

National Updates



**New Age Friendly Family Members**

We are delighted to have some new members join the Age Friendly Ireland Family. We would like to take this opportunity to welcome our new colleagues and let you all know who they are! We look forward to working with you and wish you every success with the programme.

**Welcome  
to the  
Family**

- Deirdre Donnelly** – Programme Manager, Cavan Age Friendly Programme
- Caroline Power** – Programme Manager, Fingal Age Friendly Programme
- Charles Sweeney** – Programme Manager, Donegal Age Friendly Programme
- Siobhan O'Rourke** – Programme Manager, Kildare Age Friendly Programme
- Catherine Bowes Kelly** – Limerick Age Friendly Programme
- Eileen Hughes** – Regional Programme Manager, Midlands Region

To those who have moved on to pastures new we wish you the best of luck in your new ventures and hopefully our paths will cross again.



**Public Health Measures**

Ireland remains at level 5 restrictions with some variations. You can see the [measures in place here](#).

**COVID-19 Vaccination Programme**

The vaccination programme continues to be rolled out nationwide, and more than 1,094,964 vaccines have been administered as of the 13<sup>th</sup> April 2021.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**HSE invites people aged 65-69 to register for their COVID-19 AstraZeneca Vaccine**

On Wednesday (14<sup>th</sup> April) the HSE confirmed details of the next group of people to be offered COVID-19 vaccines and introduced the COVID-19 online registration system. Over the coming weeks, about 180,000 people aged 65 to 69 will be asked to register for their COVID-19 vaccine on the



HSE website. People in this group will be vaccinated at one of the HSE vaccination centres around the country using the AstraZeneca vaccine. Online registration commenced yesterday, beginning with people aged 69.

The vaccine being offered to people aged 65 to 69 is called COVID-19 Vaccine AstraZeneca. AstraZeneca has been approved for use by both the EMA (European Medicines Agency) and NIAC (National Immunisation Advisory Committee), in keeping with the strictest standards of safety and quality. It is recommended for use in people aged over 60 and licensed by [regulators](#).

The vaccination programme is now moving into an important new phase. The HSE are introducing a new online registration system and inviting everyone aged 65-69 to register online. To avoid delays they are asking people to register by age on specific days initially.

All 65-69 year olds should register online if you haven't already been vaccinated or you haven't received an appointment yet. If you have an appointment for vaccination already, through work, or because of a health condition, you don't need to register online.

The quickest and easiest way to register is online at [www.hse.ie](http://www.hse.ie). It is a new system which will register people, manage appointments, and provide a secure record of your vaccination. This group will be the first to use it and most groups being vaccinated from now on will also use it. The aim in offering the vaccine to the population is to protect people and reduce the illness and deaths caused by this virus.

Vaccinations for this group will start around 1 week after registration opens. Once a person has registered, the HSE will send appointment details by SMS text message, 3 to 7 days before their vaccination is due to take place. People in this group will be vaccinated during April or May at one of the [HSE vaccination centres](#) around the country.

#### **How to register:**

For those registering on [www.hse.ie](http://www.hse.ie) for the vaccine you will need;

- your PPS number
- eircode
- a mobile phone number and
- an email address.

Alternatively, people can call HSELive on 1850 24 1850 for assistance with the registration process.

The HSE are asking people to register on specific days. This will help manage demand and make it easier for everyone to register. If you are aged:

- 69 register on Thursday 15 April, or any time after
- 68 register on Friday 16 April, or any time after
- 67 register on Saturday 17 April, or any time after

- 66 register on Sunday 18 April, or any time after
- 65 register on Monday 19 April, or any time after

Registration will stay open for people in this age group after 19th April. You can register online or on the phone at your convenience. There is no hurry to register immediately; registering first does not mean a person will get vaccinated first. Registration days are being staggered in this way to ensure the HSE can provide good support to people using the system or calling the phone service. Thereafter, registration will remain open and people can register online or on the phone at their convenience.

The HSE asks for people's support and patience during this week to ensure an orderly registration. Everyone else will be called when it's their turn for vaccination.

