

National Updates



Chambers Ireland Excellence in Local Government Awards 2020 | Age Friendly Initiative Award: Limerick City and County Council – Putting Your House in Order

Congratulations to Limerick Age Friendly and Limerick City and County Council who deservedly took the award in the Age Friendly Initiative Category of the Chambers Ireland Excellence in Local Government Awards 2020, announced yesterday.



What happens if a loved one becomes incapacitated? What happens when a loved one dies? Do they have special requests? What happens with their estate? Do they have a will? These are all very important questions that need to be discussed. To help answer these

questions Age Friendly Limerick, in collaboration with the Irish Hospice Foundation, hosted a series of events over February 2020, called “Putting Your House in Order.” The series of information sessions were held in each of the municipal districts of Limerick City and County. The aim was to give advice on a range of topics under four main headings- ‘Care Preferences’, ‘Legal’, ‘Financial’ and ‘When I Die’. The sessions were delivered in two parts, the first part covered wills, enduring power of attorney and other legal issues. The second part of the event focused on the other three headings, ‘Care Preferences’, ‘Financial’ and ‘When I Die’. What an excellent initiative – well done to everyone involved.

Congratulations too to all the other shortlisted initiatives in this category and indeed to all the winners and those shortlisted in each category.



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



#HOLDFIRM



HSE Webinar | “Staying Connected in these Times” | December 2nd from 12 pm – 1 pm.

During this time of uncertainty when we are physically distancing ourselves from others, our friendships and connections have become an even more important part of our lives – it’s important that we stay connected. This webinar will go through some tips for how you can stay connected at work and with your friends and family in this period of change and share what others say has worked for them. Hosted by Sarah McCormack, National Healthy Ireland Lead I Health & Wellbeing - Strategic Planning and Transformation, this webinar which will be an interactive session with Dr Eddie Murphy, Principal Psychologist as seen on the RTE Operation Transformation Programme and Anne Sheridan, HSE Programme Manager Mental Health & Wellbeing. Questions are welcomed as part of this event. [Register here!](#)

Staff Health and Wellbeing Countdown to Christmas Calendar 2020

HSE Health and Wellbeing have developed a Countdown to Christmas Calendar 2020, see link below to view and download. We want to help you get prepared for the holiday season with daily self-help messages, tips, encouragement and fun. Staying healthy and connected this Christmas is important for all of us, so download the calendar and use the clickable links included in some of the days and on the campaign brands at the bottom for more information about how you can support your health and wellbeing. Your Countdown to Christmas starts [here](#).

IMD Webinar Men's Mental Health in these Challenging Times

The link to the webinar recording is [here](#) and the pdf versions of the main presentations from [David Meredith](#), [Aisling McGrath](#) and [Ian Power](#). The following information and signposts relate to the content shared on the day.

- The Minding Your Wellbeing Programme which was referenced on the day is a programme aimed at promoting mental health and is available through 5 videos [here](#). There are also a number of other resources available at [Yourmentalhealth.ie](#)
- Mental Health Ireland also have very useful videos and resources which are available on their website [here](#)
- [Spunout.ie](#) has a wide range of very useful and up to date information for young people and the text service [Text50808](#) service which Ian spoke about is available to all
- The Engage Men’s Health Training Programme has supported many organisations and groups to improve their engagement with men. To find out more please contact mark@mensnetwork.ie
- In the context of farmer’s wellbeing, we also referenced the launch earlier this year of both the cardiovascular health programme [Farmers Have Hearts](#) and the partnership work going on to train agricultural advisors to enable them to talk to farmers about farmer health and wellbeing called [On Feirm Ground](#)

- You can learn more about the ongoing work that is supported by our partners in the Irish Men’s Sheds Association at their website [here](#)
- The Men’s Health Forum in Ireland have an excellent email newsletter which will keep you up to date on information, news and research related to the health of men and boys and you can sign up [here](#).

Exiting Level 5: What will reopen, when will it happen and when will we know? Cabinet meeting today ahead of announcement on restrictions. Full details here in this [Irish Times Article](#).



A Message from Aware | Support & Self Care Groups

We are reaching out to you to spread the word regarding Aware services as we come up to Christmas. As we all know, during Level 5 lockdown, many people are experiencing additional feelings of isolation, anxiety and distress as well as enduring depression, bi-polar disorder and other challenges with their mental health. These feelings are often further exacerbated during this holiday season, as people can sometimes contrast their own sadness with other people’s joy. If you, or those with whom you work wish to connect with people in relation to your mental wellbeing, please consider using the Phone In and Zoom Support & Self Care Groups, the Support Line or Support Mail, now and throughout the holiday season. These services provide support, coping skills and information – and most importantly help people who are in distress to know and feel that they are not alone in their experience.

For more information about the groups <https://www.aware.ie/support/support-groups/> and all of our services on www.aware.ie.



