

National Updates



Stay Safe and #Hold Firm

With the bank holiday approaching and the prospect of a sunny weekend, the Chair of our National Network of Older People's Councils, Mary Cronin asks us all to continue the good work we're doing by adhering to the government's guidelines on physical distancing. Since the easing of restrictions Mary is now able to get out for her daily run which keeps her fit both mentally and physically. In Mary's own words she says, 'it won't be long now until we have the freedom of the country again and you won't see Mary Cronin for dust'. Protecting ourselves, the people we love and the people on the frontline is something we can only do together as a community. So **#HoldFirm** everyone and have a safe and happy bank holiday weekend.



ASI 1:1 session with a Dementia Nurse or a Dementia Adviser

The **Alzheimer Society of Ireland's** National Helpline has expanded with a new free call-back service which offers people with dementia and family carers the opportunity to book a 1:1 session with a Dementia Nurse or a Dementia Adviser by calling the Helpline on **1800 341 341**. This service creates a space for people with dementia and their families to raise issues that may be arising for them during the cocooning phase of the COVID-19 Emergency.



AgeWell - 'Without them I had no one'

A 90-year-old man who spends most of his days alone has thanked a community group for making the Covid-19 crisis easier to get through. John Lee from Navan said his life has changed since contacting AgeWell, a programme which supports older people living in Co Meath. The pensioner sought help from the care co-ordination programme in 2018 after the death of his wife and then his sister. Mr Lee is one of over 250 people who have made contact with AgeWell project, which is a model of integrated care, supporting older people to remain safer and healthier in their homes. Read the full story [here](#). Well done Third Age what a wonderful good news story.



Frontline staff share snapshots of lives in lockdown

Frontline staff at the **Coombe Hospital** in Dublin have been providing a unique insight into their lives during the coronavirus pandemic. Over several weeks they have been submitting photographs on the theme of "living in lockdown". More than 170 images, capturing everything from landscapes to loved ones, are now being put on display in the hospital. The photographs from the Coombe will be submitted to a new archive entitled the 'Covid-19 Lockdown Collection' at the Dublin City Library and Archive. The archive aims to ensure that a true picture of how the people of Dublin fared during this time is preserved for future generations. Read the full story [here](#)



Premier League confirms 17 June restart date subject to safety requirements in place

The Premier League will restart on 17 June subject to safety requirements being in place. Executives from the 20 top-flight clubs gathered for a shareholders' meeting on Thursday, and it was reported by the Independent that agreement was reached over the remaining rounds of games to be played. Two rearranged matches - Aston Villa v Sheffield United and Manchester City v Arsenal - will be played first, before the first full round of games on the weekend of 20th and 21st June, reports said. Read the full story [here](#)



Daniel O'Donnell to host new TG4 series from his Donegal home during lockdown

Singing superstar Daniel O'Donnell is to host a new television series from his home in Co Donegal during lockdown. The nation's favourite will catch up with fans and friends online as he chats to them about how they are coping in lockdown and the new hobbies they have taken up during the last few weeks. In episode one Daniel will chat with guests including Moya Brennan from Clannad, his old friend Gloria Hunniford and an Irish couple who have had to postpone their wedding. Daniel's wife Majella will also join him in an online hula hooping class. Check out the promo [here](#). Daniel sa Bhaile will be shown on TG4 on Sundays at 6.40pm from June 7th.



How to get involved in #BloomWithRTE this weekend

Bloom is an annual gardening festival that is held each June bank holiday. Brought to you by Bord Bia and held in the Phoenix Park, it is a glorious spectacle, showcasing and celebrating the best of Ireland's flora and food. This year, given the current circumstances, instead of welcoming visitors to gather in the park, Bord Bia and RTÉ will be inviting everyone - from absolute beginners to the green-fingered - to get involved from the comfort of their homes on Sunday, May 31st. To get involved, you simply share your photos and videos on social media (Twitter, Facebook, Instagram) on Sunday, 31st of May using the hashtag #BloomWithRTE. There are some great prizes up for grabs so, if you want to be in for a chance to win, click [here](#) for some of the ways you can get involved.

Local Updates



Older People and Alcohol Harm

North Dublin Regional Drug & Alcohol Task Force and Age Friendly Fingal present **Alcohol & Older People** – a webinar for those working with older people or those who would like to know more about alcohol & older people. The webinar will be held on Wednesday the **10th June** at **2.30pm**. If you are interested in attending, you can register by emailing richie@ndublinrdtf.ie

We would encourage as many people as possible to take part in this webinar to address the rising consumption of alcohol across all ages particularly in our older population while remaining at home during Covid-19.



