

National Updates



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Public Health Measures

Yesterday the government decided to move ahead with the Recovery and Resilience: The Path Ahead plan. See quick guide to the changes below.

- **From 4th May**

Construction - All construction can restart

Outdoor workers - Workers who work outdoors (for example: window cleaning, maintenance work) can return to work

- **From 10th May**

Travel - You can travel between counties in Ireland

Visitors to your garden - Maximum of 3 households or 6 people from any number of households

Outdoor gatherings - Maximum 15 people

Outdoor training - Maximum 15 people

Retail - Click and collect services can restart by appointment and outdoor retail can recommence

Personal services (hairdressers, barbers, beauticians) - Can reopen for customers with appointments only

Galleries, museums, libraries and other cultural attractions - Can reopen

Funerals - Maximum 50 mourners at service. No other events to take place

Weddings - Maximum 50 guests at service. Maximum 6 guests at indoor reception or 15 outdoors

Public transport - Public transport will run at 50 percent capacity

Property viewings - By appointment only with licensed Property Service Providers

Vaccine bonus - [If you are vaccinated you can visit other households indoors](#)

- **From 17th May**

Retail - All remaining retail can reopen

- **From 2nd June (subject to the public health situation at the time)**

Accommodation services (hotels, B&Bs, self-catering and hostels) - Can reopen but services must be restricted to overnight guests and residents

- **From 7th June (subject to the public health situation at the time)**

Visitors - You can have visitors from one other household inside your home

Restaurants and bars - Outdoor services can resume with groups limited to 6 people

Weddings - Maximum guests at reception increases to 25

Outdoor sports matches - Can be played but with no spectators

Gyms, swimming pools, leisure centres - Can reopen for individual training only

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. More than 1,452,434 vaccines (1,041,284 – 1st dose, 411,150 – 2nd dose) have been administered as of the 27th April 2021. **People aged 50 – 59 will be invited to register from next week.**

Online registration – information for patients and service users

People who are registering online will need:

- their Personal Public Service Number (PPSN),
- their Eircode,
- an email address or a mobile phone number.

A friend or family member can help. If someone is finding it difficult to go online and register or they can ring HSELive for support on 1850 24 1850 or 01 240 8787 from 8am to 8pm, 7 days.

If a person doesn't have a PPSN they can register on the phone with HSElive. If a person is deaf or hard of hearing, they can text HSELive on 086 1800 661 to register for your vaccination. You can [find more information here](#).

Once a person has registered, the HSE will send appointment details by SMS text message, 3 to 7 days before their vaccination is due to take place. People in this group will be vaccinated during April or May at one of the [HSE vaccination centres](#) around the country.

Data Security

Data security is a priority for the HSE. The Vaccination Information System has been designed to ensure only necessary information is captured and stored securely in line with HSE data retention policies. All information is encrypted in transit and at rest.

User accounts created on registration use two factor authentication, email and mobile phone number, to provide people with secure access to their own information about their vaccination.

Visit hse.ie/rollout for information about registration.

A video explaining registration is available here

<https://youtu.be/v1JoC01Omgc>

We all need to keep doing the things which we know protect us and the people we love from COVID-19:

- **Keep our distance and stay 2 metres away from each other**
- **Wear masks when it is not possible to keep socially distant**
- **Wash our hands**
- **Call the GP as soon as you notice any possible COVID-19 symptoms**

Where to find COVID-19 Vaccination Information

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 [hse.ie/covid19vaccine](https://www.hse.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at www.hse.ie/covid19vaccinematerials
- Details on getting the COVID-19 vaccine is updated regularly [here](#)
- Details on COVID-19 vaccines administered are available [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)

COVID-19 Vaccine Centres

Videos with information about how the vaccination centres will operate are [available here](#).

Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign.

Ireland's COVID-19 Data Hub is [available here](#).



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development

Department of Rural & Community Development | Funding for Outdoor Recreation Facilities

Last week the Department of Rural & Community Development announced the Funding for Outdoor Recreation Facilities Scheme which provides funding for the development of new outdoor recreational infrastructure. It also provides support for the necessary repair, maintenance, enhancement or promotion of existing outdoor recreational infrastructure in rural areas across Ireland. Further details available [HERE](#). This is another excellent opportunity to provide outdoor recreation facilities for older people.



