

National Updates



Molly Buckley  
Member of Offaly's Older  
People's Council

**HSE Reminder to #HOLDFIRM**

The HSE are reminding people to hold firm and not become complacent. Together we can reduce the impact COVID19 has on our families and communities, our health service and our day to day lives by staying home and going out only when we really need to. It's hard to stay away from the people we love – but it's the best way to take care of each other.



Older people or people who are in the high-risk category are advised to continue to cocoon. For up to date information and advice for cocooners click [here](#). The easy to read guide to cocooning is also available [here](#) as well as the [HSE cocooning advice video](#).

Thanks to Molly Buckley's granddaughter for designing this wonderful poster for her – thanks Molly for sharing it with us and encouraging everyone to #HoldFirm



**Taoiseach praises response of GAA clubs to COVID-19**

During a visit to the COVID-19 community testing centre in Croke Park yesterday Taoiseach, Leo Varadkar, praised GAA volunteers for responding to the needs of the most vulnerable in their communities during the COVID-19 health crisis. A survey of approximately 1,600 GAA clubs by the Association's Community and Health Department published earlier this month found that 19,164 GAA volunteers directly supported 34,571 people in a variety of ways. The Taoiseach also paid tribute to the GAA for making Croke Park and other GAA stadia around the country available as COVID-19 testing facilities which he believes has played a major role in the suppression of the virus. Check out the video [here](#)



**All of McDonald's Irish drive-thrus to reopen by next Thursday**

Fast food chain McDonald's has announced that it will open each of its 51 drive-thrus by next Thursday, 4th June. Between Tuesday and Thursday next week, 51 restaurants will reopen for drive-thru services, and deliveries will also be available, which the company is calling a 'McDelivery'. Six drive-thrus were reopened in Dublin last week, resulting in long queues and Gardaí moving drivers on in some cases.



### Street Feast - Connect with Neighbours at 3pm on Saturdays

Introducing Tea-At-3; a national weekly activity that invites you to (appropriately!) check-in with your neighbours at 3pm every Saturday. Tea-At-3 is a physically distant activity that takes place from your doorstep, in separate gardens, over the phone or across a video call. Let's encourage neighbours across the country to join together, stick on the kettle, pour a cuppa, reach out to other neighbours and support their communities! For more info and access to the fun and FREE Tea-at-3 resources and activities, click [here](#). The Tea-At-Three idea was originally created by Helen O'Hara and her neighbours in Rathbawn Drive, Castlebar, Co Mayo! Now Street Feast wants to bring it to communities across the nation. Remember to follow the government's advice for connecting with cocooners. You can share pictures, videos, and stories from your Neighbourhoods Tea-At-Three by using the #TeaAtThree hashtag and tagging @StreetFeast on Twitter and Instagram.



### Galway comedian attempting challenging charity cycle

Irish comedian Stevo Timothy is attempting to complete a charity cycle on Saturday in aid of the Irish Wheelchair Association. The Galway comic, who has incomplete paraplegia following a motorbike accident in 2015, uses a wheelchair and walks with the aid of crutches. Mr Timothy, who is known for his Farmer Michael sketches, said training for the 5km cycle saw him get back on a bicycle for the first time in "six or seven years". He has been documenting his training on social media, where he has a significant following, and has received shout-outs and messages of support from a number of celebrities, including professional footballers Seamus Coleman and Gary Lineker, former footballer Paul McGrath and actress, writer and comedian Dawn French. Mr Timothy will undertake the cycle on a 400m track on Saturday, and so far, he has raised over €40,000 through his GoFundMe page. Well done Stevo – best wishes from Age Friendly Ireland.

## Local Updates



Kilkenny County Library Service

### Kilkenny Library Cocooners pack

Kilkenny Library Service continue to deliver books to their members aged 70+, with additional information such as the "Be Active at Home" leaflet, produced by Kilkenny Recreation and Sports Partnership. Also included in the library bag is a small gift of some jam and seeds. This service has now been extended on a pilot basis to 2 nursing homes in County Kilkenny. Well done to all.





