

National Updates



**An Garda Síochána** have released a video showcasing [important support information for the Deaf Community](#). One thing they are making people aware of is that ECAS (Emergency Call Answering Service) provides an emergency text messaging service for registered users. Before you can use the 112 SMS service, you will need to register your mobile phone on [www.112.ie](http://www.112.ie). See more info [here](#).



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

The **HSE** have issued a communique to all Local Authority Community Response Forums regarding **COVID19 Community Assessment Hubs**. There are 16 Community Assessment Hubs now up and running around the country, with more opening shortly. If you have or are suspected of having COVID-19, your GP will refer you to a hub for a face to face appointment with a GP. More information about the community assessment hubs is now live [here](#).






Promoting the rights of vulnerable adults

If you have a safety or protection concern for a vulnerable adult or you feel you yourself are at risk of abuse the **HSE** has a social work service that you can contact. There are nine social work teams located throughout the country. You can find information on how to get in touch with them [here](#) You can also contact **Safeguarding Ireland** on **061 461 358** or email [info@safeguardingireland.org](mailto:info@safeguardingireland.org)






Bank of Ireland

To support healthcare workers **Bank of Ireland** have a dedicated phone line **1800 946 146** for all healthcare worker's banking needs, it is open from 9.30am to 4.30pm, Mon-Fri. Alternatively, healthcare workers can request a call outside normal banking hours by emailing [healthcareStaffQueries@boi.com](mailto:healthcareStaffQueries@boi.com)  
What a great idea, well done Bank of Ireland, check out this [video](#) explaining some other changes they have made to services during COVID19



	<p>The <b>National Adult Literacy Agency (NALA)</b> has developed a plain English guide to #COVID19 words for anyone who has literacy difficulties and needs help understanding health terms. The full list is available <a href="#">here</a></p> <p>They recognise that this is a difficult time for people who struggle with reading &amp; writing so their FREE distance learning service can help. Know someone who could benefit? Tell them to <b>Freephone 1800 20 20 65</b></p> <p>They are also offering free online courses and phone tuition for those who have time on their hands and would like to learn at home. You decide how, where and what you learn - over the phone with a tutor, or online. <b>Freephone 1800 20 20 65</b> or <b>Text LEARN to 50050</b> or visit their <a href="#">website</a>.</p>
	<p><b>ACCORD</b> is very conscious of those who are experiencing difficulties in their relationships and family lives during the COVID-19 pandemic. In response they have set up a support line where callers can talk to experienced couples and relationship counsellors. You can contact them on <b>01 531 3331</b> 9.00 am - 8.00 pm, Monday to Friday (all calls charged at local rate). See <a href="#">poster</a> also. Many thanks to Susan Shorten, Regional Director for ACCORD for sending this on.</p>
	<p><b>New Scientist Live</b> are encouraging people to add some science to lockdown living routines, as they make more than 50 incredible talks from their flagship science festival New Scientist Live available for free on their <a href="#">YouTube channel</a> over the coming weeks. For more info and to see what's on offer click <a href="#">here</a></p>

**Local Updates**




	<p><b>Flexibus, Local Link Louth, Meath, Fingal</b> are currently phoning their passengers for a chat and to simply check in. A staggering <b>800 calls</b> were made last week. If anyone wants a phone call, they can contact Flexibus on <b>1800 303 707</b>. Well done to everyone involved with this invaluable initiative, giving people piece of mind and a listening ear at this time. Many thanks to Patricia Cassidy from Flexibus for sending this on.</p>
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 <p><b>Ballycommon Telework &amp; Training Centre CLG</b></p>	<p><b>Ballycommon Training Centre</b> in Offaly are operating a FREE telephone support for older people in the community who need someone to check in with them or just want a friendly chat. If you know anyone who would benefit from this free, confidential service you can contact the centre on <b>0579353177</b>. Again, a wonderful support for older people who might be feeling lonely or isolated at this time. Well done to all involved.</p>
	<p>In <b>Limerick, St Munchin's Community Centre</b> have received a donation of three Zero Carbon emissions cars from Smittown Light Engineering to help them deliver meals on wheels to older people across the city and county. A lovely gesture and an excellent service for the people of Limerick. You can contact them on <b>(061) 596 011/ (061) 458 651</b> to order your dinner before 11am for same day delivery. They operate 6 days a week, Monday to Saturday. Dinner &amp; Dessert costs €5.</p>
	<p>A nursing home in <b>County Cork</b> has become the first nursing home in Ireland to pilot innovative remote temperature checking software that can detect early Covid-19 warning symptoms in staff. The Covid-19 remote early warning system (Crew) was initially trialled at Cork University Hospital over the past two weeks. It's now being trialled at <b>Oaklodge Nursing Home</b> in Cloyne. See mote <a href="#">here</a></p>

**Your Voice**

	<p>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 <a href="mailto:rleavy@meathcoco.ie">rleavy@meathcoco.ie</a>. Information is one thing we can share right now!</p>
	<p><b>Ray McGrath</b>, member of <b>Waterford Older Peoples Council</b>, recently wrote a column in the Waterford News &amp; Star newspaper '<a href="#">Notes from the Cocoon</a>'. From Woodstown, Waterford, Ray McGrath contributes regular columns to the Waterford News &amp; Star, including his most recent series Gaultier Heritage Rambles. Check out the website for more of Ray's writing and thanks to Richard from Waterford OPC for sending this on to us. Well done Ray – keep up the good work, this is really great.</p>

## International Updates

 <p><b>World Health Organization</b></p>	<p>Yesterday was the first time that the <b>World Health Organisation</b> press conference was interpreted in all official UN languages: Arabic, Chinese, French, Russian &amp; Spanish. Journalists from around the globe were invited to ask questions in any of the six UN languages. See more <a href="#">here</a></p>
 <p><b>Northern Ireland Executive</b></p>	<p>The <b>UK Government</b> has pledged a further £50 million (around €57.5 million) of funding to support the <b>Northern Ireland Executive's</b> bid to tackle coronavirus. This takes the total funding the UK government has made available to Stormont to almost £1.2 billion (around €1.38 billion). See more <a href="#">here</a></p>
	<p>On April 15th at 8PM when the people of <b>Paris</b> took to their windows to applaud healthcare workers on the frontline of the COVID19 pandemic, the <b>Notre Dame</b> cathedral bell rang across the city. Three people donned hazmat suits to protect themselves from the toxic lead particulates released by last year's fire and spent five minutes ringing the iconic bell encouraging locals to remain unified in the face of the coronavirus lockdowns. Check out the footage <a href="#">here</a></p>

## 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 tissue or sleeve when coughing or sneezing and dispose of used tissue

**Avoid**

touching eyes, nose or mouth with unwashed hands

**Clean**

and disinfect frequently touched objects and surfaces

**Stop**

shaking hands or hugging since leaving hotels or greeting other people

**Distance**


avoid at least 2 metres between you and 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](http://www.gov.ie/health/covid-19)  
[www.hse.ie](http://www.hse.ie)



HEALTH COMMUNICATIONS DESIGN  
www.hse.ie/health-communications

Riadas na hÉireann  
Government of Ireland

## 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