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



Office of the
Nursing & Midwifery
Services Director



OLDER
PEOPLE

National Integrated Care Programme for Older Persons Webinar



Older Persons Impacted by COVID-19 Time to Get Moving Again

and

National Frailty Education Programme E-learning Launch

Date: **07th May 2021**

Time: **2pm–4pm**

Learn about the reconditioning needs and recovery pathways for Older people to support and facilitate a significant increase in physical, cognitive, and emotional activity.

[REGISTER
HERE](#)



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development

IMMA ÁRAS NUA-EALÁINE
NA HEIREANN
IRISH MUSEUM OF
MODERN ART

Irish Museum of Modern Art (IMMA) | Online Programme for Active Age groups

The Department of Rural and Community Development in partnership with the Irish Museum of Modern Art (IMMA) present a series of Talking Art Online for Older people in Broadband Connection Point Areas. The Irish Museum of Modern Art wish to connect with Active Age Groups who actively use [Broadband Connection Points](#) in rural areas to participate in their Programme of Talking Art Online for older adults.

This free programme aims to offer an existing group a free session of their weekly Talking Art Online Programme every Wednesday at 11am from June 16th to October 27th 2021. Older people from all over Ireland are invited to join for this free online arts experience. The programme will take a closer look at selected artworks from the IMMA Collection and discuss IMMA exhibitions with their Visitor Engagement Team online. The programme is very conversation based and no previous experience is required. The session will be led virtually through Zoom. Participants should have access to a computer, smart phone, or tablet with a camera and internet access in a [Broadband Connection Point area](#). You can find your local Broadband Connection Points [HERE](#)

Available session dates each Wednesday at 11am. Sessions will last 60-75 minutes.

Booking is essential and places are offered on a first come first served basis.

To book please contact edcommbooking@imma.ie

For further information contact Catherine.abbott@imma.ie



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association



NUI Galway

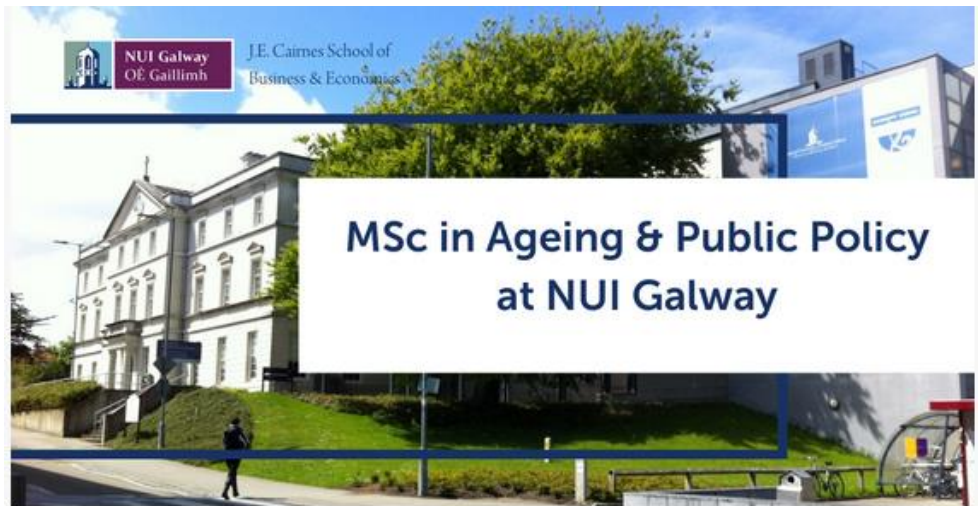
NUI Galway | MSc in Ageing and Public Policy | Taster Session

NUI Galway will hold an hour-long 'taster' and meet the lecturer's session for the MSc in Ageing and Public Policy on **May 19th at 1pm**.

They will have four 10-minute mini-lectures, followed by a Q&A session, on the following areas:

- Dynamics of Ageing & Public policy
- International Policy & Ageing
- Work, Pensions and Retirement
- Social Exclusion and Inequalities in Later Life.

