

National Updates

December & Christmas Arrangements



Level 3 (with variations) applies from **Tuesday 1st December** into January (with special measures for Christmas).

All shops will reopen.



Personal services, including hairdressers, will reopen.



Travel within county boundaries will be permitted.



Cafes, Restaurants, and Pubs operating as restaurants will reopen on **4 December** with max. 6 persons per table.



Indoor cultural venues will reopen, with protective measures in place.



Attendance at religious services will be permitted with protective measures in place.



Special Arrangements for Christmas



18 December – 6 January

We may have visitors in our homes from up to two other households.



We can travel outside our own county.



More information at gov.ie/SafeChristmas



Rialtas na hÉireann
Government of Ireland



Rialtas na hÉireann
Government of Ireland



Ireland 'in line' with EU states on vaccine roll-out, says Minister for Health Stephen Donnelly on RTE's Primetime

The Minister for Health Stephen Donnelly has said Ireland is 'in line' with the rest of the EU27 when it comes to the roll out of the Pfizer Covid-19 vaccine. Speaking on RTE's Prime Time he said when the European Medicines Agency approves the vaccine there should be a roll-out in early January. "It's good news and a good week for Ireland in our fight against Covid," Minister Donnelly said. He added we have the lowest rate of Covid-19 cases in the EU.

Stephen Donnelly said the UK have their own regulator and have taken a different approach [to EU 27]. The Minister for Health said he has full confidence in the EMA. "The UK are going a few weeks ahead of us, but that's OK," Minister Donnelly said. He said Ireland's Covid-19 cases are still falling but at a lower rate. The latest modelling suggests "the bottom point of it" may be sometime next week, he said. Minister Donnelly said that point was arriving sooner than the experts expected. Read more [here](#)



Santa Claus to be exempt from Ireland's Covid quarantine rules

The Irish Government has confirmed that Santa Claus' Christmas travels qualify as essential under Covid regulations and that he will therefore be exempt from having to quarantine for 14 days upon his arrival in Ireland. Minister for Foreign Affairs Simon Coveney has confirmed that Santa Claus will not have to restrict his movements as he is considered an essential worker and will move freely in Irish airspace this December. He said Santa involved in “essential travel” but children should not stay up so as to ensure social distancing in maintained. Mr Coveney said in the Dáil that “We have been working on the Santa Claus issue for a number of weeks. It is important to point out to all children in the country that we regard the travels of Santa Claus as essential travel for essential purpose”.



Irish Gerontological Society



Centre for Economic and Social Research on Dementia



Irish Centre for Social Gerontology

Marginalised Ageing and Inclusive Systems Symposium Series

The COVID-19 pandemic has exposed the marginalities of ageing experiences for many groups of older adults. It has also demonstrated the pervasiveness of inequalities for these groups and the absence of their voice across social and economic, civic and health spheres. These challenges to inclusivity, however, are longstanding – despite being more acute in form and impact since the onset of the pandemic. Arguably, they emerge from different degrees of our collective complacency; deficiencies in our support systems; and how we view and position ageing and older people within our policies, practices and communities. But how can we distil learning from this recent unsettling and uncertain period, when, thus far, the perspective of marginalised older adults has not been sufficiently captured within research published on and around the COVID-19 crisis? Without these perspectives, our criteria for policy development, resource allocation and, ultimately, inclusive societies, are always likely to be skewed and unequal.

In collaboration with the Irish Gerontological Society (IGS), the [Irish Centre for Social Gerontology \(ICSG\)](#) and the [Centre for Economic and Social Research on Dementia \(CESRD\)](#), at NUI Galway, will begin to address this deficit in the four-seminar Marginalised Ageing and Inclusive Systems online series.

As a part of the IGS 2020/2021 scientific programme, this series will draw on ICSG and CESRD research conducted with diverse and vulnerable older people during and around the COVID-19 pandemic, and will critically assess current gaps, and future opportunities. The series incorporates the voices and views of such groups as precarious older workers, informal carers, people living with dementia, older members of the Traveller and homeless communities, and older adults who have experienced isolation and age discrimination. It will also present the perspectives of key stakeholders and international research experts in response to this research, as well as showcasing the work of early-career researchers on social and economic aspects of ageing. To register or for more information on the Symposium Series click [here](#)

Third Age | Navigate your Work Future Sessions

Concluding Third Age's Navigate your Work Future for 2020, we have a number of sessions lined up for December that will challenge, support and explore your career choices, your personal attributes and your job search. We are offering a series of talks with career coaches, organisational development consultants, psychologists, and interview preparation specialists. The talks will cover a range of topics such as personal skills analysis, understanding the jobs market, CV preparation, effective interview techniques and will finish, before the Christmas break, with a session on mindfulness and self-care. We would be delighted if you were able to attend some or all of these free on-line sessions, and please feel free to share with friends or colleagues whom you think would benefit.