THE HomeShare
Together Helping Eachother

THE HomeShare: The Affordable Housing and Social Care Model

Homeshare brings together someone who needs some help to live independently in their own home with someone who needs somewhere to live. In return for free accommodation, the Homesharer provides a minimum of 10 hours of support each week to the Householder. There is a monthly service fee paid to THE HomeShare for continued monitoring and support.

Householders are often older people or people who need support to continue to live in their own homes. They usually have some support needs or may have become isolated or anxious about living alone. The idea is



	<p>that with reassurance and companionship Householders will continue to live full, happy and healthy lives. Householders will also be able to pass on their skills and experience to enrich the lives of those that share with them.</p> <p>THE HomeShare Ashleigh House. John F Kennedy Road. Dublin D12 VE06 Website: www.thehomeshare.ie Email: info@thehomeshare.ie Phone: 086 4126381 / 083 3572882</p> <p>For more information about THE HomeShare click here</p>
	<p>IFIC Ireland Upcoming Webinar Medium and Long-term impact of Covid-19 Wednesday, 02 December 2:00 PM GMT</p> <p>The last session in our series will focus on the medium- and long-term impacts of Covid-19 on the person and the implications for health and social care delivery. We will be joined by Prof Lynne Turner-Stokes, Department of Palliative Care, Policy and Rehabilitation @ King’s College London and Northwick Park Hospital will present on Rehabilitation for the Long term effects of Covid-19 presenting research and clinical understanding of how Covid-19 may continue to impact those diagnosed long after the initial course of the disease. Anne O’Connor, HSE Chief Operations Officer, will outline how the HSE are adapting service delivery and provision in the context of Covid and how these service adaptations will impact the future of HSE services. Register Now!</p>
	<p>Vitamin D supplement advised for older people</p> <p>This week’s Irish Times published an article urging older people to take daily vitamin D supplements for their bone and muscle health, as advised by the Department of Health. In new advice, the department says adults aged 65 and older should take a vitamin D supplement of 15 micrograms every day to maintain good bone and muscle health. Some doctors believe vitamin D, by boosting the immune system, can help prevent or treat Covid-19. But the department says a study it commissioned on this issue found no evidence to support the claim. The study by the Food Safety Authority of Ireland cited two British reviews that concluded there was no evidence to support taking vitamin D supplements to specifically prevent or treat the disease, and that the evidence on vitamin D supplementation and acute respiratory tract infection risk was inconsistent and generally did not show a beneficial effect. However, since these reviews were completed, the UK government last month requested the National Institute of Clinical Excellence and Public Health England to produce recommendations on vitamin D for prevention and treatment of Covid.</p>



**Join us live on Facebook
Monday 30th
Wednesday 2nd
and Friday 4th**

**at 11am for
Age & Opportunity
Movement Minutes**



#AgeandOpportunity

Sessions can be watched live on their Facebook page www.facebook.com/ageandopportunity or afterwards on their YouTube page www.youtube.com/ageandopportunity where a playlist of all Movement Minutes sessions to date can be viewed. Also check out their Line Dancing taster from last Monday on the link below <https://www.youtube.com/watch?v=76bZet5xi4A>

Local Updates



Monaghan Creative Ireland Age Friendly project

In July the Monaghan Age Friendly Programme worked with the Creative Ireland co-ordinator to put together a funding proposal for a Positive Ageing project under Creative Ireland fund. They received funding to run an **Intergenerational Song Ties project** with Castleross Nursing Home and Lisdoonan National School. The project has been a huge success and really enjoyed by all involved. The project will be taking part in the Tradoodle Festival which began this week.



Click [here](#) for more information about project where you can see some of the activities and engagement that took place. The hope is to secure further funding from Creative Ireland next year to extend this project to other nursing homes.



Meath Age Friendly Library in Kells | Member turns 100

Congratulations to active Kells borrower Arthur Saunders, who turned 100 years old last Friday, November 20th.

Photographed here by his daughter Anne Norris, Arthur is enjoying his tea in his 'Age Friendly' cup which he received with his box of books delivered by the library during his time cocooning.



Louth Age Friendly | Young people urged to help older relatives connect

Louth County Council has launched a new campaign to ask younger people in the county to gift smart devices to older relatives this Christmas and teach them how to use them to stay connected.



