

National Updates



**Thousands to have medical, GP cards renewed for a year**

Health Minister Simon Harris yesterday announced that thousands of people covered by a medical card or GP visit card will have them automatically renewed for a year during the coronavirus crisis. It means that those whose card comes up for renewal will not have to worry about completing an updated application with the HSE. The move comes amid growing concern about the health needs of patients who do not have Covid-19 and fears about the impact on waiting lists as well as the reluctance to seek medical care during the crisis. The medical card and GP visit cards will reduce any financial disincentive for people on lower incomes to contact their doctor. People are being urged to contact their GP if they are not feeling well no matter the symptoms.



**'At Home Activities' & Weekly Activity Planner for people with dementia, families and carers**

A printed version of the "At home activities" booklet for people with dementia, families and carers can now be ordered online free of charge [here](#)

A weekly activity planner with suggestions for a balanced plan of physical, cognitive and relaxing activities, can also help maintain or create routines at home. Behind each suggestion is a link to a website with useful information on the specific activity. The planner is available [here](#)

Many thanks to Fiona Foley from Understand Together for sending this information on to us.



**Jigsaw support line is now up and running**

As a Nation we are becoming aware of the potential effects of COVID19 on our mental health and on that of our young people.

Jigsaw, Ireland's leading youth mental health charity, are committed to supporting young people, parents and teachers through these unprecedented times. As part of their COVID19 response their freephone support line is now up and running. You can call them on **1800 544729**, text **086 1803880** or email [help@jigsaw.ie](mailto:help@jigsaw.ie)

Click [here](#) to read the National JIGSAW update on their response to the pandemic so far.

Age & Opportunity

# Bealtaine Festival



## Bealtaine Festival AT HOME

**Age & Opportunity's Bealtaine Festival** - Ireland's national celebration of the arts and creativity as we age. Due to the ongoing COVID-19 pandemic, they have unfortunately had to cancel the events that were originally scheduled for this year's Bealtaine Festival. They hope to be back next year with a bigger and better festival than ever! In the meantime, they're bringing Bealtaine to you! They're continuing the celebration by adding events, videos, and resources to their [website](#) so check it out for updates.

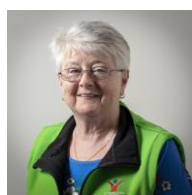
**Waterford Libraries** are delighted to announce a fantastic line up of events for their Virtual Bealtaine Festival 2020. This year as Libraries remain closed Waterford Libraries are moving their events online. There is [something for all](#) with Gardening, Art, Music, history and poetry to keep your creativity flowing as we come together by staying apart. Click [here](#) for more details.



Society of St. Vincent de Paul

## St Vincent de Paul launches fundraising appeal

The Society of St Vincent de Paul has launched an urgent fundraising appeal, as it expects calls for help to increase in the coming weeks. It said many families were struggling to pay food and energy bills due to loss of income from the coronavirus outbreak. The society is seeking public support with an urgent appeal for funds - saying its income is drastically reduced from the closure of its 234 shops and the cancellation of collections. SVP is asking the public to [donate online](#) and is also calling for volunteers as they expect to be even busier once lockdown restrictions are eased. Visit their [website](#) for more information.



## Update from Active Retirement Ireland President Kay Murphy

Kay Murphy has issued a message to fellow members of active retirement groups 'just to say hello' and to encourage members to call one another and keep in touch during COVID19. Kay writes 'please remember this will be over and we will all get together again to have a whopping big party to celebrate'. See Kay's full message [here](#). We are looking forward to the party Kay!



## Last supermoon of the year to be visible tonight

May's Flower Moon is the third supermoon after March's Worm Moon and April's Pink Moon. As the high point of spring, this full moon is named for the flower-filled month of May. If it's a cloudy night where you are, don't worry, the Virtual Telescope Project will be sharing a [livestream](#) of the supermoon over Rome from 6.30pm tonight.

## Local Updates



### Tidy Towns groups throughout the County of Galway coming together virtually

Tidy Towns groups throughout the County of Galway are [coming together virtually](#) to stay connected while staying safe and at home during the Covid-19 outbreak. **Williamstown Tidy Towns** led the way by starting a Virtual Tidy Towns Facebook group for their area to provide a platform for people to show what they are doing in their own place in these challenging times. Read the full press release ([English/Irish](#)) For tips and ideas check out the [County of Galway Virtual Tidy Towns Facebook](#) page or email [Galwayvirtualltt@gmail.com](mailto:Galwayvirtualltt@gmail.com)



### COCOONTUNES | Thursdays 3.30 – 4.30pm | Near FM

Over the last month Near FM has been working steadily with its staff and volunteers to keep their service on air during the current restrictions. Starting next Thursday, the 14<sup>th</sup> May, every Thursday from 3.30 – 4.30pm, Madeleine Ebbs and Michael Sullivan (Chair of Dublin City North Central Area Older People's Council) will present Near FM Cocoontunes! The idea is to try include a lot of older people who perhaps don't have access to modern technology with a radio programme for those who are cocooning, with music from the 50's 60's and 70's. Well done Michael and Madeleine this is a wonderful idea. You can send your requests to [nearcocoontunes@gmail.com](mailto:nearcocoontunes@gmail.com), text 087 6944599 or phone 01 8671190