All sessions are held on Zoom with the facility for Q&A, chat and the option to stay completely anonymous. The sessions are designed to be as supportive and engaging as possible.

Please find details of the sessions below:

Session One: Approaching your Career with Confidence and Focus, with [Angela Burke](#), the Integrative Coach.

When: Monday, Dec 7, 2020 02:00 PM – 5:00 PM

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_3lgpjnoQJyOOiTFb5hOYg

Session Two: Introduction to Skills to Succeed, with Liam Carey

When: Tuesday, Dec 8, 2020, 10:00AM to 11:00AM

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_bNXHbe2OSzqT3SkYGV9DSg

Session Three: How to write a great CV and excel at your job interview; returning to the workforce after a break, with [Sinéad English](#) and Anne Margaret Saunders

When: Thursday Dec 10, 2020 10:00 AM - 1 PM

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_LNNMPuo2Triti4y27pqSsQ

Sessions four & five: Take charge of your career and find the job you really love with [Dr. Corina Grace](#) (please chose one of the two sessions)

When: Friday, Dec 11, 2020 10:00 AM - 1PM

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_eg_aer6vRf-NJij0-T046A

OR

When: Tuesday, Dec 15, 2020 10:00 AM - 1PM

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_ylMaJpMRRCCacwsvGTr7w

Session Six: Self-Compassion, Self-Care & Support through Mindfulness with [Dee Hennessey](#)

When: Friday, Dec 18, 2020 10:00 AM - 1PM

Register in advance for this webinar:

<https://zoom.us/j/98506145165?pwd=bjFNVTI1QUxzQUIOM2NsbUZjTVMxdz09>



Navigate your Work Future

With [Angela Burke](#),
Career Coach,
Founder of The
Integrative Coach

Approaching your Career with confidence and focus
Angela brings a thorough understanding and insight of all stages of the recruitment process, including the mindset challenges experienced throughout.

7th of December, 2pm on Zoom.

Proudly supported by
third age **accenture**



Navigate your Work Future

With [Sinéad English](#),
Career Consultant,
Author,
Founder of We are Hilt

How to write a great CV and excel at your job interview
Sinéad will focus on CVs, job applications and excelling at job interviews.

10th of December, 10am on Zoom.

Proudly supported by
third age **accenture**



Navigate your Work Future

With [Dr. Corina Grace](#)
Author, Psychologist,
OD Consultant,
Lecturer

Take Charge of Your Career:
Corina looks at finding our values, how we can assess our abilities, our competencies and market ourselves to our best advantage.

11th /15th of December, 10am on Zoom.

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University College Cork, Ireland
Coláiste na hOllscoile Corcaigh



University College Cork (UCC) | Upskill or Reskill with ACE's Part-time Industry/Enterprise Focused Modules

Adult Continuing Education (ACE) at UCC are offering several hundred free or heavily subsidised places to those seeking to upskill or reskill under the Government's new Modular Skills Provision initiative. Fees are subsidised by 90-100%. These industry-focused part-time modules offer opportunities to enhance your skills in a broad range of industry sectors. These short courses are ideal for jobseekers, returners, employed and formerly self-employed. Modules will be delivered online from mid-December to mid-May (exact timetables to be confirmed upon course commencement). Live online classes will be delivered one evening per week. Occasional Saturday morning classes may also be timetabled. Closing date for applications is **6th December**. Places are limited so early application is advisable. An excellent opportunity to start something new! For more info click [here](#)



Safeguarding Ireland | Strong public support for improved safeguarding laws | November 30th, 2020:

The vast majority of Irish adults believe that Ireland needs stronger safeguarding laws – and that a national authority should be established which is dedicated to adult safeguarding.

The findings were launched today as part of public awareness campaign led by Safeguarding Ireland. The research was carried out by RED C on a representative sample of 1,000 adults nationwide and found that:
91% support stronger laws to safeguard people from abuse or neglect
85% support an overall national authority on safeguarding
87% said a dedicated authority should have enforcement powers
89% said more urgency is needed to deliver safeguarding laws and services.

Safeguarding Ireland Chairperson Patricia Rickard-Clarke said the research highlights the need for stronger political urgency on safeguarding.

“This research shows a strong and broad public consensus on an urgent need for progress on safeguarding laws and oversight. The research is timely as COVID-19 has brought into focus domestic abuse, coercion and a growth in online abuse.

