

National Updates



Today is 'National Slow Down Day'

'National Slow Down Day' – a collaboration between An Garda Síochána, the Road Safety Authority (RSA) and others – is taking place from 7am today until 7am tomorrow.

The aim of "Slow Down day" is to remind drivers of the dangers of speeding, to increase compliance with speed limits and act as a deterrent to driving at excessive or inappropriate speed. The overall objective is to reduce the number of speed related collisions, save lives and reduce injuries on our roads.

Drivers, If you're out on the roads, please support An Garda Síochána and slow down, be mindful that more pedestrians and cyclists, especially younger cyclists are on Irish roads due to the Covid-19 pandemic.



HSE – HoldFirm Campaign

Ireland is now in Phase 1 of the Roadmap for Reopening Society and Business. However, the message remains the same - stay at home as much as you can because the measures are working. By staying at home - you are saving lives, supporting people on the frontline and those most at risk in your community. **Our Older People's Councils** continue to support the HSE's #StaySafe StayHome campaign by sending us photos of themselves holding the rainbow #HoldFirm and encouraging all those cocooning to 'hang in there', keep up the good work and stay safe.





Clare nursing home launches talent show for residents to connect with loved ones

A nursing home in Co Clare has come up with a novel way of keeping residents in touch with their loved ones during Covid-19.

Carrigoran House in Newmarket-on-Fergus has launched a weekly online talent competition with the residents themselves judging the winning entries. This award-winning nursing home is never short of ideas to improve the quality of life care. Before the pandemic there were pedometer challenges with residents competing to record the highest number of steps taken daily. Music, laughter and exercise are key to patient centred living. And the fun continues during lockdown. But with restrictions in place during the current pandemic, activities have been pared back. Now though there's a new initiative taking place with the launch of a weekly talent competition.

You can read Teresa Mannion's (Regional Reporter for RTE) full report [here](#).



Galway Racing Festival gets go ahead but with significant changes to its programme

HORSE RACING IRELAND has released the full Flat programme for the month of June and the fixture list for July, including details of the Galway festival which will be run on its original dates.

Irish racing returns behind closed doors with strict new HRI protocols in place at Naas on 8 June. All race meetings will be a single code with no mixed meetings to minimise the number of people working at the racecourse on each day. Many cards have been programmed with the possibility of a divide included to respond as effectively as possible to the demands of the horse population. Afternoon and evening designations have been provided for fixtures but may be subject to change in a small number of cases.

The revised fixture list for July features 47 meetings, three more than in the original schedule. For all you horse racing lovers, you can find the revised fixtures listing for June and July [here](#)



Fewer than 2,000 people currently have Covid-19 in Ireland - Dept of Health

Fewer than 2,000 people currently have Covid-19 in Ireland, according to figures from the Department of Health. This covers cases up to midnight on Sunday, 17 May. They show 1,807 people were considered 'active' at that point.

This means they had received a lab-confirmed diagnosis, and were either in hospital, recently discharged from ICU but not considered recovered, or it had not yet been 14 days since their test.

You can read the full report [here](#).



Irish troops in the Lebanon to begin returning home on June 21st!

Irish troops serving on a UN peacekeeping mission in Lebanon will return home towards the end of June after having their stay extended due to the outbreak of Covid-19.

They will have been away for over six months and will have to enter a 14-day period of self-isolation once they return, in accordance with HSE guidelines.

The first troops arrive in Ireland on 21 June with a second contingent returning eight days later. We're sure there'll be a lot of happy faces waiting to welcome them home – safe travels to all!



22 MAY 2020
INTERNATIONAL DAY FOR
BIOLOGICAL DIVERSITY
Our solutions are in nature



National Biodiversity Week

Staff at the country's six national parks and 80 nature reserves say a feast for the senses awaits the public once travel restrictions are lifted and people are free to visit again.

This week's National Biodiversity Week events had to be cancelled, but today is still being marked as UN Day of Biological Diversity.

At Killarney National Park, which attracts an estimated one million people per year, 35 staff have been working throughout the lockdown. The park has remained open for the past two months, but visitor numbers are well down, due to travel restrictions.

We look forward to getting out to visit our national parks as soon as it's safe to do so!

Local Updates



Carers Week June 8th-14th Going Ahead!

We are pleased to confirm that the 14th National Carers Week is taking place in just under three weeks – June 8th-14th 2020.