Age & Opportunity
Bealtaine Festival
Celebrating the arts and creativity as we age

Age & Opportunity | Bealtaine at Home Festival | Dusk Chorus

Donegal's Intergenerational Age Friendly Choir, Ceol le Cheile is leading Bealtaine's **Virtual Dusk Chorus** which is taking place this **Sunday, 31st May**. Choirs all around the country were invited to record a Dusk Chorus, choosing a song that reflects the unprecedented times we're living in and at the same time capturing the creative spirit of their choir. Age Friendly Ireland wish Ceol le Cheile the very best of luck for Sunday and as they say in show biz 'Break a leg'. For further information about Bealtaine's Virtual Dusk Chorus check out their Facebook page [here](#)





Let's Stay Together: 'Estuary', celebrating 25 years of Fingal County Council's Municipal Art Collection

Fingal Arts Office is presenting Live Streams on a weekly basis through its digital media platforms as part of its "Let's Stay Together campaign". This includes interviews with artists, workshops, project presentations, and more. For this week's Let's Stay Together series they are reflecting on the exhibition, titled 'Estuary' which ran from September to November last year in Draiocht. This significant exhibition celebrated the 25th anniversary of the Council and their Municipal Art Collection. The exhibition included an extensive public engagement programme and the launch of the second volume of 'Not in Alphabetical Order', a publication highlighting the Council's most recent acquisitions. The short film below charts the journey of 'ESTUARY' and all those involved. This sixth stream in the Let's Stay Together series and can be found [here](#).



Longford, Let's Stay Connected

As part of the national wellbeing campaign **In this Together** Longford County Council in partnership with Longford Age Friendly Alliance and other agencies, has produced an Information leaflet to keep older people in the county connected, active and encouraged to mind their mental health and wellbeing. The leaflet is targeted primarily at the many older people in the county who are not online and do not have access to technology. The leaflet provides useful contact details for all the key service providers in the county. It also encourages people to explore the many opportunities and services provided by their local library and includes a series of simple age friendly home exercises from Longford Sports Partnership. Longford Civil Defence and local volunteers have helped to distribute over 1500 copies of the leaflet around the county and it can also be downloaded [here](#).



Cavan - Tablet initiative connects those in care

Cavan County Council has provided nursing homes in the county with new tablet devices and three months' data connection to ensure that residents who have been unable to see family or friends can remain in contact with loved ones during the Covid-19 pandemic. A device has been provided to each unit in HSE nursing homes in the County, with two Samsung Galaxy Tablets going to Lisdarn Unit for older people, Cavan, two to the John Sullivan Home, Cavan, two to Virginia Nursing Home, and one to Breffni Care, Ballyconnell. In addition, grants of €1,000 have been issued to private nursing homes across Cavan to purchase tablets. The tablets have been specially configured by the Council's IT staff to be used by nursing home residents and will provide a vital link to the outside world during what can be a period of great isolation. Read more [here](#)

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!



Cork County Older People's Council urges "C.A.R.E." As Towns Re-Open

As towns across County Cork prepare to re-open, the **Cork County**



Older People's Council is asking the wider population, communities and business generally to be alert to the needs of older people. Project **ACT**, Cork County Council's initiative to help activate the county's towns during the COVID-19 crisis, has put support for the older population at the centre of its roll-out plans. Details are currently being finalised in 23 towns for the temporary redistribution of road space for motorists and pedestrians, usage of outdoor space, the need for temporary pedestrianisation measures, street furniture, repainting of pedestrian crossings, and parking management. Each Town Team is to consider the Council's new **CARE guidelines**, which have been prepared through extensive consultation with the Cork County Older People's Council, in any decision made to ensure all members of society are treated equally with equal access to services. Read the full story [here](#). Well done to Cork County Older People's Council – a great display of support for older people in County Cork.

International Updates



Drive-through visits bring cheer to care home residents

A care home in Britain's south west has started a drive-through visiting system for the families of its older residents. Under coronavirus lockdown regulations, visits to care homes across the country have been barred in an attempt to protect the vulnerable occupants. Now Sefton Hall in Devon has devised a way for residents to see visitors - human and animal - for the first time in more than eight weeks. Strict distancing rules mean the visitors must stay in their vehicles. Protective gear is compulsory and a timetable for the visitors has been imposed. A hug from a loved-one is out of the question, but the measures are appreciated by both the residents and their families. See the full story [here](#) and there's a [video](#) too



Shopping from a safe distance in India

An engineer in India has designed a robot to run errands, to help maintain social distancing during the Covid-19 pandemic. 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 a tissue or elbow when coughing or sneezing and dispose and clean	Avoid touching eyes, nose or mouth with unwashed hands	Clean and disinfect frequently touched objects and surfaces	Stop gathering large groups of people and large events	Distance avoid close contact with 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: leavy@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	1800 459 059
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