“Most urgently we need to see the Assisted Decision-Making (Capacity) Act 2015 implemented. This legislation was passed into law in 2015 and is still awaiting implementation. We are calling for it to be implemented in full by the middle of 2021, and there are important parts can be fast-tracked.

“Secondly, we need to see progress on comprehensive adult safeguarding legislation. The current Legislative Programme provides for a Health Adult Safeguarding Bill. However, Safeguarding Ireland considers this to be limited in focus and an all of government approach is needed.

“Comprehensive legislation needs to be developed in line with the Adult Safeguarding Bill 2017, which received all party support, and included method of reporting, right of entry to protect a person at risk and the establishment of an Independent Authority to comply with obligations under the UN Convention on the Rights of Person with Disabilities.





Progression on safeguarding legislation needs a greater focus at Oireachtas Committee and Departmental levels.

“Thirdly, the Domestic Violence Act should be extended to include coercive control by another regardless of the relationship and also HSE safeguarding social workers should be empowered to be able to make direct applications to court for Protection Orders on behalf of vulnerable adults.

“Furthermore, Safeguarding Ireland looks forward to the Law Reform Commission’s Report on A Regulatory Framework for Adult Safeguarding due for publication in 2021.”

Ms Rickard Clarke said that responsibility for safeguarding lies across many different public bodies and an independent body, with over-arching responsibilities, would offer many benefits.

“A dedicated body could support ongoing improvement in reporting of abuse, policy development, data collection, independent investigation powers, enforcement, public awareness and training.”

In conclusion Ms. Rickard-Clarke said the pandemic continues to raise increased risks of abuse, and she called on vulnerable people to maintain their own independence and decision-making as much as possible.

“Safeguarding Ireland’s message, particularly for vulnerable adults, is to keep your independence and keep making your own decisions while keeping safe. Ask for help when you want it and only from trusted people.”

Other recent research commissioned by Safeguarding Ireland reported that 12% of adults experienced abuse since the start of the COVID-19 pandemic, while 32% reported ever experiencing abuse or neglect. Also, almost a quarter of people (23%) said they would not know who to report adult abuse to if they or someone they knew was a victim.

More information, including public awareness resources on better understanding what constitutes abuse, can be viewed at www.safeguardingireland.org.

Safeguarding means living safely, free from abuse or neglect. It means our choices, particularly if we are vulnerable, are clearly heard and respected. Further Information

Ronan Cavanagh, Safeguarding Ireland / Cavanagh Communications: (086) 317 9731.

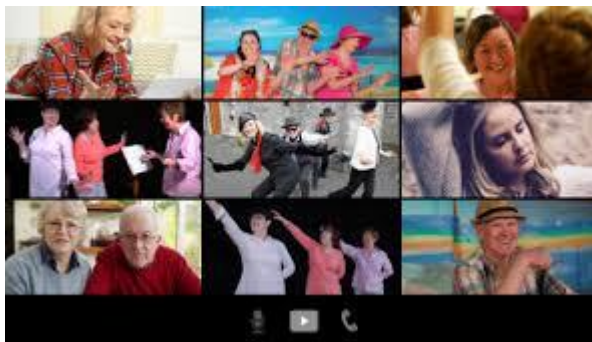
Safeguarding Ireland promotes safeguarding of vulnerable adults to protect them from was all forms of abuse by persons, organisations and institutions and to develop a national plan for promoting their welfare. www.safeguardingireland.org

Local Updates



The High Kicks of Limerick | Online Dance Classes for 50yrs+

Do you enjoy dancing? Would you like to try something new? Come join The High Kicks of Limerick, an ensemble of dancers aged 50+ led by choreographer Kristyn Fontanella. Learn new moves and enjoy a social dance, the emphasis with these classes is on having fun! No upper age limit and no experience necessary. Since the beginning of 2020, we have moved from our studio to live-streamed classes from the comfort of your own home.



We will be hosting a free virtual taster class on Thursday 14th January 2021, more info on registering for this event coming in early January 2021.

For more info contact info@dancelimerick.ie or see www.dancelimerick.ie.

Video interviews with 2018 participants: <https://vimeo.com/288536174>
Performance Video from 2020: <https://dancelimerick.ie/news/watch-high-kicks>



Midlands 103 | 'Chatters & Matters'

In conjunction with Westmeath, Laois, Offaly Local Authorities, Age Friendly Ireland and Midlands 103 an hour-long radio programme called "Chatters and Matters" will be hosted on Sunday mornings from 8-9a.m., on Midlands 103 over the next few months. The pilot programme was aired on Sunday 1st November 2020. This programme is designed to capture our Age Friendly audience, especially during the Covid-19 Pandemic. The one-hour programme consists of Interviews on "Crime prevention, Befriending services, Storytelling and music". We are continually looking for new ideas and encouraging different musicians to come on board, each representing the three counties involved. There is a Working Group and a Tri-County committee comprising of members from the 3 counties set up to oversee this programme. The purpose of these meetings is to hold brainstorming meetings in order to provide ideas and suggestions for interesting topics and useful information and to provide details of suitable interviewees for the programmes. The main priority for this Radio Programme is that they remain interesting, informative and fun.



