

National Updates



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

HSE Partner Pack

Our highlight communications updates for you from this week are:

COVID-19 booster (4th) dose for people who are immunocompromised (have a weak immune system): People who have a weak immune system, also called immunocompromised, can now get a booster (4th) dose. People in this group were offered an additional dose of the COVID-19 vaccine last year, and can now get a booster dose if it has been 3 months since their additional dose. If they had the Pfizer, Astrazenaca or Moderna vaccine, this booster will be their fourth vaccine dose. See below for information on how to get your booster dose.

Treatment for people at the highest risk from COVID-19

A new medicine is available to treat people with COVID-19 (coronavirus) who are at the highest risk of becoming seriously ill. [Sotrovimab](#) is also known by the brand name Xevudy. It is the first type of COVID-19 medicine available in Ireland. You'll be told by your doctor or consultant if this medicine is for you. Other COVID-19 medicines are expected to become available soon.

You can find more information [here](#).

COVID-19 vaccination for children aged 5-11: COVID-19 vaccine registration remains open for children aged 5-11. A parent or legal guardian can register and give consent [here](#).

COVID-19 vaccine booster

People aged 16 and older can get their COVID-19 vaccine booster dose now. This includes people who have a weak immune system. To book an appointment or find a clinic near you, visit [hse.ie](#).

You need to wait at least 3 months (90 days) after your vaccine course before you can get a booster dose. If you have had COVID-19 since you were vaccinated, you should get your booster dose at least 3 months after your positive result. Please bring photo ID that shows your date of birth to your appointment or walk-in clinic.

Vaccination clinics

We continue to operate clinics for dose 1 and dose 2 vaccinations (for people aged 12 years and over), and booster vaccine clinics for healthcare workers, pregnant women and for people over the age of 16. Find the full list of clinics by county [here](#). You can also check [@HSELive](#) on Twitter for daily updates.

COVID-19 Testing

Full details of [how to get tested are available here](#).



New Panel of Decision-Making Representatives

The Decision Support Service is looking for suitable applicants to apply for a new panel of decision-making representatives. It is intended that the DSS will begin operations in June 2022 to provide an essential service for people who face difficulties exercising their decision-making capacity.

A decision-making representative is a person appointed by the court to make specific decision(s) on behalf of a person who at times, may not have the capacity to make certain decision(s) by themselves or with support. Where necessary, the court may ask the DSS to nominate two or more suitable persons from the panel of decision-making representatives. The court will do this when a person does not have a suitable person known to them who can act as their decision-making representative.

seirbhís tacaíochta cinnteoireachta
decision support service

Are you interested in joining a new panel of decision-making representatives?

The Decision Support Service ('DSS') is a new statutory service established by the Assisted Decision-Making (Capacity) Act 2015.

For more details, please visit www.dssrecruitment.com or follow the QR code

Closing date for applications is Wednesday 16 February, 12 noon. The Decision Support Service and Sigmar Recruitment are committed to a policy of equal opportunity.

The court may appoint more than one decision-making representative to act for a relevant person in respect of different decisions, as provided for in the court order.

The decisions that a decision-making representative will be required to undertake may involve property and affairs or personal welfare decisions or both.

You can download and read further details in the [candidate brochure](#).

If you are interested in applying to join the new panel of decision-making representatives visit www.dssrecruitment.com for more details.



The UN Decade of Healthy Ageing in a Climate-changing World: new advocacy brief now available

There is no healthy ageing without a healthy planet. How can we both protect older people and recognise their contributions as change agents in the climate crisis?

A new advocacy brief in the UN Decade of Healthy Ageing Connection Series highlights how the health

and wellbeing of older people are affected by climate change and how climate change is relevant across all four action areas of the Decade plan.

The brief also presents specific examples of what can be done to foster healthy ageing in ways that can also help adapt to, mitigate, and build resilience for the climate crisis.

[Download the New Advocacy Brief here](#)



AAA ISO Leaders Forum 01.02.22: Meet the Speakers

AAA's new report urges the housing sector to step up and play its part in combatting the growing epidemic of loneliness through the delivery of more inventive and inclusive places.

Entitled 'Cultivating Neighbourhoods that Care: A manifesto for change', the report calls for a new standards framework to drive the delivery of multigenerational living worldwide.



Initiated by AAA, in partnership with ISO (the International Organization for Standardization) and Clarion Housing Group, the report is the by-product of two years of cross sector consultation, informing development of the first

ever internationally-recognised standard for smart, multigenerational neighbourhoods, which will provide guidance for public, private and third sector stakeholders and drive change at pace and scale.
Follow the link below to meet the speakers, reserve a complimentary report and register to join the AAA ISO Leaders Forum [by clicking here](#).

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Scam Calls and Scam Texts FAQs



What are scam calls and scam texts?