### Cork County Libraries lending musical instruments

In addition to bringing a world of books to your door, Cork County Council is now branching out to bring music to your ears as well if you're cocooning at home. The Council has now added musical instrument loans to its housebound home delivery service as part of Cork County Council's Covid 19 Community Support Programme. If you would like to receive a delivery of books and maybe an instrument to try you can contact Cork County Community Response Helpline on 1800 805 819, email [covidsupport@corkcoco.ie](mailto:covidsupport@corkcoco.ie) or text 085 8709010 (operating from 8am to 8pm seven days a week)



### Eureka answer community call to help the fight against covid-19

5th Year students of **Eureka Secondary School, Kells, Co. Meath**, involved in the 'Never Home Alone' programme last year have answered the Government's 'Community Call' and are now volunteering to check in on older people in their local community. See more [here](#)



### Door to Door deliveries for “Cocooners” as Kilkenny County Council Library Service adapts a new model

Kilkenny County Council Library Service has also commenced a new model of service delivery to library members that are over 70 years old and are “cocooning”. Each Member is being contacted by a member of the Council’s Library Staff to ask if they are interested in a delivery of books / audio material to their doorstep. The service is being rolled out to all library members over 70 years of age, on a branch by branch basis. The book parcels are being collected from the library before delivering them directly to members in their homes across the County. The feedback so far from members has been very positive reflected by the following quotes from just 2 of our cocooning members “A service like this, in these dark and strange times, is greatly appreciated.” “A bag full of books, a welcome packet of herb seeds and a little pot of marmalade was a ray of sunshine on a dark morning.”



NEW TO ROSFM COMMUNITY RADIO

**THE ROSSIE WAY**  
with Seamus Duke and Dan Dooner



**ON AIR**  
**3PM MON-FRI**

**HOW TO LISTEN TO ROSFM**  
- Tune in 94.6 FM  
- Go online to [rosfm.ie/live](http://rosfm.ie/live)  
- On phone or tablet download the TuneIn App and search for RosFM 94.6  
Shows will be available to listen anytime on [rosfm.ie](http://rosfm.ie)

Comment, request or suggestion?  
Text/WhatsApp: **083 9599 743**  
Email: [therossieway@gmail.com](mailto:therossieway@gmail.com)



IN ASSOCIATION WITH ROSCOMMON LIONS CLUB

### The Rossie Way!

Roscommon Lions club came up with the idea of having a daily radio show that does not mention Covid-19 or any virus related news at all and so developed a Community Radio Programme that only has **GOOD news** for everyone, in order to promote good mental health especially for those who are currently cocooning.

The Lions club teamed up with **TESCO** and **SUPERVALU** to offer a free transistor radio to any person who does not have one in their home already and sponsored give away daily prizes for shopping vouchers in a quiz.

Roscommon Older People’s Council have facilitated in getting the word out to everybody over 70 and to those who are most vulnerable and cocooning at home – to help lift the mood for all. **The Rossie Way** airs daily on RosFM 94.6 from 3.00p.m. or you can also listen back as there are lots of podcasts. [RosFM 94.6 - Volunteer Community Radio in Roscommon Ireland](http://RosFM 94.6 - Volunteer Community Radio in Roscommon Ireland)

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





**Liz Maddox, Chair of Cork County Older People’s Council** has been **delivering Meals on Wheels** in **Mitchelstown**. Liz commented that being an affiliated Age Friendly Town was of enormous benefit when setting up the Community Support Programme in Mitchelstown as the connections between the various Agencies and Community Groups had already been established through the Age Friendly Towns Committee. Restaurants are supporting their local towns by cooking hundreds of meals daily. The ingredients, in most cases, have been donated by local businesses with Cork County Council assisting deliveries.

## International Updates



### 3rd Walk the Talk: The Health for All Challenge 2020: JOIN US VIRTUALLY

The World Health Organisation is taking the third Walk the Talk: The Health for All Challenge virtual this year. In light of COVID-19, Walk the Talk will offer an even more global platform to promote health and well-being for people all over the world.

The Virtual Walk the Talk will be held over 16-17 May 2020, with people invited to join in from their homes wherever they are located in the world.

The Virtual Walk the Talk will support ongoing efforts to promote ways for people to be #HealthyAtHome, encouraging all of us to engage in activities that promote good physical and mental health, including healthy diets, hand washing, mental health awareness, and more.

Visit the [WHO website](https://www.who.int) to register to take part.

## 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](https://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 elbow when coughing or sneezing and discard used tissue	<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 greeting others	<b>Distance</b> avoid being in close contact with other people, especially those who appear to 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](https://www.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](https://www.gov.ie/health/covid-19)  
[www.hse.ie](https://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