

National Updates



HSE targets three-day testing process turnaround time

The Health Service Executive has set out its plan on how it will carry out testing and contact tracing over the coming months, with an aim to increase testing capacity and have a turnaround time of three days from referral to the contact tracing process being completed. Speaking at a media briefing this morning, HSE Chief Executive Paul Reid said almost 270,000 tests have been carried out so far and outlined targets for the health service from next week. Mr Reid said he had never seen "so much change" happen so quickly across the HSE as it responds to the crisis, however, he said it needs "to improve" further with testing and tracing. Read more [here](#)



A behind the scenes look at COVID-19 testing in Croke Park.

The GAA have released a behind the scenes video of the wonderful work the HSE's front-line staff are doing at the walk-up and drive-through COVID19 Community Testing Centre at Croke Park - a revealing insight into how the testing centre in Croke Park operates. Check it out [here](#)



Helplink Mental Health

Helplink Mental Health - A Charitable Organisation Providing Accessible Counselling, Information and Education Mental Health Services Locally (West of IRL), Nationally and Internationally, are providing free counselling services, 7 days a week, to people who have been laid off work, people with addictions (gambling, alcohol and/or drugs) and Irish citizens returning home, stuck or living abroad. Call **091 759887** or **0818 998880** during office hours or email helplinksupport@helplink.ie. Find out more [here](#). Information and online resources can also be found on the new mindhacks.ie website.



Michael Harding – ‘Staring at Lakes’

Would you like to listen in on Michael Harding reading from his No.1 bestseller "Staring at Lakes" today, Thursday 14th May or Thurs 21st May at 6.30pm?

Organised by Age & Opportunity you can enjoy two live-streamed readings by author Michael Harding, in advance of his public interview with Evelyn O'Rourke on May 28th, where he will discuss Staring at Lakes as well as his enduring career as a writer.

You can book through Eventbrite [here](#)



Singing postmen deliver 'Ireland's Call'

A group of An Post delivery staff based in Drogheda, Co Louth, have swapped their satchels for microphones. Even though they are busier than ever before delivering letters and parcels, the postmen found the time to help the frontline workers at **Our Lady of Lourdes Hospital**. More than 50 of them got together outside the sorting office at Marley’s Lane in Drogheda at the beginning of May to record their version of 'Ireland’s Call'. The [video](#) has been shared across social media and the staff have raised almost €14,000 for the Drogheda hospital.



Primark says Thank You!

Primark (Pennies) are working with their teams across the globe to support the amazing frontline workers, local charities and hospitals who are dealing with the COVID19 crisis. They are donating Primark products to those in need, in partnership with healthcare and charitable organisations in cities and towns around the world where they have stores.

Here in Ireland, over 45,000 items including pyjamas, t-shirts and toiletries have been donated to a number of hospitals across the country. They also donated over 900 products to help create ‘home from home’ rooms for HSE staff staying in temporary accommodation.

In Galway, workers from two Penneys stores volunteered their time to prepare 400 care packages for patients and staff at University College Hospital. In a [post on Facebook](#), the staff spelled out the words ‘Thank You’ beside their carefully prepared packs of goodies.



How to make a face mask: 6 easy, no-sew face masks to try

Want to know how to make a face mask? **Real Homes** have rounded up some of the best tutorials they could find for no-sew face masks, including a bandana face mask with hair ties. Each of these easy DIYs takes less than one minute and are very affordable. Check out the article [here](#). Please note: these homemade face masks have not been designed specifically for coronavirus.