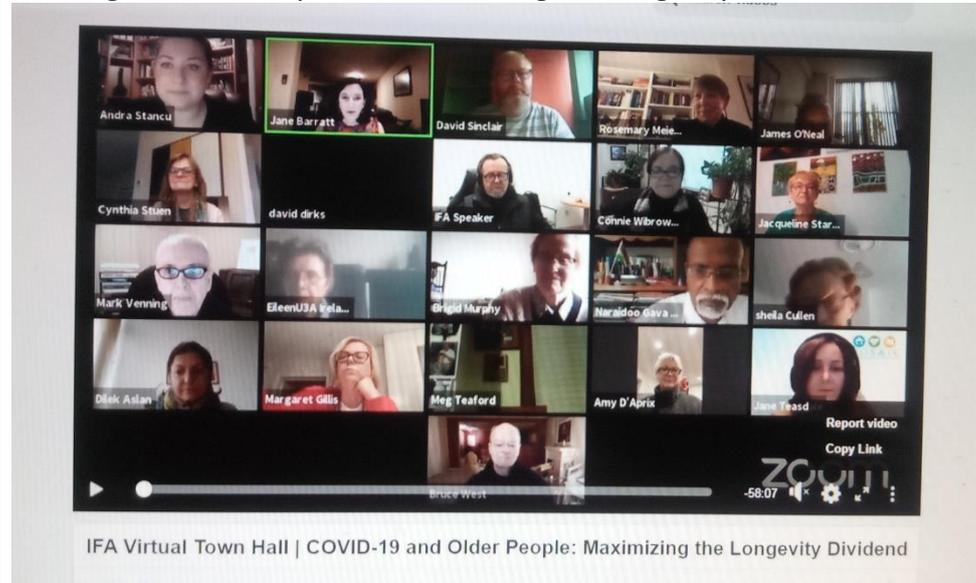
Mary Deery, the council's Age Friendly programme manager, says young "superconnectors" can play a vital role in helping older people "combat the loneliness and isolation of COVID-19," and that "giving them a helping hand on tech could be the ultimate gift this Christmas." Ms Deery

is urging older people to embrace technology this Christmas, saying: "Just get connected in your own simple way and you'll never be on your own." Read more [here](#)



Fingal Age Friendly | U3A Sutton Baldoyle participating in International Federation on Aging Town Hall meetings

A number of U3A Sutton Baldoyle members are participating and contributing to the weekly Town Hall Meetings on Covid 19 and the Older Persons, where they meet with global speakers and contributors informing them on a number of issues in relation to older persons and their rights. Pictured below are Eileen, Brigid and Sheila participating in last week’s meeting where the topic was Maximising the Longevity Dividend.



Wicklow Age Friendly | “Project Postcard” to bring Christmas cheer to Nursing Homes

Wicklow County Council Library Service, as part of the Wicklow County Council Community Response Programme, have launched “Project Postcard” aimed at primary school children. The idea is to encourage primary school children to write to nursing home residents or to loved ones. Library staff have designed a fun and engaging postcard on which the school children can write their own messages to nursing home residents in Wicklow or to loved ones here or abroad. The postcards, which are being distributed to schools, will be delivered free-of-charge to nursing homes by An Post.

Commenting on the project, Wicklow County Council Cathaoirleach, Cllr Pat Kennedy, said: “I welcome this initiative. Each nursing home in Wicklow has been linked with one or more primary school in the county. “The postcard was designed to be diverse and give scope for creativity, so the children can bring their own imagination to their postcards, and children of all ages can participate. Spreading some happiness in our community, during such a restrictive time, is what Project Postcard is all about.”

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



The International Federation on Ageing held a Town Hall event called 'COVID-19 and Older People: Hearing Loss and Communication Accessibility, earlier today. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



Age Friendly World | Applications for the MENTOR-AFE Programme are now open | Building leaders for the next decade of Age-friendly cities and communities.

Do you want to be more skilled at transforming your city or community to be a better place for people of all ages?

The Age-friendly Environments Mentorship Programme, MENTOR-AFE, provides opportunities for:

- emerging and established leaders of Age-friendly communities to further develop their skills with the support of a mentor; and
- existing experts to share their knowledge and experience and to develop mentees' skills to lead, influence and implement Age-friendly environments, and in doing so, reinforcing their own leadership and expertise.

Over a 12-month period, a mentor will provide guidance and support to enable a mentee to develop the specific skills they need to advance their work on Age-friendly environments. Exactly what's on offer will be unique to the mentee's development needs, the mentor's skills, and the time and energy committed to the relationship. Mentors and mentees will receive certificates at the end of the year, recognising their contributions and achievement. MENTOR-AFE is a programme of the World Health Organization (WHO) delivered with support from the International Federation on Ageing (IFA).

[MENTOR-AFE: Frequently Asked Questions](#)

APPLICATION DEADLINE: 18 December 2020

[Apply to be a mentee \(English, French, Spanish\)](#)

For more information, please contact gnafcc@who.int.

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](#)

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, coughing, sneezing, hugging, kissing, hugging, hugging, hugging, hugging
- Distance** yourself at least 2 metres from any other people, especially those who might be unwell

Symptoms

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

For daily updates visit
[www.gov.ie/health/covid-19](#)
[www.hse.ie](#)

WASH HANDS TO STOP THE SPREAD OF COVID-19
[www.nhs.uk/coronavirus](#)

HSE
 Rialtas na hÉireann
 Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: 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