

National Updates



Phase 2 of Ireland's Roadmap for reopening

Today is the day that Ireland will commence what the Taoiseach has described as 'Phase Two Plus' of its roadmap to ease Covid-19 restrictions.

Here are five things you should know for Phase 2:

Stay Local: You may travel within your own county, or up to 20 kilometres from your home if crossing county boundaries.

Meeting other people: You may meet up to 6 people from outside your household both indoors and outdoors for social gatherings. Organised outdoor exercise, sporting, cultural or social activities of up to 15 people may take place.

Shops: All retail is reopening. Shop locally, shop safely and support businesses in your community.

Work from home: It is more important than ever to work from home where possible.

Transport: Walk or cycle if you can. Only use public transport if you absolutely need to. Public transport capacity is limited because of social distancing requirements.

Click [here](#) for the full details of Phase 2

The World Health Organisation (WHO) has updated guidelines for the wearing of face masks across the world as countries begin to reopen. The Department of Health have listed three scenarios when you should consider wearing a face mask in Ireland.

They are;

- when staying 2 metres apart from people is difficult - for example, in shops, shopping centres or public transport
- by people visiting the homes of those who are cocooning
- by people who are being visited in their homes by those who are cocooning

However, the Department and the WHO stress that if you are sick you should stay at home and these masks are not a substitute for proper hygiene and social distancing.

Click [here](#) to view the full WHO guidelines.



Limited nursing home visits to be allowed from 15 June

Visits to nursing homes and residential facilities will be allowed from the 15th June, with Chief Medical Officer Tony Holohan saying the date would allow facilities to prepare based on [guidance from the Department of Health](#). The Health Protection Surveillance Centre (HSPC) advises that indoor visits to facilities with no ongoing Covid-19 outbreak will be permissible in certain circumstances:

- Each resident can have a maximum of two named visitors. Only one of those visitors can be present at any one time and visits should be arranged in advance with the facility.
- Visits are limited to less than 30 minutes, with each visitor allowed a maximum of one visit per week.
- Visitors are required to wear a surgical mask if they are not able to maintain social distancing during the visit.
- Children under 16 are not permitted to visit.
- The resident's right to decline a visitor shall be respected.

The document advises that during an ongoing outbreak of Covid-19, family and friends should be advised that all but essential visiting (for example end of life) is suspended in the interest of protecting residents, visitors and staff.



Join us live on Facebook
Monday 8th
Wednesday 10th
and Friday 12th
at 11am for
Age & Opportunity
Movement Minutes



#AgeandOpportunity

Age & Opportunity Movement Minutes

Age & Opportunity are back this week with more Movement Minutes sessions. This week their classes will be incorporating playing cards to get you moving! Join them live on [Facebook](#) every Monday, Wednesday and Friday @ 11am. For the full playlist of their Movement Minutes sessions click [here](#).



Family Carers Ireland - offering family carers free counselling sessions

As a carer, there are times when mental health and emotional well-being may be challenged due to a combination of the demands of a caring role, and the additional worries of the COVID-19 pandemic. Family Carers Ireland offer help to family carers, as they believe no one should have to care alone. They have developed a free, short-term online and phone counselling service for family carers, and will connect carers with a qualified counsellor from a panel of approved professionals. The service can be accessed through the [website](#) or through the National Freephone Careline on **1800 24 07 24**.

Local Updates



Carlow Age Friendly Committee will be distributing 1000 Age Friendly Wellbeing Packs in June!

The **Carlow Age Friendly Committee** have developed Age Friendly Wellbeing Packs, which focus on the Governments "In This Together" Campaign (see [full press release](#)). The focus of which is positive mental wellbeing, staying active and staying connected. This Age Friendly Wellbeing Pack aims to bring together resources, activities and opportunities for people to mind their mental health and wellbeing in an interesting and engaging way. There is an "[Active at Home Booklet](#)" included which gives fantastic tips, advice and guidance on staying active. This booklet is a collaboration between **Carlow Sports Partnership** and **Kilkenny Sports Partnership**. **Carlow Library Services** have included a [Covid 19 Time Capsule](#). You can complete and return to Carlow Library via post or email, where this invaluable source of living history will be stored as a record of how we all managed during the Covid-19 Pandemic in the Carlow County Archive for you and future generations. The COVID-19 Diary & Time Capsule is part of a wider Carlow County Council Library Service initiative that includes adults, children and young people. If you would like an Age Friendly Wellbeing



pack for you, a family member or neighbour, please contact Fiona O Toole, Carlow Library on 059 9129701 and Fiona will get it in the post to you.



Navan Silver Band – Virtual Band Video

Navan Silver Band set up a new [Facebook page](#) in May 2020. Although like many others they have been unable to meet up face to face they have been working on their first virtual band video which they released yesterday. Well done to all including our very own Director of Services over the Age Friendly Ireland Shared Service in Meath County Council, Barry Lynch. Click [here](#) to view their fantastic video.



Walk `n tone & Cocooners

Meath Age Friendly in partnership with Meath Local Sports Partnership (MLSP) held two Walk `n tone classes in Blackwater park, Navan last Wednesday the 3rd June. The sessions proved to be quite popular with the older generation. There were 2 groups of 8 people adhering to physical distancing. It is hoped to continue these classes over the summer months. Keep an eye on the MLSP [Facebook page](#) for details of further classes.



Loughan House Open Centre is backing older people in Leitrim

The Loughan House Open Centre is backing older people in Leitrim who are cocooning during the COVID-19 pandemic. The Blacklion-based centre has donated over 200 plants from its horticultural facility to older people and communities across Leitrim. Staff at Loughan House contacted the Leitrim Co. Co. to offer the welcome donation of 32 bedding plants, 72 lupins, 106 violas and 66 cosmos pots. Age Friendly Leitrim and Leitrim Civil Defence worked to identify groups and older people who would benefit from the donation. Local Civil Defence volunteers distributed the plants to older people and communities on Wednesday and Thursday last and they were very well received. Suzanne Duffy, Age Friendly Leitrim Co-Ordinator and Community Response Forum member said: "Loughan House contacted Leitrim County Council and offered us over 200 plants for distribution to older people and local communities throughout the county. We were delighted to accept this generous offer and we wish to thank everyone involved at Loughan House for their kind donation and to the Civil Defence volunteers for their efficient distribution of the plants."

Click here to view some photos of [Leitrim Civil Defence collecting plants at Loughlan House, Cllr Thomas Mulligan, Bridie McIntyre, Mohill receiving plants from Civil Defence & Margaret Colreavy, Dromahair receiving plants from Civil Defence.](#)

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!

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