

National Updates



Libraries Ireland | Ireland Reads

What is IRELAND READS? On Thursday, 25th February Libraries Ireland are inviting people of all ages to get reading. Why? Because taking some time for yourself to relax and do the things you enjoy (like reading) is important to help look after your mental wellbeing.

One minute, ten minutes, an hour, or more – it doesn't matter how long you read for, the important thing is that you read and enjoy the feeling of getting lost in a book. Check back [HERE](#) soon for more information on how you can get involved. Ireland Reads is a public libraries initiative, in partnership with publishers, booksellers, authors and others under the Government's ['Keep Well' campaign](#).

In the meantime, you can always [join the library online](#) (if you're not a member already) and download eBooks, audiobooks, magazines and newspapers right now.



Sláintecare.



COVID CONCERTS PRESS RELEASE

COVID CARE CONCERTS is a wonderful initiative created by acclaimed Irish cellist Gerald Peregrine (Mobile Music Machine). The project was conceived in May 2020 in response to the many social and economic challenges created by Covid-19. The series involves some of Ireland's finest classical musicians and opera singers presenting live, outdoor socially distanced concerts in the gardens and grounds of residential care homes and hospital settings across Ireland.



The concerts follow all HSE guidelines around social distancing. Where possible, residents sit outside to enjoy the concert, or listen through open windows. They perform under an enclosed marquee and in some instances feed sound into the care homes via speakers.

Gerald has worked with Creative Ireland to develop a creative interactive element within the project where they email the Residential Care Homes in advance and take requests from the residents when planning their programming. They then email a playlist of their music in advance and encourage the residents to write and journal memories around the music.



Since the project's inception in May last year Mobile Music Machine have delivered 200 live concerts in 6 counties, employing over 30 of the finest Irish classical musicians. In 2021, thanks to funding from Creative Ireland through the Healthy Ireland Community Resilience Fund, the Mobile Music Machine will deliver 250 concerts in 5 counties with the support of Age Friendly Ireland.

We will keep you updated on the concerts and where they will be performing next.



Rialtas na hÉireann
Government of Ireland




Public Health Measures

Ireland remains at level 5 restrictions. You can see the [measures in place here](#).

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide, The HSE have administered a total of 121,900 Covid-19 vaccines (up to 20th January). The COVID-19 vaccination programme will be further accelerated as vaccines arrive, and it will involve a national partnership with GPs, Pharmacists and other healthcare professionals across Ireland. We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

Check gov.ie/covid19vaccine for information about the vaccine, information on this page is updated regularly

 <p>KEEP WELL IN YOUR COMMUNITY</p> <p>Feidhmeannacht na Seirbhíse Sláinte Health Service Executive</p>	<p>Find the vaccine information materials at www.hse.ie/covid19vaccinematerials</p> <p>Details on getting the COVID-19 vaccine is updated regularly here</p> <p>Read the COVID-19 Vaccine Allocation Strategy</p> <p>Read the National Immunisation Advisory Committee Chapter about COVID-19 vaccine</p> <p>Public Health Information Links</p> <p>As always, for the most up to date information and advice on Coronavirus, please go to: www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/ ; https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/.</p>
 <p>Feidhmeannacht na Seirbhíse Sláinte Health Service Executive</p> <p>hi Healthy Ireland</p>	<p>"Let's Keep it Together": A song for isolation (by Brian Toomey)</p> <p>HSE/South East Community Healthcare is promoting the message to those aged 70 and over to “cocoon” in the confines of their own homes (and gardens/balconies), to stay safe during the fight to stop the spread of Covid 19.</p> <div data-bbox="491 846 1469 1395" data-label="Image"> </div> <p>"Let's Keep it Together" is a song by one of its “Healthy Ireland” community champions Brian Toomey. Composition, vocals and rhythm guitar Brain Toomey. Keyboard, lead guitar and bass Greg Donaghy. Animation by Hazel Hurley (www.HazelHurley.com). Check it out on the South East Community Healthcare YouTube Channel or click the picture above.</p>
 <p>exwell MEDICAL</p>	<p>ExWell Medical Weekly ExWell Participant Zoom</p> <p>ExWell Medical is pleased to invite anyone who has (or knows or supports someone else who has) a long-term illness to join the weekly ExWell Zoom meeting. These meetings take place Friday's at 2.30 pm. Each meeting involves the following</p> <ul style="list-style-type: none"> • a short educational talk • updates on ExWell

- an open discussion with the audience, involving feedback, questions, comments and suggestions.