Local Updates



Cavan Age Friendly COVID 19 Information Packs

Cavan Age Friendly Programme have put together an information pack ([scanned copy](#)) for those who are cocooning/self-isolating at home. The pack contains information on the services being provided by the various members of the Cavan Age Friendly Alliance to support the vulnerable and older people who are cocooning during the COVID 19 pandemic. Also included in this pack is an Age Friendly survey (available [here](#)) to inform the next Age Friendly Strategy in Cavan. As part of this initiative, older adults in Cavan will receive an information pack to their home. **An Post** have very kindly offered to provide this service and they will also take completed surveys to return them to the Cavan Age Friendly Programme Manager. Alternatively, the survey can be returned by email to agefriendly@cavancoco.ie

Cavan Volunteer Centre also supported this initiative through organising volunteers to assist with the putting together of the packs. Over 5,000 information packs will be delivered in total across the county. ([Full press release](#))

If you do not receive an information pack you can request one by calling **Grainne**, Cavan Age Friendly Programme on **049 437 8586**.

Comhairle Contae
Fhine Gall
Fingal County
Council



It's important to warm up!

With more people starting to return to the parks, especially people over 70 it is important to do a short warm up before you get moving again. **Niall** and **David** from **Fingal Sports office** have put together a short [video](#) to show you how you can loosen up before you start your walk in the park.



Carrigaline Educate Together
Learn together to live together

Cork school creates 'masterful' quarantine art collection

A Co Cork primary school has created its own "masterful" collection of quarantine art inspired by some of the world's most famous artworks. From Van Gogh to Banksy, Rafael to Frida Kahlo, the children from **Carrigaline Educate Together School** have been having fun recreating the Masters' masterpieces and sharing them online.

Deputy Principal Rory Ward says it is all part of keeping in touch while being forced to stay apart because of the Coronavirus. The art project was his brainchild, and he says he was inspired by the [online Getty art challenge](#) and felt the school community - given the sudden end to the school year in March - would enjoy a fun challenge. Check out the photos on their [Facebook](#) page

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 Information is one thing we can share right now!

International Updates



How German football will look on its return this weekend

Players arriving in several sparsely-populated team buses, substitutes wearing masks and goal celebrations limited to elbow bumps – when German football returns to the pitch this weekend, it will have to follow a draconian set of guidelines. The German Football League (DFL) presented political leaders with a 51-page document of guidelines to earn the right for the Bundesliga to become the first of Europe's big five leagues to resume action. See the full story [here](#)



(Not so) over the hill

A 90-year-old Scottish woman has proved she's not past her prime! Great-grandmother Margaret Payne has been raising money for the NHS and Highland Hospice by climbing the equivalent of the height of Suilven on her stairs during the Covid-19 coronavirus pandemic. Margaret Payne, from Ardvar, has hit a major milestone in her ongoing fundraising challenge. Mrs Payne had originally hoped to raise £10,000 for charity by climbing the equivalent of the 2398 feet of Highland peak Suilven on her stairs at home – a mountain she first scaled when she was 15 years old. Her online fundraising page shows the total raised currently is in fact £302,369.59 – Well done Margaret



Daring Deer in Italy

A group of deer have taken over the deserted streets of a small town in central Italy. The animals, who are residents of the Abruzzo National Park, decided to take advantage of lockdown and explore the empty streets. Even a passer-by couldn't deter them on their adventure! Check out the video [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



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
www.hpsc.ie

Infected: supporting a confident design
www.hpsc.ie/covid-19



Riadas na hÉireann
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: 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**

Local Authority

Carlow County Council
Cavan County Council
Clare County Council
Cork City Council
Cork County Council
Donegal County Council
Dublin City Council
DLR County Council
Fingal County Council
Galway City Council
Galway County Council
Kerry County Council
Kildare County Council
Kilkenny County Council
Laois County Council
Leitrim County Council
Limerick City and County Council
Longford County Council
Louth County Council
Mayo County Council
Meath County Council
Monaghan County Council
Offaly County Council

Community Response Number

1800 814 300
1800 300 404
1800 203 600
1800 222 226
1800 805 819
1800 928 982
01 222 8555
1800 804 535
1800 459 059
1800 400 150
1800 928 894
1800 807 009
1800 300 174
1800 500 000
1800 832 010
1800 852 389
1800 832 005
1800 300 122
1800 805 817
094 906 4660
1800 808 809
1800 804 158
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