To register for this event, click [here](#) or contact icsg@nuigalway.ie



EU_SHAFE Submission to the EU Green Paper on Ageing

The EU [Green Paper on Ageing](#) seeks to launch a 'broad policy debate on ageing' and means to respond to the associated opportunities and challenges. The changing demographics across Europe and the ongoing pandemic have highlighted some of the challenges and ageing population faces in terms of both health and social care. The Green Paper takes a lifecycle approach that reflects the universal impact of ageing and focuses on both the personal and wider societal implications of ageing.

The EU_SHAFE (Europe Enabling Smart Healthy Age-friendly Environments) project is intended to help influence regional policy in the area of SHAFE (Smart Healthy Age-friendly Environments) and the consortium includes representatives of some of the key active and healthy ageing (AHA) [reference sites](#) across Europe. Following on from a very informative Co-creation workshop with all of the regional partners, Spain, Portugal, Denmark, Germany, Slovenia and Ireland, a robust submission was made based on policy and implementation experiences that have been shared between the various partners and reference sites within the project. On April 21st, TU Dublin submitted on behalf of EU_SHAFE the response to the Green Paper on Ageing.

The full submission can be viewed [HERE](#)

Just Breathe



Staff Health & Wellbeing Webinar
Get Active for Your Wellbeing

With special guest: Derval O'Rourke

Date 5th May 2021

Time 2pm - 3pm

Learn about our online exercise programmes and the healthy way to build physical activity into your day.



[REGISTER HERE](#)

Siel IRELAND
 Bleu AT HOME
 LIVE EXERCISE CLASSES
 TO STAY ACTIVE
 @SIELBLEUIRELAND

CIRCUIT CLASS	STRENGTH & BALANCE	MOBILITY & STRETCH	CHAIR GYM

	TUE 4TH	WED 5TH	THU 6TH	FRI 7TH	SAT 8TH
11AM	STRENGTH & BALANCE WITH MICHELLE 	CIRCUIT WITH MAGGS 	STRENGTH & BALANCE WITH MATT 	CIRCUIT WITH DEBORAH 	MOBILITY & STRETCH WITH MATT
2PM	CHAIR GYM WITH CORMAC 	CHAIR GYM WITH MATT 	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.

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.

Covid19 Tech Help



Volunteer tech helpline for older people cocooning in Ireland

- Volunteer IT group offering over the phone help to resolve any IT or technical issues they have.
- Tablets, Phones, PCs, software, other hardware as well as Apps and communications.
- We will help anyone on the island of Ireland with an IT issue, as long as it is an elderly person.
- Ring our contact number [01-9633288](tel:01-9633288) and one of our volunteers will answer your call.
- Also, by DirectMessage (DM) on our twitter handle [@Covid19_tech](https://twitter.com/Covid19_tech) – hashtag is [#TechHelpCovid19](https://twitter.com/hashtag/TechHelpCovid19) and leave a brief explanation.
- Or, via our [Facebook](#) page [Covid19TechHelp](#).
- This is a completely FREE service, all time is donated by volunteers.
- No personal details such as access to their bank details, cards etc. required.
- Call distribution is random and all calls are recorded. The twitter feed is also logged.

Further details available [HERE](#). If you are interested in becoming a Volunteer click [HERE](#)



Updates from Leitrim Age Friendly Programme

Easter Packs 2021: We distributed Easter Packs to over 200 vulnerable and older people in Leitrim. The packs contained essential items such as facemasks, hand sanitizers and fridge magnet for Eircode and emergency contact. Everyone was delighted to get an Easter egg as well! All funded under the Healthy Ireland Community Engagement initiative.



The Home Place: Leitrim County Council developed this programme with author and previous Bealtaine Writer in Residence Brian Leyden whereby active age groups use Zoom or WhatsApp to host readings listening to Brian read from his work and discussing it together with him and other group members. While many projects require active participation, The Home Place provided an opportunity to sit back and enjoy Brian's reading whilst maintaining connection and interaction amongst the members of groups that had physically met up before restrictions prevented this.

<https://www.youtube.com/watch?v=bpEEjVMpp9Q&t=2s>

Back to the Future: - Singer Fionnuala Maxwell worked with Drumsna Community Resource Centre Senior Citizens Group bringing together a community who would have very little knowledge of technology and who normally meet face-to-face for a conversation; bringing them on a journey back through their childhood through songs, rhymes and stories.

