

National Updates



Living with Dementia in times of COVID 19 | Shaping inclusive communities together

Dementia Understand Together Campaign are delighted to invite you to their first Online Partner Event. Check out their poster for the event [here](#).

“Living with Dementia in times of COVID - 19 - Shaping inclusive communities together” on July 8th from 10.00 – 11.00am
You can register until July 3rd [here](#)

Speakers include

- Emer Begley, Senior Project Manager at the National Dementia Office and Chair of the Dementia: Understand Together Working Group
- Maire-Ann Doyle and Susan Crampton members of the Dementia Carers Campaign Network
- Kevin Quaid, Vice Chair of the Irish Dementia Working Group

Those registered will receive a separate email with the Zoom details to join the Online Partner Event closer to the date.

Would you like to learn more about dementia and the things you can do to support a person with dementia and their families to stay included and connected in their community? Dementia: Understand Together and their partner the Alzheimer Society is offering online training courses for individuals, businesses and community groups. You can download the training flyer [here](#)

If you are caring for a loved with dementia in the community during COVID 19 and would like to speak to a local Dementia Adviser for advice and support, contact the Alzheimer National Helpline on **1800 341 341** who can link you in with a Dementia Adviser in your area. Dementia Advisers work with people with dementia, their families and carers to provide a highly responsive and individualised information and signposting service.



Family Carers Ireland Online - Education and Training Programmes

Family Carers Ireland are providing family carers with information, knowledge, insights and practical tips to help you develop new understanding and skills important in your caring role while raising your awareness of self-care when providing care for a family member. Workshops cover topics such as Dementia Care, Life after Caring, Managing Challenging Behaviours, Healthy Nutrition. Browse all upcoming online training workshops [here](#). If you have any queries about the workshops or registration, please contact Bernadette by email training@familycarers.ie



ExWell Online Classes

ExWell Medical are proud to announce their online class service. You do not need to be an ExWell attendee, they encourage everyone to give it a go. We have classes to suit everyone including:

- Standard Class – this is a moderate intensity class that is suited for most individuals and is a good class to start out with. There will be aerobic, resistance, core and balance exercises. The instructor will give ways to make certain exercises easier or harder depending what is comfortable for you.
- Gentle Class – this class is mostly chair based and is suitable for individuals who need a lower intensity work out. Aerobic, resistance, core and balance exercises will be given.
- Advanced Class – this class is only suitable to those who are able for high intensity exercise. Aerobic, resistance, core and balance exercises will be complete.
- Yoga – is a group of physical, mental, and spiritual practices the fundamental purpose of yoga is to foster harmony in the body, mind, and environment. Yoga has many physical as well as mental benefits.
- Dance - one of our previous participant's Dorothy takes you through a fun way to get your workout done. There will be two types of classes, 'Standard Class for Beginners' which is suitable for almost all participants and also a 'Gentle Chair Based' class suitable for those who require a lower intensity work out.

Participants can pay per class (€5 per class) which allows you to view it as many times as you like. Alternatively, you can pay €40 for 1 month of unlimited classes. For more information on how to join a class check out their website [here](#)



See Around Britain/Europe/Ireland | Free Information App

See Around Britain/Europe/Ireland, a non for profit organisation based in the UK (but operates on a European basis) is a disability run charity that launched a free app in 2016 allowing older people, people with disabilities and their carers to identify venues, tourist sites, points of interest and other information so people know what to expect when visiting them particularly in the context of accessibility. The app is interactive, enabling venue owners to upload photographs and videos to show how they can be accessed and navigated. As certain aspects of the Covid-19 lockdown are eased, social distancing information will be also included for a number of venues, such as schools, libraries and others. See Around Britain/Ireland/Europe are inviting anyone who wishes to voluntarily upload photos and add to the photobank and information that is provided. For more information click [here](#) or visit their [website](#).