The meeting is informal and enjoyable. If you enjoy what you hear, you can consider joining the ExWell programme, details at www.exwell.ie



Royal College of Surgeons in Ireland (RCSI) | MyHealth Positive Health: The Science of Happiness

Hosted by the RCSI Centre for Positive Psychology and Health, 'The Science of Happiness' is the first event in the three-part Positive Health mini-series for 2021. A panel of RCSI experts look at how to define and understand happiness as well as examine research that shows us how to increase our own happiness and that of others. The discussion is chaired by Dr Mary Collins, Chartered Psychologist and Senior Executive Development Specialist at the RCSI Institute of Leadership. In adherence with all public health guidelines, this episode in the MyHealth Positive Health series has been recorded remotely and can be accessed [HERE](#).

Some other useful links:

- For more information on the RCSI Centre for Positive Psychology and Health and the courses and events they run, please visit: <https://www.rcsi.com/positivepsychology>
- Slides from this lecture can be viewed on the RCSI website here: www.rcsi.com/myhealthlectures
- A playlist of all the recordings from this year's RCSI MyHealth Series 2020/2021 is available to view and watch back here: <https://www.youtube.com/playlist?list...>
- A playlist of all recordings from the last RCSI MyHealth Series 2019/2020 can be viewed here: <https://www.youtube.com/playlist?list...>



An Garda Síochána | Jerusalema Dance Challenge



Gardaí have come together to perform a dance routine in response to a challenge by Swiss police. On Tuesday morning, An Garda Síochána uploaded a video to their social media channels of Gardaí from across the country going from being on the beat to feeling the beat for their choreographed dance to Master KG's Jerusalema. The dance challenge

is being carried out across the globe by police forces. The routine can be viewed [HERE](#). In the video An Garda Síochána dance together in small groups keeping their social distance while wearing masks. Posting on their social media channels they urged the public to step up to the challenge and have their own go at the viral trend. Well done to all involved – this really made us smile!



Would you like to be able to Access your local library Services on the Internet, download your favorite books or listen to audio books **but you're not sure how to do this.**

Let our **Library Digital Ambassadors** show you how to get on-line. You don't even have to be a member of your local library already, we'll help you join.

To find out more contact your **Local Library**



Siel Bleu At Home Live Exercise Classes

We're back for another full week of exercise classes for you from Monday 8th - Saturday 13th February. As always our classes are available on both [YouTube](#) and [Facebook](#). Check out the timetable below to see where your favourite class is available.



	CIRCUIT CLASS	STRENGTH & BALANCE	MOBILITY & STRETCH	CHAIR GYM		
	MON 8TH	TUE 9TH	WED 10TH	THU 11TH	FRI 12TH	SAT 13TH
11AM	CIRCUIT WITH JAMES	STRENGTH & BALANCE WITH PAUL	CIRCUIT WITH MAGGS	STRENGTH & BALANCE WITH MATT	CIRCUIT WITH DEBORAH	MOBILITY & STRETCH WITH MICHAEL
2PM	CHAIR GYM WITH MICHAEL	CHAIR GYM WITH MICHELLE	CHAIR GYM WITH MICHAEL	CHAIR GYM WITH CORMAC	CHAIR GYM WITH SHANE	ON FACEBOOK ON YOUTUBE

DISCLAIMER: SIEL BLEU IRELAND STRONGLY RECOMMENDS THAT YOU CONSULT WITH YOUR GP/PHYSIOTHERAPIST BEFORE BEGINNING ANY EXERCISE PROGRAMME. THESE EXERCISE VIDEOS SHOULD ONLY BE ATTEMPTED IF YOU ARE IN GOOD HEALTH AND ARE PHYSICALLY ABLE TO PARTICIPATE. IF YOU FEEL ANY PAIN OR DISCOMFORT STOP EXERCISING IMMEDIATELY AND CONSULT YOUR GP. IF YOU ENGAGE WITH THESE EXERCISE VIDEOS YOU DO SO AT YOUR OWN RISK.



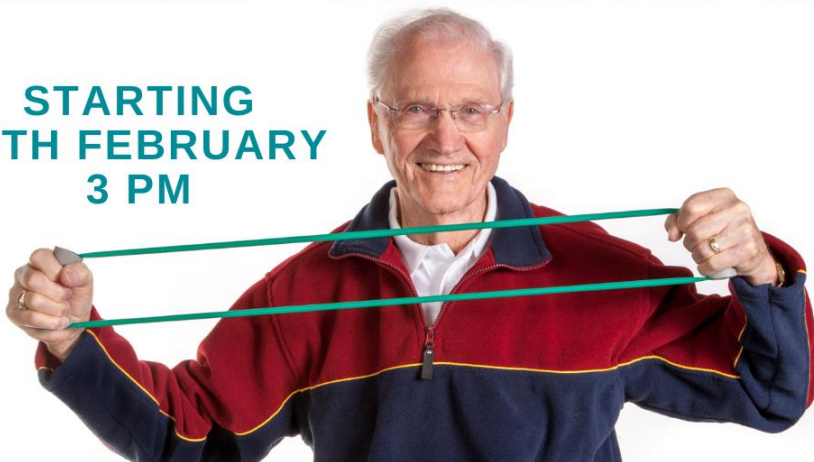
Rialtas na hÉireann
Government of Ireland