### **Data Security**

Data security is a priority for the HSE. The Vaccination Information System has been designed to ensure only necessary information is captured and stored securely in line with HSE data retention policies. All information is encrypted in transit and at rest.

User accounts created on registration use two factor authentication, email and mobile phone number, to provide people with secure access to their own information about their vaccination.

Visit [hse.ie/rollout](https://hse.ie/rollout) for information about registration.

A video explaining registration is available here

<https://youtu.be/v1JoC01Omgc>

### **Where to find COVID-19 Vaccination Information**

We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check [hse.ie/covid19vaccine](https://hse.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at [www.hse.ie/covid19vaccinematerials](https://www.hse.ie/covid19vaccinematerials)
- Details on getting the COVID-19 vaccine is updated regularly [here](#)
- Details on COVID-19 vaccines administered are available [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)

### **COVID-19 Vaccine Centres**

Videos with information about how the vaccination centres will operate are [available here](#).

	<p><b>Public Health Information</b></p> <p>As always, for the most up to date information and advice on Coronavirus, please go to: <a href="https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/">https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/</a> and <a href="https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/">https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/</a>.</p> <p>Please also check the Healthy Ireland site <a href="#">here</a> with further resources and information on the Keep Well campaign.</p> <p>Ireland’s COVID-19 Data Hub is <a href="#">available here</a>.</p>
 	<p><b>Age Action   Getting Started Keep in Touch Programme – Remote One to One Tutoring</b></p> <p>Do you know someone who could benefit from FREE one-on-one digital literacy tutoring?</p> <p>As part of Age Action's Getting Started digital umbrella, we developed the Keep In Touch (KIT) in response to COVID-19. This remote national learning initiative helps older people improve their digital literacy skills, so they are more connected, informed and supported specifically during periods of social distancing.</p> <p>We are offering five hours tutoring, by phone, to anyone who feels that they need support with using their smart device or laptop. Covering topics like how to set up an email, how to download an app, and how to use video to see your loved ones, learners will be matched with a volunteer tutor who will cover the topics the learner chooses, at their pace. We will also send learners a 40-page learning booklet with lots of smart images to help with tutoring sessions.</p> <p>If you would like further information about Age Action’s Getting Started KIT, or if you or someone you know would like to be matched with a tutor, please call 01 4756989 and we will call you back for details. Alternatively, email <a href="mailto:gettingstarted@ageaction.ie">gettingstarted@ageaction.ie</a> for details.</p> <p><a href="https://www.ageaction.ie/how-we-can-help/getting-started-kit">https://www.ageaction.ie/how-we-can-help/getting-started-kit</a></p>
 	<p><b>Creative Climate Action fund seeks to spark imaginations</b></p> <p>The Creative Ireland Programme in collaboration with the Department of the Environment, Climate and Communications is delighted to announce the launch of Creative Climate Action. The €2 million fund- the first of its kind in Ireland – is for creative projects which can meaningfully connect people with profound changes happening in our environment, society and economy arising from climate change. Creative Climate Action is looking for proposals which can use creative and artistic approaches to transform connection and awareness into climate action and behaviour change. The arts, culture, heritage and wider creative communities have a vital role to play in bringing the urgency of this challenge to the forefront; in imagining, communicating and building a sustainable future; and in encouraging and facilitating action and change at all levels of society.</p>

### How to apply?

A detailed Briefing Note gives further information on both the creative and the climate challenge.

The [brief](#) and the [application form](#).

### Who can apply?

The fund is open to a wide variety of artforms and mediums across the creative and cultural sectors, including dance, film, literature, music, opera, architecture, street arts and spectacle, theatre, traditional arts, visual arts, cultural heritage, architecture, circus, libraries, museums, design of all kinds, animation and games, the audiovisual sector, publishing and fashion.

### Applications are invited along two strands.

Creative and climate organisations, NGOs, charities, enterprises, institutions, or collectives/networks with the capacity to work with creative and cultural practitioners.

