

**National Updates**



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



**Public Health Measures**

- **From 2<sup>nd</sup> June (subject to the public health situation at the time)**

**Accommodation services (hotels, B&Bs, self-catering and hostels)** - Can reopen but services must be restricted to overnight guests and residents

- **From 7<sup>th</sup> June (subject to the public health situation at the time)**

**Visitors** - You can have visitors from one other household inside your home

**Restaurants and bars** - Outdoor services can resume with groups limited to 6 people

**Weddings** - Maximum guests at reception increases to 25

**Outdoor sports matches** - Can be played but with no spectators

**Gyms, swimming pools, leisure centres** - Can reopen for individual training only

**COVID-19 Vaccination Programme**

The vaccination programme continues to be rolled out nationwide and thankfully despite the recent cyber-attack vaccination appointments are going ahead as normal. The latest group that can register to get a COVID-19 vaccine are people aged 45 to 49. The HSE are asking people to register on specific days to help manage the demand.

If you are aged:

47 – register on Friday 21<sup>st</sup> May, or any time after

46 – register on Saturday 22<sup>nd</sup> May, or any time after

45 – register on Sunday 23<sup>rd</sup> May, or any time after

[Register online](#) or phone HSELive.

Open: 8am to 8pm, Monday to Sunday.

LoCall: [1850 24 1850](tel:1850241850) Phone: [01 240 8787](tel:012408787)

**Online registration – information for patients and service users**

People who are registering online will need:

- their Personal Public Service Number (PPSN),
- their Eircode,
- an email address or a mobile phone number.

A friend or family member can help. If someone is finding it difficult to go online and register or they can ring HSELive for support on 1850 24 1850 or 01 240 8787 from 8am to 8pm, 7 days.

If a person doesn't have a PPSN they can register on the phone with HSElive. If a person is deaf or hard of hearing, they can text HSELive on 086 1800 661 to register for your vaccination. You can [find more information here](#).

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.

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

A video explaining registration is available here

<https://youtu.be/v1JoC01Omgc>

We all need to keep doing the things which we know protect us and the people we love from COVID-19:

- **Keep our distance and stay 2 metres away from each other**
- **Wear masks when it is not possible to keep socially distant**
- **Wash our hands**
- **Call the GP as soon as you notice any possible COVID-19 symptoms**

#### **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](#).

#### **Public Health Information**

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign.

Ireland's COVID-19 Data Hub is [available here](#).



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**Warning as fraudsters see HSE hack as opportunity to scam people with calls and texts**

As reporting by the Journal.ie, the Public has been advised to be aware of a number of call and text scams as fraudsters are taking advantage of the fear around the HSE hack. The HSE has said other criminals, who are not connected to the HSE ransomware attack, see the hack as an opportunity to try to obtain personal and financial information from people.

Speaking at the HSE’s weekly briefing yesterday afternoon, Dr Anne O’Connor, HSE Chief Operations Officer, said the HSE is aware of calls in different parts of the country and is capturing them to identify whether they relate to a data breach. “We are hearing about strange calls or strange texts and we are recording those centrally wherever they’re coming from,” she said. Dr O’Connor said if it is determined that they relate to a data breach then it will form part of a criminal investigation.

However the HSE’s CEO Paul Reid said there is “no doubt” that other criminal organisations or fraudsters – who do not actually have access to patient data – are using this as an opportunity, both in Ireland and internationally, to attempt to defraud people.

**“The HSE will not be contacting you looking for your PPS number proactively,”** Reid said. “If anyone has a suspicion about a phone call they got purporting to be from the HSE, please do alert Gardaí. Don’t give any confidential information that you have if you have any level of suspicion whatsoever, we’re not in a process right now of proactively contacting patients so most likely it’s not from us. And it is most likely a fraudster attempt.” He said fraudsters are “leveraging off the fear” people have around this hack and potential data breaches and they are contacting people to extract further information.

Separately the Department of Health is also warning people to be aware of scam calls and messages claiming to be from the department. These fraudsters are seeking personal information from the people they contact.

The department said it does not contact people in this way and no one should share their personal information if they are contacted. The public is also advised to let vulnerable family and friends know about these scams.



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**Department of Foreign Affairs | European Movement Ireland | Launch of the Conference on the Future of Europe in Ireland**

On the 14<sup>th</sup> of May the Government of Ireland officially launched the Conference on the Future of Europe in Ireland, organised and hosted by the Department of Foreign Affairs in co-operation with European Movement Ireland.

The Conference on the Future of Europe is an EU-wide project to engage citizens on the debate about Europe’s future challenges and priorities. Over the next year, a series of debates and discussions will be held that will enable people from every corner of Europe to share their ideas to help shape Europe’s future.

The goal of the Conference is to give citizens a greater say in shaping Europe's policies. In Ireland, the aim is to have an inclusive conversation with Irish and other EU citizens living across the island of Ireland, to ensure that all voices are heard during this process.