Scam calls and scam texts are unwanted, unsolicited, nuisance communications. The intent of scam calls and texts is often to mislead the receiver to share personal information or money to the scammer.

Why am I getting so many scam calls and scam texts lately?

More people are working from home, shopping online, banking online and using social media. This creates opportunities for scammers to steal data and money from unsuspecting users. Though your phone service provider is likely to be already blocking suspicious numbers, some calls get through as it is difficult to quickly recognise scammers and block their calls and texts efficiently without blocking genuine numbers.

How did the scammers get my number and why are they targeting me?

Scammers use software to call or text a range of numbers at the same time and then note which are answered. Answered numbers are recorded as genuine in-use numbers and may be sold on the internet to other cyber criminals. Therefore, making your number ex-directory or adding your number to the “do not call” register for direct marketing will not prevent scams. If you have fallen victim to a scam previously, you may be contacted by other scammers who claim to be able to help you to get your money back for a fee.

What can I do to protect myself from being scammed?

Unfortunately, scam calls and texts can be difficult to identify. Vigilance is important, such as:

Do's

- **Hang up** if a caller pressures you, claims urgent action is needed or threatens negative consequences. **Ask someone you trust** if they think the call was genuine.
- If a call or text message claims to be from a bank, government agency or a company you do business with it is best not to engage with the caller or message the sender. Instead, **end the call, look up their official contact details** and contact them back to verify if the call is legitimate.

- If you have friends or relatives abroad that may be calling you, **store their number** (including the country prefix) in your phone. Get to know the prefix for the country they might be calling from.
- If you dial back an unknown number by mistake, **hang up immediately** if there appears to be no recipient on the other end or where you are left on hold.
- If you are receiving calls late at night, you could **turn down the volume** on your home phone or **select silent mode** or do not disturb mode on your mobile phone.
- If you are getting persistent calls from a number you don't know, **contact your service provider**, and request that **calls from that number be blocked**.
- Sometimes, scammers display a phone number like your own on your caller ID, to increase the likelihood that you will answer the call. If your number is being used in this way, contact your service provider and request that calls from that number be blocked.
- Some mobile phones have the capability of allowing you to screen, block or silence nuisance numbers from contacting you. **Check your phone settings** to see if this is a feature of your handset or contact your service provider who may be able to assist.

Don'ts

- **NEVER provide any personal information**, for example, banking details/PPS number/credit card details/name, address/passport numbers, passwords etc to someone who contacts you.
- Do not follow instructions from a recorded message.
- Be wary of receiving multiple calls or missed calls from the same unfamiliar number, especially if it is like your own number. **Do not call back** any number that you do not recognise or where no voicemail message left.
- If you click on a link in a scam text, **close the web page and message immediately**. Do not follow any instructions given after clicking the link.
- **Never use a number** given to you by the caller.

Who should I contact if I have shared personal information?

Scam calls and scam texts are **illegal**. Therefore, you should contact **An Garda Síochána** immediately, as well as **your financial institution** if you have shared personal information relating to your finances.

For more information on scam calls see the COMREG website:

<https://www.comreg.ie/advice-information/scam-calls/>



The Gathering

The Gathering is an annual event which brings together our local and national partners, organisers and artists for a day of networking, showcasing good practice, discussion and feedback on the festival. How does it work?

It provides us with an opportunity to hear about the challenges and needs of the organisers, showcases interesting and inspirational events from the previous festival, and provides practical supports for local organisers.

Sign up for our newsletter and we will keep you up to date on all our upcoming events including The Gathering.

This year, The Gathering will take place online on Tuesday 8th and Wednesday 9th of February from 10am – 12.30pm. On Thursday 10th of February there will be 1:1 clinics with industry professionals. Booking is now open so make sure to secure your place.

For more information about The Gathering click here:

<https://ageandopportunity.ie/arts/the-gathering/>

For full details and to book your ticket for The Gathering

visit: <https://www.eventbrite.ie/e/227573948807>



Exwell Medical Weekly Zoom Meeting

Exwell Medical would like to invite you to join their weekly Zoom meeting today, **Friday January 28th at 5PM.**

Please also share the details with anyone who you feel might enjoy hearing more about ExWell.

The schedule will be:

5.00 pm: Welcome

5.05 pm : Knee Pain

Dr Noel McCaffrey

5.20 pm: Updates and News

Danny Fagan

5.45 pm: Discussion

Friday January 28th at 5pm – Link:

<https://us06web.zoom.us/j/88139946932?pwd=bVNSZzA2MEk0S3BtZG00SjU0rOEJOUT09>

Mobilizing Action for the UN Decade of Healthy Ageing

Civil society organizations represent a defining force to help influence and shape policy that impacts the lives of current and future generations of older people during the [UN Decade of Healthy Ageing](#).