OR

Local authorities individually, or in collaboration with other local authorities or with external partners, who can connect with and support creative and cultural practitioners.

Applicants are welcome to apply for funding from €30,000 to €200,000 to realise their creative vision and their public engagement work. It is expected to fund between 10 and 20 projects which can run until the end of 2022. This will be determined by the number and scale of applications received.

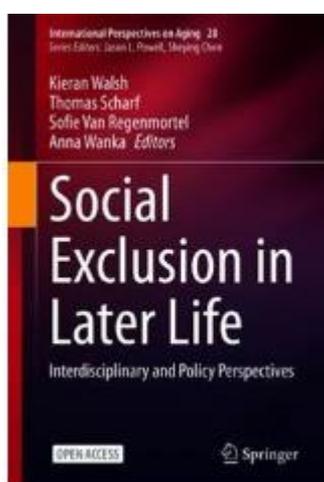
### New Book on Social Exclusion in Later Life

The Irish Centre for Social Gerontology are delighted to announce the publication of 'Social Exclusion in Later Life: Interdisciplinary and Policy Perspectives' by Springer. This open access volume provides a comprehensive analysis of social exclusion of older people. It draws on interdisciplinary and policy perspectives from 77 researchers and international stakeholders, from across 28 countries.

Addressing critical themes relevant to COVID-19 for older people, the book analyses: different forms of exclusion; interrelated processes of disadvantage; and key policy challenges in reducing exclusion. The book is based on the work of the ROSEnet COST Action ([www.rosenetcost.com](http://www.rosenetcost.com)) on 'Reducing Old-Age Social Exclusion'.

Please click [here](#) to download the book.

'Social Exclusion in Later Life: Interdisciplinary and Policy Perspectives' is edited by Kieran Walsh (National University of Ireland Galway), Thomas Scharf (Newcastle University), Sofie Van Regenmortel (Vrije Universiteit Brussel) and Anna Wanka (Goethe University Frankfurt am Main).





## A message from the Centre for Excellence in Universal Design | Universal Design Grand Challenge Student Awards 2021/22

Congratulations to this year's [amazing winners and runners up](#) who came from Trinity College Dublin, Cork Institute of Technology (CIT), National College of Art and Design (NCAD), Dun Laoghaire Institute of Art Design and Technology (IADT), TU Dublin and NUI Maynooth.

The National Final took place on 11th November 2020 and can [still be viewed online](#). It features presentations from all [9 finalists](#), award announcements from our national judges and our sponsor, [Enterprise Ireland](#), plus a keynote presentation from Dr Patricia Scanlon, [Soapbox Labs](#).

Given the delays we experienced with this last year's awards programme, we have decided to take a brief rest to regroup and develop new and exciting curriculum materials. However, we will run a bigger and better Universal Design Grand Challenge for the academic year 2021/2022.

We will open registration for the UDGC 2022 this autumn.

Don't worry – final year students from this academic year will not miss out! All student projects completed during the academic year 2020/2021 will be eligible and welcome to enter!



## IGS Public Lecture: Reopening Ireland after COVID-19 - Vaccines, Variants, Lifestyle Behaviours and Communities

Wednesday, April 21st 2021, 3.00 - 4.30 p.m. Further details and registration [HERE](#)

The impact of COVID-19 on the physical, mental, emotional and social wellbeing of people has been devastating and will be long-lasting. In this lecture, speakers Prof Luke O'Neill and Prof Rose Anne Kenny will give an update on the vaccine roll-out, new variants, and discuss activities, social engagement and travel.

Panellists: Marie Louise O'Donnell, Broadcaster; Nora Owen former Minister for Justice and board member of [Safeguarding Ireland](#); Catherine McGuigan, Chief Officer of [Age Friendly Ireland](#)

This lecture will be co-chaired by Prof Peter Lunn, founder and head of the [ESRI's Behavioural Research Unit](#) and Dr Diarmuid O'Shea, Consultant Geriatrician. The panel will contribute towards addressing issues raised and questions posed by the audience. However, it may not be possible to answer all questions we receive.