Rialtas na hÉireann
Government of Ireland

Government confirms junior minister portfolios

The Government has confirmed the full list of Ministers of State, with eight from Fianna Fáil, seven from Fine Gael and three Green Party TDs. The Fianna Fáil, Fine Gael and Green Party leaders consulted before the list of junior ministers was finalised, to ensure there was a geographical balance. Mary Butler, FF, Waterford has been appointed to the Department of Health with responsibility for Mental Health and Older People. The full list of junior ministers is available [here](#)

Local Updates



Galway City Mayor's Award Winners 2020 Announced

The Seventeenth Annual Mayor's Awards for Galway City, which are normally celebrated with a ceremony in April, were held under different circumstances this year due to COVID-19 restrictions - yet the spirit of volunteerism in Galway City was celebrated just the same. Mayor of Galway City, Cllr. Mike Cubbard presented the Older Volunteer of the Year Award to Joan Kavanagh, Chair of Galway Older Person's Council. There were ten other Category Winners awarded, across a hugely diverse range of areas, all making a significant impact across Galway City. The winners were presented with a beautifully handcrafted wooden platter, made by Galway wood turners Ambrose & Brid, from Mayor Cubbard on Friday 26th June 2020 at Leisureland in Salthill. Over 130 individuals and groups, who were nominated across all categories, will receive certificates from the Mayor in celebration of voluntary activity in community life in the city. The Mayors Awards recognise voluntary service from 2019 and were organised by Galway City Council. The recipients in each of the categories are listed [here](#)



NO CARE LIKE HOME CARE

JACK & JILL
CHILDREN'S FOUNDATION

Valerie's of Aughrim is proud to support the Jack & Jill Children's Foundation by selling these face masks, hand made by the Aughrim Active Retirement Group. For just €3 you can help protect yourself and others while supporting this wonderful children's charity.

Phone Valerie on : 0862830673
Email : valeriesofaughrim@gmail.com

Face Masks €3

Email : valeriesofaughrim@gmail.com www.valeriesofaughrim.com

Aughrim Active Retirement | Pandemic Cocooning Initiative

The members of Aughrim Active Retirement have not let the pandemic stop their independence while they cocoon. They have risen to the challenge of keeping busy and active in their homes by taking on an immense undertaking since the start of the pandemic at the end of March. They once again brainstormed and started to make high quality re-usable facemasks (face coverings), with a pocket filter in aid of an incredible charity 'Jack and Jill Children's Foundation'. The members of Aughrim Active Retirement have enriched community spirit of Aughrim and the greater Ballinasloe area. They have been flooded with requests and donations for the charity. The members have made over 600 facemasks to date. There are a lot of different colours and patterns in stock. They are delighted to announce that the facemasks are available to buy for €3 each in the following local shops:

- Burke's shop, Aughrim Village
- Salmons Department Store, Ballinasloe
- Corrib Oil Gas Station, Ballinasloe
- Valerie's of Aughrim

They would like to thank everyone for the support as the group members work hard to make the re-usable facemasks in aid of 'Jack and Jill Children's Foundation'. You can find Aughrim Active Retirement Facebook page [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!



“Getting Involved with your Local Older People’s Council”

Chair of Mayo Older People’s Council, Marie Flanagan was interviewed recently by Mature Living Magazine. Check out the article – [“Getting Involved with your Local Older People’s Council”](#) – based on Maire’s interview which featured in June’s edition of Mature Living. Well done Marie.

International Updates



International Travel | Call for Government to ensure holidaymakers reimbursed

The Consumer Association of Ireland (CAI) has said the Government needs to intervene and offer guidance to airlines and ensure that a fund is in place to refund holidaymakers who cancel their bookings during the Covid-19 outbreak. Speaking on RTÉ's Today with Sarah McInerney, CAI Chief Executive Dermot Jewell said that advice about international travel needs to be issued from the Department of Foreign Affairs as "consumers are the weak link" in the priorities looked at to date. He said that Chief Medical Officer Dr Tony Holohan's plea to consumers not to travel "has been heard and has put individuals who have paid in advance out of pocket". Read more [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.dfa.ie](#)

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**

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 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 going to work, especially those who cough/sneeze

Distance

source of at least 2 metres (6 feet) away from other people, especially those who cough/sneeze

Symptoms

- > Fever (High Temperature) • A Cough • Shortness of Breath • Breathing Difficulties

For daily updates visit

www.gov.ie/health/covid-19
www.hse.ie

Healthcare Contact Centre
1850 24 1850



Riann na Míreann
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	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