<https://www.youtube.com/watch?v=aw5F5rI8s98>

Conversations in Portrait: Led by Roscommon County Council, Leitrim County Council were a partner in this joint project along with Mayo and Donegal. The project saw artist Andy Parsons paint the portraits of 12 people using Zoom over a number of weeks. The portraits will form part of an online exhibition as part of this year's Bealtaine Festival



Age Friendly Cavan | Zoom Information Sessions

Cavan Age Friendly are hosting Zoom Information Sessions for Older people every Wednesday morning at 11am (for 10 weeks). See details of topics and guest speakers below. To join phone 0860662177 or email agefriendly@cavancoco.ie

Date	Topic	Delivered By
28 th April 2021	Gardening Tips	Joyce Fitzpatrick
5 th May 2021	Arts & Health – ‘Connecting Through Art’	Bloom The Art Project
12 th May 2021	Nature Therapy	Joyce Fitzpatrick
19 th May 2021	Positive Age ‘County Cavan Good Morning Call’ Service	Francis O’Callaghan, Cavan Positive Age
26 th May 2021	Energy Medicine for Vitality	Orla Mc Ivor, Celtic Energy Medician
2 nd June 2021	Cookery Demonstration	Cavan & Monaghan ETB
9 th June 2021	Pension Information	Cavan Citizens Information Centre
16 th June 2021	How to use Social Media Apps	Cavan & Monaghan ETB
23 rd June 2021	Arts office and the Ramor Theatre – services for older adults	Catriona O’ Reilly, Arts Officer, Cavan Arts Office
30 th June 2021	Services & resources available for Older Adults through Cavan Libraries Services	Emma Clancy, County Librarian, Cavan Co Co

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!



Mary Cronin’s 10k Challenge | Irish Hospice Foundation

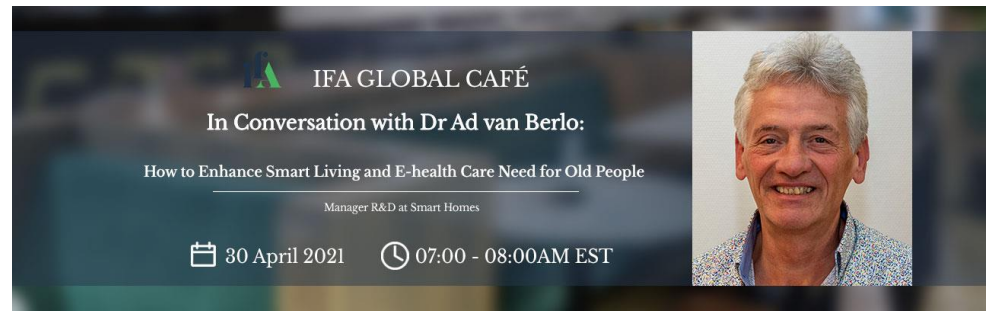
We would like to say a huge congratulations and well done to Mary Cronin who last weekend completed a 10k virtual race in aid of the Irish Hospice Foundation. Over the years Mary has volunteered in many groups and organisations. She recently became aware of IHF’s [Bereavement Support Line](#) and she wanted to do something to help. Mary has raised over €1200 already and she would like to thank everyone who has supported her so far. Well done Mary – we are very proud of you.

International Updates



International Federation on Ageing

IFA Global Cafe | In Conversation with Dr Ad van Berlo "How to Enhance Smart Living and E-health Care Need for Old People"



The International Federation on Ageing held a Global Cafe event earlier today called - In Conversation with Dr Ad van Berlo "How to Enhance Smart Living and E-health Care Need for Old People". A recording of this event will be available on the Federation's website <https://ifa.ngo/>

Diabetes Alert! Series Town Hall | In Conversation With Prof. Richard Gale: Effective Patient Communication During the Pandemic



6th May | 11am GMT | [Register 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.hsa.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 hsa.ie OR phone HSE Live **1850 24 1850**

How to Prevent



Symptoms

- > Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

www.gov.ie/health/covid-19

Visual Identity: © 2020/2021 Design: www.williamstown.ie



Riadas na hÉireann
Government of Ireland



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

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 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