

National Updates



According to yesterday's news more Irish people will now be eligible for a coronavirus test after the criteria was significantly changed. From Tuesday the 28<sup>th</sup> April the **threshold for a Covid-19 test** will be widened to any patients who are experiencing one of three important symptoms: a fever, cough or shortness of breath. Previously tests had been limited to people who had both a fever and a cough or shortness of breath and were in a high-risk group. Testing will continue to be recommended for anyone who has been in close contact with someone they think or know has coronavirus in the last 14 days, and suddenly experience one of these symptoms. Click [here](#) for the full story



**Karen Meenan**, founder of **Making Hay Reminiscence Theatre** has created a wonderful booklet '[Finding The Fun in Dementia](#)' in collaboration with **Engaging Dementia** where she shares her experience of reminiscence and how it enabled her family to help her mother experience fun and joy in the years following her diagnosis with Alzheimer's. She also gives guidelines and suggestions for how you might use reminiscence to support you to connect with the person with dementia in your life. If you would like a hard copy of the booklet they can be [purchased online](#) for €5.



The **HSE National Safeguarding Office** is pleased to announce a **Children's Art Competition** themed "**Keeping connected in times of Co-Vid 19**". This is one of a series of initiatives to mark World Elder Abuse Awareness Day which is held each year on June 15th. This art competition is being launched today to coincide with the European Day of Solidarity between Generations. They are asking children to tell them through Art how they are keeping in touch with their loved ones who are cocooning during COVID19. Click [here](#) for details on how to enter and the prizes that are on offer. Closing date is **29<sup>th</sup> May**. Winners will be announced on 15<sup>th</sup> June to mark World Elder Abuse Awareness Day. Why not share this with your family and get your own little people involved!



**musicmaker.**

Musician **Niall Breslin**, also known as Bressie, has sent over **200 ukuleles** to people who are cocooning as part of a unique online learning programme. Dubbing it the '**Lockdown Ukulele Rockdown**', Bressie worked with **Music Maker** in Dublin to source hundreds of ukuleles, with people then going on to sponsor the purchase of more to try to get a ukulele to as many people who wanted them as possible. **Blizzards** guitarist **Justin Ryan** will be providing **free ukulele lessons** on [YouTube](#) every Wednesday for the next six weeks to teach the recipients, and anyone else with an interest in learning the ukulele, how to play. Lesson 1 is available now. See more [here](#)



A **Facebook** group has been set up to connect people who are staying at home, all over the world. '[View from my Window](#)' encourages members to post photos of the views they see every day and to date, almost two million people have signed up to the group. Organisers hope to showcase the photos in a travelling exhibition once the pandemic comes to an end, with all proceeds going to good causes.



**RTÉ Culture** are delighted to present a series of acclaimed Irish **short cinema productions**, presented in association with **Screen Ireland**. This week's theme is food - with so much at-home baking going on, it might be a source of inspiration! Watch Luke McManus's 'Homemade' [here](#)

Also presented over four nights, **Dear Ireland** is a collection of theatrical postcards created during the COVID-19 pandemic, produced by the Abbey Theatre, and showcasing the cream of contemporary writers and actors. Please note: some of the Dear Ireland theatrical work features strong language and content some audiences may find challenging. Part one is available [here](#) with part 2 streaming live tonight from 7.30pm

## Local Updates



['Cocooning'](#) - a collection of activities for those self-isolating during Covid 19 is now available in Fingal. **Age Friendly Fingal** are delighted to be part of this production with **Janet Ivers from Fingal Co Co Community Dept** in collaboration with **Castleknock, Corduff, Huntstown and Blakestown Community Centres**. Hard copies of the booklet are also being distributed to those cocooning in Fingal area. Well done to everyone involved. This is a wonderful resource to help people pass the time while cocooning.



Well done to **Wicklow Sports and Recreation Partnership** who have developed "[Get Active at Home](#)" assisted exercise booklets. These booklets are targeted at those cocooning at home and can be completed in the comfort of your own home. The booklets will be distributed through various Meals on Wheels and community groups and will also be available to be e-mailed to interested people. If you know of anyone who would like a booklet or any community group that is assisting those cocooning, you can e-mail [wicklowlsp@wicklowcoco.ie](mailto:wicklowlsp@wicklowcoco.ie) and they are happy to post a hard copy out to anyone interested.



Although they are not able to physically meet in the shed at the moment, members of **Athboy Men's Shed** have been keeping in contact with each other and providing support to members through a **WhatsApp messaging group** and direct calls to shed members, particularly those who are living on their own or in rural areas. The Athboy shed took part in a **Zoom video conference** meeting with other Men's Sheds in Meath, which was facilitated by **Meath Partnership**. One of the shed members, **Tom Connelly**, spoke about the value of the support from the Men's Shed and the contribution they are making during the current crisis: "It's what we bring to the men's shed that's important, not what we take away from it. We all bring something. It's a learning curve." Nationally, the men's sheds are running the '**Call Them for a Cuppa**' campaign to address social isolation during Covid-19.

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



Many thanks to **Peig McManus**, member of **Fingal Older Peoples Council** who sent us in her video '[Rose](#)'. Rose is a character that Peig created to express her reactions to the ups and downs of living during the Covid-19 emergency. We really love this video from Peig as there is a bit of Rose in all of us.

## International Updates



Spain has announced details of a four-phase plan to lift one of the toughest coronavirus lockdowns in Europe and return to normality by the end of June. Click [here](#) for the key points of the plan.



In **Saanich, British Columbia** 6-year-old Callaghan McLaughlin had been looking forward to starting his own lemonade stand once the weather warmed up but since the coronavirus outbreaks has forced the world into quarantine, he had to improvise. Rather than spend his times indoors, Callaghan decided to spread joy in his community by setting up a “drive-by joke stand” so he could make his neighbours laugh while respecting social distancing guidelines. Callaghan says he has been offering the jokes for free since he wants people to save their money for more important things like groceries. 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.hse.ie](#)

### How to Prevent

<b>Wash</b> your hands well and often to avoid contamination	<b>Cover</b> your mouth and nose with tissue or sleeve when coughing or sneezing and discard and dispose	<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 once leaving public or crowded other people	<b>Distance</b> avoid at least 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](#) 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)

Health Services and Research Group  
[www.hse.ie/health-covid-19](http://www.hse.ie/health-covid-19)



Riann 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