[Sponsored by Educate4health](#)





LIVE EXERCISE CLASSES TO STAY ACTIVE

@SIELBLEUIRELAND



CIRCUIT CLASS



STRENGTH & BALANCE



MOBILITY & STRETCH



CHAIR GYM

MON 19TH

TUE 20TH

WED 21ST

THU 22ND

FRI 23RD

SAT 24TH

11AM

CIRCUIT WITH JAMES

STRENGTH & BALANCE WITH PAUL

CIRCUIT WITH MAGGS

STRENGTH & BALANCE WITH MATT

CIRCUIT WITH DEBORAH

MOBILITY & STRETCH WITH CORMAC

2PM

CHAIR GYM WITH MICHAEL

CHAIR GYM WITH MICHELLE

CHAIR GYM WITH MATT

CHAIR GYM WITH CORMAC

CHAIR GYM WITH SHANE

ON FACEBOOK ON YOUTUBE

DISCLAIMER: SIEL BLEU IRELAND STRONGLY RECOMMENDS THAT YOU CONSULT WITH YOUR GP/PHYSIOTHERAPIST BEFORE BEGINNING ANY EXERCISE PROGRAMME. THESE EXERCISE VIDEOS SHOULD ONLY BE ATTEMPTED IF YOU ARE IN GOOD HEALTH AND ARE PHYSICALLY ABLE TO PARTICIPATE. IF YOU FEEL ANY PAIN OR DISCOMFORT STOP EXERCISING IMMEDIATELY AND CONSULT YOUR GP. IF YOU ENGAGE WITH THESE EXERCISE VIDEOS YOU DO SO AT YOUR OWN RISK.

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.



Join us live on Facebook  
Monday 19th  
Wednesday 21st  
and Friday 23rd

at 11am for  
Age & Opportunity  
Movement Minutes



#AgeandOpportunity

Sessions can be watched live on their Facebook page [www.facebook.com/ageandopportunity](http://www.facebook.com/ageandopportunity) or afterwards on their YouTube page [www.youtube.com/ageandopportunity](http://www.youtube.com/ageandopportunity) where a playlist of all Movement Minutes sessions to date can be viewed.

## Local Updates



### **TFI Local Link Louth Meath Fingal – linking with the most vulnerable.**

#### **Offering hope – linking with passengers through phone calls**

Staff have been very busy ensuring that our passengers are contacted regularly. The chat is all about the changing face of their gardens, the longer evenings and vaccinations. Slowly but surely our most of our older passengers are being vaccinated and feel very happy and safe knowing there are vaccinated. When all this over, people are most looking forward to seeing their children, grandchildren and great grandchildren, getting out for a drive, getting back to mass and some to get back to day care.



Our passengers have also seen a lot of sadness with the passing of friends and family and not being able to support them, as would be the traditional way in Ireland. COVID have denied people the right to say goodbye to them. This is a very sore point for many. Saying this, there is hope and optimism and something to look forward to among the passengers and its great to see the vitality returning.

#### **Bringing smiles – linking with our nursing home residents**

Following on from our post card and Christmas card project in 2020, we posted around 1,500 postcards to Nursing homes in Louth, Meath and Fingal. Our scribes have been busy since Christmas writing post cards. All cards were posted for delivery between St. Patricks' Day through to Easter.



A big Thank You to An Post who made it possible to post the cards to the Nursing Homes under the Free Post project they started last year and have continued to this year. Speaking to the Nursing Home Managers, the free post scheme has brought light and hope to their residents. Every card has a written message for the resident with something positive and uplifting.

#### **Linking the isolated, sad and lonely with 'Easter Goodie Bags'**

Over 2,000 Easter Goodie bags have been delivered in the run up to Easter. The lucky recipients are those identified through Local Link services, the community Gardaí vulnerable lists and our own Hospital list – all of whom live within the Louth Meath and Fingal area.





Working with Age Friendly Louth, Age Friendly Fingal and Age Friendly Meath and the Community Gardai in our three counties the delivery was completed by Easter Sunday. The bags were delivered by our private operators, our Flexibus Drivers, volunteers and the community Gardai and thank you to all who helped deliver and who packed the bags.