To help drive policy change, a civil society mapping and engagement initiative has been launched to identify and unite the powerful and unique voices of organizations across a wide range of sectors and disciplines toward a common agenda.

Calling all Civil Society Organizations!

Mobilizing Action for the UN Decade of Healthy Ageing



#AddingLifeToYears #HealthyAgeing

We urge you to help promote this initiative and demonstrate the power of our voices through:

1. Completing the brief questionnaire and joining other organizations to create an environment that enables older people to do what they have reason to value.
2. Encourage organizations in your network to complete the questionnaire by sharing the [information package](#) that includes supporting social media resources.

We appreciate your time and hope that you and your organization can be involved in building engagement around the world toward a colloquium early in 2022 to share areas of interest and priorities towards the development of a Decade of Healthy Ageing CSO Alliance.

[Click Here to Complete the Questionnaire](#)

Civil Society Organizations Call for Action for the UN Decade of Healthy Ageing

Scan the QR code to complete the questionnaire and make your voice heard!



#AddingLifeToYears #HealthyAgeing



Join us live on Facebook

**Monday 31st
Wednesday 2nd
Friday 4th**

at 11am for

**Age & Opportunity
Movement Minutes**



#AgeandOpportunity

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

Local Updates



**Fingal County Council: Cricket4All
An Intergenerational Inclusive Pilot Project**



Fingal County Council has been awarded funding from the DCEDIY Disability Participation and Awareness Fund 2021 to pilot an intergenerational inclusive cricket project for older people and young people with disabilities. The project which is in collaboration with Cricket Leinster will take place over five phases from March 2022 to March 2023.

Cricket is played by men and women of all ages throughout Fingal with often older and younger members playing together in teams. Adapted cricket is designed for young people with disabilities and older people, many of whom may have age related disabilities such as hearing and sight loss as well as mobility and cognitive decline.

The Project:

Coaching in table cricket as well as adapted cricket skills and small-sided games will be provided to groups of active older people in the wider community and groups of young people with disabilities to develop intergenerational teams for competition. It will also provide participants with the necessary skills and opportunities to coach, umpire and score which will allow them to continue contribute to their community and club.

Benefits:

Alongside the enjoyment of playing the game and competing, table cricket has been shown to develop teamwork and social skills among players. It helps coordination and cognitive skills.

It enables players to understand tactics, draw the best out of team players and to build a social life. Participants also gain numeracy skills as they calculate their own score or their teams scores.



It improves players confidence, self-esteem and independence.

The project will also improve participation and engagement in community life as cricket is both a sporting and social activity. It will make visible older people and people with disabilities in their community centres and cricket clubs



As an intergenerational initiative it has the additional benefits of facilitating a connection between older and younger people and to the wider community as they meet informally in their local community. Younger people can benefit from advice, wisdom, support and practical skills which older people have to offer.

Similarly, the enthusiasm and energy of young people with different perspectives and views can only add to the experience for older people.

Research indicates that intergenerational initiatives can result in an increased sense of worth, self-esteem and self-confidence among participants.

For further information contact Cathrina Murphy:
cathrina.murphy@fingal.ie



Age Friendly Parking at Westside and Ballybane Libraries in Galway



Age Friendly parking spaces have been introduced to the Westside Library and Ballybane library community parking areas. The Age Friendly parking spaces are courtesy spaces (similar to parent and baby spaces). The public is being asked to respect these spaces and leave them free for older people to use. The Westside Library and Ballybane library hope that all drivers in Galway will get on board with this new initiative to make Galway a more age friendly and supportive place to live and visit.



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 rlaevy@meathcoco.ie Information is one thing we can share right now!

International Updates



IFA Global Cafe | In Conversation with Mr. Darrel O'Shaughnessy on "The Men's Shed: An Alternative Healthcare Route"



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Mr. Darrel O'Shaughnessy on "The Men's Shed: An Alternative Healthcare Route".

A recording of this event will be available on the Federation's website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>

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.

How to Prevent:

- Wash:** your hands with soap and water for at least 20 seconds.
- Cover:** your mouth and nose with a tissue or elbow when coughing or sneezing.
- Avoid:** touching eyes, nose, or mouth with unwashed hands.
- Clean:** and disinfect frequently touched objects and surfaces.
- Stop:** shaking hands, or hugging, kissing, or sharing drinks or food.
- Distance:** stay at least 2m away from others, avoid mass gatherings, and avoid public transport.

Symptoms: Fever (High Temperature), A Cough, Shortness of Breath, Breathing Difficulties

For daily updates visit: www.gov.ie/health/covid-19

Useful Contacts and Info

Age Friendly Ireland Shared Service Office Telephone: 046 9097413
Or Email: leavy@meathcoco.ie

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/Age-Friendly-Ireland)

Website: www.agefriendlyireland.ie / www.agefriendlyhomes.ie

HSE Advice Line: Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday