










National Updates

 <p>Údarás Áitiúla Éireann Local Authorities Ireland</p>	<p><b>Local Authority</b> home loan borrowers may now apply for a <b>Mortgage Payment Break</b> of up to three months on their home loan if they have experienced a reduction in their income, arising from the Covid-19 emergency, and they are unable to make repayments on their home loan. Any local authority borrower facing difficulties are urged to contact their local authority as soon as possible to access the application form and information that will be available on each local authorities' website.</p>
 <p>RENAULT</p> 	<p>Congratulations to <b>Renault Ireland &amp; AXA insurance</b> who have partnered together to create an initiative where medics returning to Ireland can get cars and insurance cover free of charge. You simply enter your details online and they will arrange your car and insurance. This offer is only available to doctors and nurses who have returned to Ireland in the last month to work as part of the national effort to tackle COVID-19. For more information visit <a href="#">Renault Ireland's Website</a></p>
<p><b>THE IRISH TIMES</b></p>  <p>An Roinn Sláinte Department of Health</p>	<p>According to an article in yesterday's <b>Irish Times</b> it is reported that some older people felt that the new provisions where An Garda Síochána can fine or imprison those not complying with COVID19 restrictions also applied to those people who are cocooning. Many older people believe it is illegal to go out if you are over 70, with charities who work with older people saying it has created confusion. The <b>Department of Health</b> has responded that the position on cocooning is "<b>advisory</b>" and <b>not mandatory</b> and is there to protect vulnerable people. A spokeswoman added, however, that those over the age of 70 are subject to the laws about non-essential travel as everybody else is during the Covid-19 pandemic.</p>

	<p>Well done to <b>Bank of Ireland</b> who have donated €1 million to the Community Foundation for Ireland to help charities and organisations across the island of Ireland to support the most vulnerable in our communities at this time. To find out how to apply to the fund click <a href="#">here</a></p>
	<p><b>Operation Transformation #keepingwellapart</b> - returned to our screens last night but with a new twist - as they met with people across the country to hear about how they are coping with life during lockdown. The programme included tips on how to look after your physical and mental wellbeing during COVID19. Click <a href="#">here</a> to catch up on the RTE Player</p>
	<p>This week the <b>Egyptian Tourist Board</b> invites the world into the 5,000-year-old tomb of Queen Meresankh III for a free virtual tour. The tour is one of four <b>virtual trips</b> of historic Egyptian sites being promoted during lockdown. Click below to start your tour and crank the central heating up to max for that desert feel!</p> <ul style="list-style-type: none"> <li>• <a href="#">Queen Meresankh III's tomb</a></li> <li>• <a href="#">tomb of Menna</a></li> <li>• <a href="#">Red Monastery</a></li> <li>• <a href="#">Mosque-Madrassa of Sultan Barquq</a></li> </ul>
	<p><b>Dogs Trust</b> are hosting a wonderful <b>short story competition</b>. Creative writing is a wonderful way to express ourselves and stretch our imagination. Although we may have to stay at home with our bodies, our mind can take us wherever we desire. Dogs Trust want you to write a short story (500 words) that begins with this sentence ...</p> <p><a href="#">My dog and I were stuck inside on lockdown, but little did we know...</a></p> <p>Why not get the creative juices flowing and give this a try? For more info check out their website <a href="#">here</a></p>
	<p>Some of Ireland's leading musicians have banded together on a new track reminding people how important it is to stay at home during the coronavirus outbreak. <b>Nathan Carter</b> is joined on the track by an all-star line-up including <b>Brian Kennedy, Johnny Logan, Chloe Agnew, Tommy Fleming and Sean Keane</b>. The song has been put together in record time by the artists, who have each recorded lines in their own living rooms and home studios. The track entitled <b>#StayAtHomeStayAlive</b> is accompanied by a video featuring a glimpse into the artists in their homes, as well as some of the brave frontline staff working tirelessly to keep us all safe. Check it out <a href="#">here</a></p>

## Local Updates



# Longford Leader



Many thanks to our Age Friendly Programme Manager **Mary Reynolds** in **Longford Libraries** for telling us about a wonderful initiative they are running in partnership with the **Longford Leader**. They are asking people to share a photo with them of what makes them happy or smile while being cocooned. It can be a person, a place, a pet, a new hobby, your garden, or even your favourite book (see media advert [here](#)). The newspaper will print the photos and readers can vote for their favourite one each week. When COVID19 is all over and restrictions are lifted they will have an exhibition of the photos and a celebration of the creativity and positivity in the library. They are also encouraging people to keep a diary and if they are willing to share, they will put together an anthology later in the year. Well done to all – what a brilliant idea



Many thanks to **Helen Howes** from **Co Wicklow PPN** who emailed to tell us that they have been working with **Garden County Radio** to highlight the great work that voluntary groups are doing in providing services to the community during COVID19. Lynsey Dolan has been pre-recording interviews with volunteers to find out about their projects and initiatives and then it is being aired on the radio the following day. The interviews have also been turned into podcasts so now there is a little radio history of how Co Wicklow Communities have galvanised to support the most vulnerable members of their local communities. The podcasts are available to listen to on the [Garden County Radio website](#) and also on the [Co Wicklow PPN Facebook Page](#)



Many thanks to **Dolores McElligott** from **Kerry** for reminding us that **National Arthritis Week 2020** is almost upon us commencing on **Monday April 20<sup>th</sup>**. This year's theme is " EVERY MOVEMENT MATTERS". The **Kerry Branch of Arthritis Ireland** will be showcasing video highlights from their current Hydrotherapy, Aqua Jogging, Aqua Aerobics, Step 2 The Beat Dance, Gym & Theraband Strengthening, Seated Yoga and Walking exercise programmes as well as introductions from Dr. Fahd Adeeb Consultant Rheumatologist at UHK, Frank Fahy of Fit Walk Ireland on Nordic and Activator walking poles, Antonia Burke Senior Physiotherapist and HSE Falls Prevention Officer at UHK and Maeve Ferris Yoga and Meditation coach. See their [Facebook page](#) for more

## 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](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



In the **UK** Army veteran **Captain Tom Moore** has completed the 100th lap of his garden while raising more than £12m for NHS Charities Together. Captain Moore, who served in India and Burma, recently set out his plan to walk 10 laps of his garden every day until he reached 100 in total, prior to his 100th birthday at the end of the month. For more see [here](#)



In **Denmark**, the **LEGO Group** is offering their assistance to healthcare workers on the frontlines of the COVID-19 crisis by using their facilities to produce thousands of protective facial visors. The company's Billund-based factory in Denmark has reworked some of their machinery to make more than 13,000 plastic masks per day. See 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.dh.ie](http://www.dh.ie)

#### How to Prevent

<b>Wash</b> your hands well and often to avoid contamination	<b>Cover</b> your mouth and nose with a tissue or sleeve when coughing or sneezing and dispose and discard	<b>Avoid</b> touching eyes, nose or mouth with unwashed hands	<b>Clean</b> and disinfect frequently touched objects and surfaces	<b>Stop</b> shaking hands or hugging when staying 10 feet away from other people, especially those who might be unwell	<b>Distance</b> avoid crowded places and stay 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](http://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](http://www.gov.ie/health/covid-19)  
[www.hse.ie](http://www.hse.ie)

## Useful Contacts

**Age Friendly Ireland Shared Service Office** T: 046 9097413 E: [rleavy@meathcoco.ie](mailto: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**

<b>Local Authority</b>	<b>Community Response Number</b>
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	01 890 5000
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