We would not have been able to complete the bag this year without a lot of help and donations from the Age Friendly Managers in Louth, Meath and

Fingal, and to the following companies who donated or reduced the costs of goods. In fact I think Flexibus Local Link was the only company to have access to Penney's during lockdown. Thanks goes to the Local Authorities



in Louth, Meath and Fingal, Age Friendly Ireland, Masks 4 Ireland, Slane Soap Company, 3rd Age Summerhill, the Handmade Soap Company, Listoke Hand Sanitiser, Meath Partnership, O'Briens SuperValu Kells, LIR Chocolates, Healthy Ireland and Meath Chronicle. All households were offered books, CD's, DVD's which were all donated through

the Local Authority Staff and individuals following a call out for books and CD's.

Thanks to volunteers, staff and Community Gardai for their help in packing and the distribution of goods and goodies. God willing, we will have our passengers returning to transport in the next few months.



### Older People and Carers in Kerry and Cork Sought for Telehealth Research

Valuecare is a UCD led research initiative that is piloting innovative digital solutions to health care for older people. This research will create a digital solution, such as an app, in collaboration with older people, their carers and clinicians.

If you are aged 75+ or someone who cares for an older person, and living in County Cork or County Kerry, the research team would like to hear from you. Telephone interviews and online focus groups are being organised in Cork and Kerry. Please contact [Andrew.darley@ucd.ie](mailto:Andrew.darley@ucd.ie)

ValueCare is an EU funded project which aims to deliver personalised, integrated health and social services, better outcomes for older people and improved care experiences.

See the project video [here](#)  
[www.projectvaluecare.eu](http://www.projectvaluecare.eu)

# DIGITAL SKILLS FOR BEGINNERS

**ZOOM** 19 APRIL - 2PM TO 4PM

**FACEBOOK** 20 APRIL - 2PM TO 4PM

**TAKE PHOTOS & VIDEOS ON MOBILE PHONE**  
21 APRIL - 2PM TO 4PM

**TWITTER** 22 APRIL - 2PM TO 4PM

Book Here: <http://dlrppn.ie/training-2/>

Training is Free

Contact: [enquiries@dlrppn.ie](mailto:enquiries@dlrppn.ie) or 087 455 7945



Starting next Mon, 'Digital Skills for Beginners' training (provided by [@DLRPPN](https://www.facebook.com/DLRPPN)), available to book at: <http://dlrppn.ie/training-2/>  
For basics with Facebook, Twitter and Zoom. Spread the word to those that might need a hand getting started - family, neighbours etc.

## 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](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



### IFA Global Cafe | In Conversation with Mr Cornelis P. de Joncheere "The Hidden Epidemic of Drug Use Among Older People"



The International Federation on Ageing held a Global Cafe event earlier today called 'In Conversation with Mr Cornelis P. de Joncheere "The Hidden Epidemic of Drug Use Among Older People"'. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



### Retirees Map-Out Age-Friendly Standards in China

China is trialling a radical plan to make the provision of age-friendly environments and services a legal obligation for local authorities nationwide.

The National Health Care Commissions' "National Exemplary Urban and Rural Age-Friendly Communities Standards (for Trial Implementation)" is currently being piloted in Beijing, involving a team of retrained senior citizens, working as community field researchers to identify and prioritise needs, in terms of neighbourhood development, community services, cultural participation and technology application.

Initial findings include the need for more elevators in older housing developments, a commitment to build more communal public toilets, and more age-friendly public spaces for leisure purposes. [Learn 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.doh.ie](http://www.doh.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](http://hse.ie) OR phone HSE Live **1850 24 1850**

#### How to Prevent



**Symptoms**

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

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

www.healthcare.gov.ie



Riann na Mídeanna  
Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** Telephone: 046 9097413

Or Email: [rleavy@meathcoco.ie](mailto: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**

<b>Local Authority</b>	<b>Community Response Number</b>
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 326 522
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