We also have an exciting opportunity for people living in Dublin South, Dun Laoghaire Rathdown Area. In partnership with the Southside Partnership, we are delivering an 8-week free online exercise class for the over 65s. For more information or to book a class please contact Angie Lennon from the Southside Partnership on 087 109 0106 or email angela.lennon@sspship.ie



**STARTING
15TH FEBRUARY
3 PM**



8-WEEK FREE ONLINE EXERCISE CLASSES FOR THE OVER 65'S

All fitness levels catered for
Delivered by professional SIEL BLEU trainers
Available for people in the Dublin South Dun Laoghaire Rathdown Area
For more information or to book a place contact **Angie Lennon**
087 109 0106 angela.lennon@sspship.ie



**Join us live on Facebook
Monday 8th
Wednesday 10th
and Friday 12th**

**at 11am for
Age & Opportunity
Movement Minutes**



#AgeandOpportunity

Sessions can be watched live on their Facebook page www.facebook.com/ageandopportunity or afterwards on their YouTube page www.youtube.com/ageandopportunity where a playlist of all Movement Minutes sessions to date can be viewed.



Library
Monaghan County Council

Monaghan Libraries | Keep Well campaign

This project is distributed through the five branch libraries in County Monaghan. Under level 5 restrictions, they are offering a weekly library home delivery service, to their customers who are cocooning or vulnerable. They have included 'care packages' along with their delivery of books to their customers who they feel would benefit greatly from receiving these packages. This is part of the national 'Keep Well' campaign. They initially purchased 100 packages and have plans to purchase further packages for distribution around the adult special needs groups throughout the County, who are unable to meet up during level 5.



The packages include a large print word search book, adult colouring books, colouring markers, a pack of playing cards, sweets, a lovely 'old Irish dressers' calendar, a colour my canvas, wool and knitting needles along with 'how to knit bunnies from a square' information leaflet and a paint by numbers art set, including paints and a paint brush.

Also, under the 'Keep Well' campaign, they have the following between now and the end of March:

- Creative Family packs (going out through Family Resource Centre's and Food bank network in February)
- Town Tours (can't have physical tours so going to produce some funny quirky videos of Clones and Monaghan towns during February)
- Birds of Sliabh Beagh (producing a booklet for people to go to Sliabh Beagh, walk and identify the birds there)
- Annaghmakerrig virtual tour (because Annaghmakerrig is not open to the public and most people have never seen inside it this will bring it to the people to explore)
- Creative Practitioners Call out (they have put a call out to creative practitioners to submit proposals for online activities. This programme will be rolled out by the end of February)
- Outdoor events (hoping to facilitate at least drive in cinema or similar in middle or end of March depending on restrictions)
- Family Tin Whistle Programme (lessons to be held online. They have purchased 110 tin whistles and posted these out to 38 families)
- Knit an Easter Bunny (they have also posted out over 200 packs of wool and knitting needles and a knitting guide)



'Tale-a-Phone Exchange' | Storytelling by phone for older people

Following on from last week newsletter, this wonderful initiative was featured on RTE News this week. As part of the Government's Keep Well campaign, Wexford Age Friendly and the Arts Office at Wexford County Council are offering older people in the county the opportunity to receive a phone call from renowned storyteller Joe Brennan. The 'Tale-a-Phone Exchange', will be a chance to hear one of Joe's wonderful traditional stories in the comfort of their own home. Each Exchange, lasting 20 minutes, will be unique to the person receiving the call.



You can read all about the article here Read [HERE](#)

Or view it on the RTE News [HERE](#)

Phone calls will commence every Wednesday from the first week in February and continue through to the 31st of March.

To book a call, contact: Ann Marie Laffan, Age Friendly Programme Manager on 053-9196680



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



IFA Virtual Town Hall | In Conversation with Ms. Enid Borden: Ensuring Food Security for Older Persons as an Important UN Sustainable Development Goal (SDG)

The International Federation on Ageing held a Town Hall event earlier today called 'In Conversation with Ms. Enid Borden: Ensuring Food Security for Older Persons as an Important UN Sustainable Development Goal (SDG)'. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



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

- 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** shaking hands, coughing, sneezing, hugging, kissing or greeting others in person
- Distance** yourself at least 2 metres from anyone 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](#)
[www.hse.ie](#)

WASH HANDS TO STOP VIRUS SPREAD
[www.nhs.uk/coronavirus](#)

HSE
 Rianas na Míreann
 Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413
 Or Email: leavy@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 326 522
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