

National Updates



Irish Gerontological Society



The **Irish Gerontological Society (IGS)** issued a press release yesterday with advice from their **President, Dr. Diarmuid O'Shea**. On behalf of members of the (IGS), Dr. O'Shea, is campaigning for everyone, including producers, presenters and journalists reporting on COVID19 to be mindful of their language and avoid the 'euphemizing of age' as we discuss and talk about this large, diverse, heterogeneous social group. To read the full press release click [here](#)



THE ALZHEIMER SOCIETY of IRELAND








The **Alzheimer Society of Ireland** is continuing to provide online family carer courses called **Home Based Care-Home Based Education**. Four more courses will start in April with a total of 80 places available for the 7-week supportive course. Online applications can be completed [here](#). The course can be completed in your own time and support and guidance is provided by their expert ASI tutor and fellow course participants



Reminder from **An Post** - If you need to purchase stamps, pre-paid envelopes or other stationery, but are unable to get to your local Post Office you can place your order on [irishstamps.ie](http://irishstamps.ie) and have them delivered directly to your door. Click [here](#) for a step by step guide on how to avail of this wonderful service



A Specialist in microbiology at **Safefood** is advising shoppers that it is not necessary to disinfect the outside of food packaging after buying it in the supermarket. Safefood is the public body in charge of consumer awareness about food safety and healthy eating across Ireland. For the full story click [here](#)

 <p><b>Irish Red Cross</b> Crois Dhearg na hÉireann </p>	<p><b>Hardship Fund Closes to New Applications following surge of interest</b></p> <p>The Hardship Fund, which was set up in a partnership with the <b>Irish Red Cross</b> and <b>Age Action</b>, was put in place to help older, vulnerable people who had been experiencing additional financial burden due to the Covid-19 crisis. Over €25,000 from the fund has already been allocated to applicants.</p> <p>The fund identified real needs experienced by vulnerable older people, which resulted in both organisations receiving thousands of inquiries – with an unexpected surge last weekend. However, while previous applications are still in the process of being assessed, the fund will now <b>close to new applicants at 5pm on Friday 24th April</b>. All applications and expressions of interest received before this date will be processed and reviewed. Over €60,000 will have been distributed by the end of next week.</p>
 <p>Independent.ie</p>  <p>An Roinn Iompair, Turasóireachta agus Spóirt Department of Transport, Tourism and Sport</p>	<p>According to the <a href="https://www.independent.ie">independent.ie</a>, the Government has been called on to resist lobbying to have the rules changed on refunds for passengers whose <b>flights have been cancelled</b>. <b>Ryanair</b> and <b>Aer Lingus</b> have been trying to get customers to accept vouchers in lieu of refunds. The <b>Department of Transport</b> said airlines are required to refund their customers in circumstances where flights have been cancelled in accordance with Europe-wide EU261/2004 regulation. For the full story click <a href="#">here</a></p>
 <p><b>Bank of Ireland</b></p>	<p><b>Bank of Ireland</b> has warned the public to be wary of <b>fraudulent text messages</b> being circulated currently attempting to get people to disclose account details. The bank has said it never texts customers asking them to update or provide online information, and anyone receiving such texts should delete them from their mobile device immediately. Click <a href="#">here</a> for the full article</p>
 	<p><b>RTÉ Lifestyle</b> have listed 7 ways to see the world from the comfort of your home. Click <a href="#">here</a> to take a virtual holiday today</p> <p>Or if you want inspiration to get your house in order look no further than <a href="#">Marie Kondo</a>. Through her best-selling books and popular Netflix series, the Japanese tidying expert has spotlighted human nature's tendency to hoard, and offers strategies to tackle intimidating piles of clothes, paperwork and that drawer where everything miscellaneous goes. See more <a href="#">here</a></p>

## Local Updates



In **Mayo** former Mayo footballer **David Brady** is offering to call people during isolation and has said he plans to deliver on his promise of getting in touch with anyone that would like to talk. Click [here](#) to listen to David's interview with Today FM where he talks about where this all started and how he has been inundated with calls. Other GAA stars have also followed suit with Alan Brogan from Dublin also ringing people for a chat. What a lovely thing to do – well done lads!

**Comhairle Contae  
Fhine Gall**  
Fingal County  
Council



**Fingal Sports Office** is a member of Sport Ireland's Network of Local Sports Partnerships. They support sports by delivering innovative programmes, providing training, leading and raising the profile of sport in the County. They have a team of sports officers who provide community support to community groups, clubs, schools and business groups. During Covid-19 the Sports office are delivering updates on a daily basis [here](#)



**Meath** man **Ian Lawton** has run the 66km distance of an ultra-marathon within the 2km radius around his home to raise money for special care baby units. Lawton ran the distance of the ultra-marathon on Sunday to raise money for the staff in the special care baby units in the maternity hospitals around the country. See the full story [here](#)






You might remember on the 1<sup>st</sup> April we included a piece on the excellent [exercise leaflet](#) put together by **Community Physio Therapists in Cork** In partnership with Cork Learning City, Cork Healthy Cities, Cork Sports Partnership and Cork City Age Friendly Programme. Well now there is a video to compliment the pack. Click [here](#) to check it out.

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

## International Updates

 <p><b>World Health Organization</b></p>	<p>Remember there is lots of misinformation out there regarding COVID19. Check out the <b>World Health Organisation</b> '<a href="#">Myth Busters</a>' section on their website to find the truth behind the 'fake news' stories circulating in the media.</p>
 <p>Department of <b>Health</b> www.health-ni.gov.uk</p>	<p>In <b>Northern Ireland</b> the <b>Department of Health</b> has launched an online version of the Covid-19 NI app to help people across Northern Ireland stay informed. This website widens accessibility to the app's content, serving those who do not have a smartphone but are able to use a computer or tablet device. See more <a href="#">here</a></p>
	<p>Good news in <b>Australia</b>. Swimmers and surfers will return to Sydney's famed <b>Bondi Beach</b> next week, almost six weeks after it was closed amid a spike in coronavirus cases. But the white sands will remain off-limits to sunbathers, joggers and families in an effort to maintain Australia's strict social distancing requirements. See more <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.dfa.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](#) QR 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 or hugging when staying without greeting other people
- Distance** yourself at least 2 metres (6 feet) away 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](#)



Coronavirus COVID-19 Public Health Advice

HSE and HSE.ie are registered trademarks of the Health Service Executive



Riailtas 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