmole Valley on the Old Military Road. Last Wednesday week, just after 3pm, the instrument-maker handed over the prized possession – a €4,500 cherrywood carved, 34-string modern Irish harp, painstakingly shaped to perform traditional Irish music at its best.

“Kevin rang us and said we can do this,” said Barbara, Muireann's mother. “The harp for us, it's a symbol of Ireland. As a family it's a huge privilege that we have someone who wants to play it. “As we were driving away [from the rendezvous point] my daughter actually cried and no one saw that . . . she absolutely loves it.”



Local Updates



New Age Friendly Radio Programme on Midlands 103

A new weekly Age Friendly radio programme is in preparation in Offaly, Laois and Westmeath. The innovative hour long programme will be presented by Aisling O'Rourke and will launch on Midlands Radio 103 on Sunday 1st November 2020 from 8am to 9am. The programme will be a mix of engaging speakers, useful information and advice on a wide range of topics such as local events, health and wellbeing, gardening, cookery, DIY, bingo, story-telling, local



supports and services. There will be great music, great chat, quizzes, comedy and other uplifting items.

For the last seven months older people have not been able to enjoy their usual activities and pastimes which has resulted in social isolation and loneliness. This initiative is an example of the operation of the Age Friendly Ireland programme in local authorities helping to plan collaboratively and share resources with the interests and needs of older people at its core.



Fingal County Council



Fingal Heritage Week

Why not rewind this evening with a nice cup of tea while watching Fingal Heritage Week on YouTube.

Snapshots of Fingal's Past is the Dublin-Fingal County Award winner- <https://youtu.be/-uWnyVcCjJk>

You can watch the National Heritage Week Awards here <https://www.youtube.com/watch?v=LAmEN2B-Hz0..> Heritage Week Awards will feature as a supplement in the Irish Times this weekend.



Galway Voted Europe's Friendliest City

The Condé Nast Traveller Reader Travel Awards 2020 have seen Galway voted Europe's friendliest city – followed by **Dublin** in second place. "While Europe's best cities are often judged on their ancient history, intricate architecture, unrivalled art scenes or amazing restaurants, sometimes what makes a place so great are its people," the magazine said. **Galway City Council** tourism officer Ruairí Lehman said the result gives "a much-needed boost and recognition to our industry who have worked so hard these last few months to offer a world class service within the safety guidelines and restrictions in place."

[*Irish Independent*](#)



Comhairle Contae Lú
Louth County Council

Louth Consultation on Cycling and Walking Preferences

Louth County Council are encouraging people to tell them about their cycling and walking preferences to be in with the chance on winning a new bike? Click this [survey monkey link](#) to enter.

Collabáid Leath Greenway

Interreg Northern Ireland - Ireland - Scotland

TELL US ABOUT YOUR CYCLING AND WALKING PREFERENCES AND YOU COULD WIN A FANTASTIC BIKE WORTH €500

https://www.surveymonkey.com/r/Carlingford_Lough

Comhairle Contae Lú
Newry Mourne and Down
EAST BORDER REGION
Department for Infrastructure
An Roinn Iompar
Department of Transport, Tourism and Sport

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 Open Learning Network

OpenWHO is WHO's new, interactive, web-based platform that offers online courses to people preparing to work in epidemics, pandemics and health emergencies or already doing so. OpenWHO courses are offered for **free** to anyone who registers with their email address.

The OpenWHO platform delivers WHO's and partners' expertise closer to where it is needed and provides information in user-friendly formats for frontline responders and decision-makers. The platform is managed by the Learning and Capacity Development unit in the WHO's Health Emergencies Programme. Users take part in a worldwide, social learning network that is based on interactive, online courses and materials covering a variety of subjects. OpenWHO also serves as a forum for the fast sharing of public health expertise and in-depth discussion and feedback on key issues.



Now **4 million** course enrolments

Join our growing learning community!

OpenWHO.org

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](https://www.hse.ie) or phone HSE Live **1850 24 1850**

How to Prevent



Wash
your hands well and often to break contamination



Cover
your mouth and nose with a tissue or sleeve 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, hugging, kissing, saying hello or greeting other people



Distance
stay at least 2 metres from anyone else 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

Headline created by www.gov.ie and www.hse.ie on 20/03/2020



Eolas na Míreann
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: 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