Given the current restrictions in place across the country, events will take place exclusively online and details of these events will be placed on www.carersweek.ie and on <https://www.facebook.com/nationalcarersweek>

Thanks to Beatrice, Dublin City Age Friendly Programme Mgr for sharing this good news with us – you can read the full message from Zoe and Liam in Carer's Alliance Ireland [here](#).



Galway City Community Response

Galway City Partnership have been working with the Galway City Library service on a library book home delivery service, which is now up and running.

If you are cocooning and are interested in receiving books, boxes or information leaflets, Please call **Imelda on 091 768305 or 086 0227821**



Message from Volunteer Galway

Volunteer Galway would love to talk to those offering services in the community during this time. We are inviting organisations to engage with us to promote what you are doing at this time as well as acknowledging your volunteers and highlighting the importance of your work and perhaps how you have adapted your service during Covid-19.

There are a number of ways you can do this;

- Take part in our This is Community podcast- a pre-recorded Zoom chat with video on or off at your own discretion. This will go on our website and be shared on social media.
- Put us in touch with one of your amazing volunteers who has a story to tell around what they have been doing during this time – we can do a podcast or write an article for our website or social media- whatever they are comfortable with!
- Send us a short bio of who you are and what you are doing right now with a picture/logo and we'll share it on social media.

If you are interested just click on the link below to email Ruth and she will contact you back. You can also just email ruth@volunteergalway.ie

THE GALWAY BUZZ!

Celebrating National Biodiversity Week in the County of Galway 22nd to 29th May 2020

CONNECTING PEOPLE WITH NATURE

National Biodiversity Week is all about connecting people with nature and inspiring them to learn more, see more and do more for biodiversity.

It's also about communicating the importance of biodiversity and encouraging people to play their part in protecting it as well as enjoying it. Many people have found great comfort in nature and wildlife while on their 2km or 5km walks, or in their gardens.

Our natural heritage connects us with our roots and our community. Galway County Council is celebrating National Biodiversity Week virtually this year, through the Galway Buzz. We will have a theme for each day such and will include a focus on our birds, hedgerows and trees, Tidy Towns, water, pollinators and an insight into some of the biodiversity work that communities undertake around the county.

For more information listen in to Galway Bay Fm and please see our websites and social media channels:

- County Galway Biodiversity Project Website
- County Galway Biodiversity Project Facebook page
- County Galway VFM Tidy Towns Website
- County Galway VFM Tidy Towns Facebook page
- County Galway Community Heritage - Galway Bee Website
- County Galway Community Heritage - Galway Bee Facebook page
- Youtube Videos
- #galwaybuzz

For further information please contact:
Marie Moran, Heritage Officer, Galway County Council, email: marie.moran@galwaycoco.ie

The Galway Buzz!

Galway County Council is celebrating International Biodiversity Day and National Biodiversity Week virtually this year, through 'The Galway Buzz'.

They will be launching a week of biodiversity-related online resources on May 22nd that will run until May 29th on <https://biodiversity.galwaycommunityheritage.org/> and other platforms. Many people have found great comfort in nature and wildlife while on their 2km or 5km walks, or in their gardens during the current Covid crisis. National Biodiversity Week and The Galway Buzz are all about connecting people with nature and inspiring them to protect the natural world on which we all depend. Many community groups, Tidy Towns groups and schools in Galway work tirelessly to protect and enhance our natural heritage.

The Galway Buzz will showcase some of their work and provide resources for future projects and activities on their [website](https://biodiversity.galwaycommunityheritage.org/).

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



Czech cases 'very stable' two weeks after reopening

Czech officials have said that the coronavirus spread remains under control almost two weeks after shopping malls, cinemas and restaurant terraces reopened as part of an extensive easing of lockdown measures.

The EU member state, with a population of 10.7 million people, has registered 8,757 confirmed cases of Covid-19, including 306 deaths, since its outbreak began. The Czech Republic now reports it is seeing ever more cured individuals and fewer hospitalised patients.



UK set to announce 14-day quarantine for international travellers

International travellers could face spot checks and £1,000 fines if they fail to self-isolate for 14 days after arriving in the UK under measures to guard against a second wave of coronavirus.

Home Secretary Priti Patel is expected to outline the plans, which will be introduced early next month. Exemptions for road hauliers and medical officials will apply, while the common travel area with Ireland will be unaffected.

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

How to Prevent

Wash your hands well and often to avoid contamination	Cover your mouth and nose with a tissue or sleeve 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 meeting others, especially those who might be unwell	Distance yourself 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
www.hse.ie

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	Community Response Number
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