### Home Celebration of First Holy Communion in Fingal

Lucy, granddaughter of Eileen Sweeney, one of the members of Fingal's Older People's Council celebrated her First Holy Communion at home last weekend. First Holy Communion ceremonies were cancelled all around the country however families in this Parish were able to go ahead with the day via video link. The local Parish Priest officiated via video link from the Church's webcam. The Parish Priest consecrated the eucharist at an earlier mass a few hours beforehand and family members could collect it from the church. The children and their families set up 'home altars' in advance. Eileen's granddaughter wore her First Holy Communion dress - which was just collected before the 'lock down' in March 2020. All the family and extended family of grandparents, grandaunts, granduncles, aunts, uncles, cousins, joined in the on-line ceremony where they all viewed the Church altar that was prepared in advance with a display of paintings and names of all the students. They listened to Lucy's pre-recorded prayer reading. They shared photos via WhatsApp and other platforms of the Home set up. Afterwards they had lots of video chats from relations outside 2km restrictions as well as from around the world. Later in the day all the families visited the Church for photos as predetermined and agreed with the Parish Priest. Check out some more of the lovely photo's [here](#). What a lovely example of how we are adapting to life with COVID19. Congratulations Lucy, you looked beautiful and thanks so much Eileen for sharing this lovely story with us.



### Volunteer Galway Podcast feat. COPE Galway

This week on the Volunteer Galway Community Podcast they spoke to COPE Galway about how their community catering service has been operating throughout the COVID19 crisis. COPE Galway continue to deliver meals to the most vulnerable people in the community thanks to their incredible team of volunteers working to offer their care and combat isolation. Click [here](#) to listen to the full podcast.

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

## International Updates



### No new Covid-19 deaths reported in Northern Ireland

No new deaths from Covid-19 were reported in Northern Ireland Yesterday. This is the first time since the pandemic took hold in late March that the daily figure has been zero. Health Minister Robin Swann said it was “a clear sign of progress” but warned against complacency. The Department of Health figures referred to no new deaths in the previous 24-hour reporting period, nor newly notified deaths, leaving the total in the region at 514. See the full story [here](#)



### EU executive proposes €1.85 trillion coronavirus recovery plan

The European Commission has proposed a package worth in total €1.85 trillion for the EU's next long-term budget and a recovery fund for economies worst affected by the coronavirus pandemic. "The Commission is today proposing a new recovery instrument, called Next Generation EU, within a revamped long-term EU budget. In total, this European Recovery Plan will put €1.85 trillion to help kick-start our economy and ensure Europe bounces forward," the EU executive said in a statement.



### BBC lines up Glastonbury Experience for June

The BBC will air classic Glastonbury sets from Adele, David Bowie, Blur and The Rolling Stones in place of this year's live coverage of the festival, which is one of the most high-profile music events to be cancelled due to the coronavirus pandemic. Glastonbury was due to celebrate its fiftieth anniversary this year with headline acts, including Paul McCartney, Kendrick Lamar, Taylor Swift, and Diana Ross. The BBC has won universal praise for its excellent live coverage of Glasto, which usually takes place across the last weekend in June. The BBC's Glastonbury Experience will be broadcast across the weekend of June 25<sup>th</sup> to 29<sup>th</sup> and will feature highlights from some of the biggest and best sets from the festival's history. Three 90-minute live shows will take place on the Friday, Saturday and Sunday with the usual BBC Glastonbury presenters.



### Art expedition perks up lonely penguins

Three penguins from the **Kansas City Zoo** have been given a lift during lockdown with a visit to their local art gallery. Staff at the zoo noticed that penguins Bubbles, Maggie and Berkley were missing the company of visitors and decided to cheer them up with a visit to the nearby Nelson-Atkins Museum of Art. The Humboldt penguins had the chance to browse the Baroque and Impressionist galleries at the museum, with staff noting that they were particularly appreciative of Caravaggio's work. 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



#### Wash

your hands well and often to avoid contamination

#### Cover

your mouth and nose with tissue or sleeve when coughing or sneezing and dispose of used tissue

#### Avoid

touching eyes, nose or mouth with unwashed hands

#### Clean

and disinfect frequently touched objects and surfaces

#### Stop

shaking hands or hugging once saying hello or greeting other people

#### 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](http://www.gov.ie/health-covid-19)  
[www.hpsc.ie](http://www.hpsc.ie)

Irish Government Communications Design Agency  
www.hpsc.ie



Riadas 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**

### 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