Figure 1 Cllr Rena Donaghy, Cathaoirleach of Donegal County Council with John McLaughlin, Chief Executive and Chairperson of the Age Friendly Alliance at the launch of the Round 2 of Age Friendly Pack "The Winter Ready Pack".



Figure 2 Samantha Mahon, Donegal County Council handing over a pack to Gerry McCready.

Donegal Age Friendly Programme – Launch of Winter Ready Pack

On Monday the 30th of November, the day before advent calendars are opened, [Donegal Age Friendly Programme launched Round 2 of their Age Friendly Pack "The Winter Ready Pack"](#). Donegal Age Friendly Alliance joined resources and collectively created a second round of the Age Friendly packs only this time it's a Winter Ready Pack. This pack, like the first one is designed around the physical and mental wellbeing of Older People at home this winter.

Specially designed and created for older people, an advent calendar is included, which from the 1st of December up till Christmas day they will open a new door, each of these doors contain a positive mental health message or task to carry out that day along with a chocolate reward for doing so. Nutrition is always very important, included in the pack, information and simple nutritious recipes to cook with a packet of Porridge and Soup provided. Even though Older People are at home, the age friendly programme would encourage everyone to wrap up using the "Beanie hat" supplied, go outside into nature to plant the Daffodil bulbs



Figure 3 Contents of the packs

and feed the birds with the bird seed that is also inside the pack. For the days that people cannot get outside, the pack contains an Activity Booklet and pencil to keep the mind active and a simple exercise programme to keep the body moving. To relax and unwind in the longer evenings, the pack contains a tea bag, this is to encourage people to sit back, have your cup of tea and read through the literature we have provided on security in your home, keep in contact card and information on the Doorstep delivery service from Donegal Library Services. The packs have been delivered to 5000 Older People's houses in County Donegal.

Moving on from the contents of the pack, the most important message the Age Friendly Programme wants to get across to the Older People in Donegal, that they don't have to face into this winter alone. There are many services available in Donegal to help you i.e. if you are lonely and want to talk

there is the ALONE service, if you have concerns around the increase of drinking in the home you have the Alcohol Forum, if you need shopping or prescriptions lifted you have the community response team. All these services can be contacted through the Donegal County Council's Covid 19 freephone Helpline 1800-928-982 or email covidsupport@donegalcoco.ie



Figure 4 Donegal County Council staff packing & organising the packs (l to r) Sharleen Tinney, Róise Ní Laifearthaigh, Mairead Cranley, Annette McGrenra, Mary Clyde and Mairead Lynch.

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: Challenges and Opportunities for Promoting Healthy Ageing, earlier today. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



Paving the Way to OEWGA11 in Conversation with Experts

The COVID-19 pandemic continues to ravage the world with disproportionate and severe impact on older persons. According to WHO, 8 out of 10 COVID-19 deaths reported have been in people aged 60 years or over. In his policy brief on the impact of COVID-19 on older persons, the UN Secretary-General stated that the lack of adequate legislation at the national level, together with the absence of a dedicated internationally-agreed legal framework, contributes to the vulnerability experienced by older persons and may have contributed at times to inadequate responses to the pandemic. Realizing the need for immediate impactful action, the Secretary-General also called for accelerated efforts of the General Assembly's Working Group to develop proposals for an international legal instrument to promote and protect the rights and dignity of older persons. Register [here!](#)

This fireside conversation takes place at 08:00 am (Eastern Standard Time) on Friday 11 December 2020 (additional time zones below):

Buenos Aires, Argentina: 10:00

Lisbon, Portugal: 13:00

New Delhi, India: 18:30

Perth, Australia: 21:00

This event will be recorded and streamed live on Facebook. Should you be unable to participate, a recording will be available on the IFA Facebook page at <https://www.facebook.com/intfedageing/>

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 Public Health Advice

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 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, kissing, hugging or greeting other people
- Distance** yourself at least 2 metres from any 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](#)

WASH HANDS TO STOP VIRUS SPREAD
[www.nhs.uk/coronavirus](#)

HSE HSE.ie

Riannas na Míreann
 Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: tleavy@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

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

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