You can re-watch the launch online [HERE](#). **Liz Maddox, Chair of Cork County Older People's Council** attended virtually where Minister Byrne directly answered her question 'Will the EU ensure that all our communities are Age Friendly and make life more inclusive for older people and people with disabilities?' (approx. 59:33)

Welcoming Remarks:  
Micheál Martin T.D., Taoiseach

Speaker:  
Thomas Byrne T.D., Minister of State for European Affairs

Contributions from:  
Simon Coveney T.D., Minister for Foreign Affairs and Minister for Defence  
Mairead McGuinness, European Commissioner for Financial services,  
Financial Stability and Capital Markets Union  
Emily O' Reilly, European Ombudsman  
Tara Grace Connolly, UN Youth Ambassador

Moderator:  
Noelle O Connell, CEO of European Movement Ireland

If you would like to get involved in the continuing discussions you can email [conference@europeanmovement.ie](mailto:conference@europeanmovement.ie)



### **Irish Wheelchair Association | Think Ahead, Think Housing - Secure accessible housing for your future**

Are you a person with a disability who may need your own home in the future? Do you know that you may be eligible for social housing? Irish Wheelchair Association's 'Think Ahead, Think Housing' campaign is supporting people with disabilities to find out how to [apply to your local authority](#) so that you can be included in social housing planning and delivery for the future.

If you will need a home, it's important that you act now. Currently, there are over 5,000 people with disabilities including physical, mental, intellectual, sensory and others, waiting for social housing. Some good news is that for the first time, if you are a wheelchair user, you are now able to request wheelchair-accessible or 'liveable' accommodation thanks to recent changes in the national social housing application form.

Our campaign aims to help provide the Government with a more accurate estimation of the number of disabled people nationwide who will require social housing in the future.

This will help local authorities, approved housing bodies, and developers to better plan and deliver for the housing needs of our society and to bridge the housing gap.



Check out “Think Ahead, Think Housing explained\_Jean\_2021” from Irish Wheelchair Association on Vimeo.  
The video is available for your viewing pleasure at <https://vimeo.com/548787720>

### 6th Annual UN Global Road Safety Week

Supporting UN Global Road Safety Week, the Road Safety Authority Ireland, An garda Síochána and the Department of Transport are calling on drivers to slow down especially in our cities, towns, and villages to protect vulnerable road users.





**LIVE EXERCISE CLASSES  
TO STAY ACTIVE**



**MON 24TH**

**WED 26TH**

**FRI 28TH**

@SIELBLEUIRELAND  
ON FACEBOOK

**11AM**



**CIRCUIT  
WITH  
JAMES**



**STRENGTH &  
BALANCE  
WITH  
MAGGS**



**CIRCUIT  
WITH  
DEBORAH**



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



**Join us live on Facebook  
Monday 24th  
Wednesday 26th  
Friday 28th  
at 11am for**



**Age & Opportunity  
Movement Minutes**

**#AgeandOpportunity**

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

## Local Updates



### Meath Age Friendly | Athboy Age Friendly Town

Work is ongoing in Athboy to make it an Age Friendly Town. A comprehensive Walkability study was undertaken in Athboy in July 2019. This led to an application for funding and to the announcement of over €600,000 for a major streetscaping and public realm project under the Rural Regeneration and Development Fund. Design work is now progressing to prepare a plan for public realm work in Athboy.



The Age Friendly Business Programme is being rolled out among all the Businesses in Athboy and will be launched in June 2021. This programme involves Businesses signing up to at least 3 actions to make their businesses more appealing and accessible for people aged 55 and older.

An Age Friendly Parking Space is being installed on the Main Street in front of the new Health Centre and Consultation in relation to the relocation of the bus stop to the western end of the town with

improved parking and removal of the bus stop from the main street is due to commence in the coming weeks.

Link to the walkability Report <https://www.understandtogether.ie/Training-resources/Helpful-Resources/...>

Athboy Town Centre news item : <https://www.meath.ie/council/news/athboy-town-centre-project>



### Age Friendly Donegal | 'ZOOM Buddies'

Donegal Local Development Company (DLDC) are keen to encourage community group members to resume their meetings using zoom and to keep in contact until restrictions allow meeting in person. To support this DLDC have developed the 'ZOOM Buddies' Initiative. Through this initiative DLDC will provide community group members, who have never used zoom, with a mobile phone which has mobile data included so no need for Wi-Fi or broadband.

The DLDC team will contact each member in advance of a zoom meeting to provide guidance on how to join. Detailed instructions with screen shots are also provided with the phone. Once in the meeting the DLDC team will provide training on all zoom functions.



The 'Zoom Buddies' initiatives provided learning but with lots of fun and laughs along the way. The team at DLDC thoroughly enjoy these sessions and would like to thank all groups who have participated so far with such enthusiasm and humour.



Learn to

zoom

With ZOOM Buddies



**Don't get lost  
during  
lockdown**



### Galway Age Friendly | Bealtaine 2021

To celebrate "Bealtaine" for 2021 the Galway Age Friendly Programme are revisiting some of the wonderful artworks created by the Galway Art Club for Positive Ageing Week in 2020 and gratefully acknowledge the permission of the individual artists to use the selected paintings for this competition. This a joint initiative between COPE Galway and Galway Art Club.

A caption competition is running in this week's newspapers (Galway Advertiser, City & Connacht Tribune) setting a challenge to caption one of the paintings selected. In addition, and through the support of Galway City Arts Office the short video below was created to highlight the wonderful paintings in addition to the competition.

Check out the video [HERE](#)





## Wexford Age Friendly | Wexford Age Friendly Strategy

Age Friendly Strategy public consultations have taken place with older people in Wexford with a series of 30 online/phone workshops which were held from 11<sup>th</sup> to 18<sup>th</sup> May with 200 older people involved including many Older Peoples Council members. Age Friendly Alliance partners including Local Link, Library Services, HSE and An Garda Siochana also attending many of these workshops. The workshops proved to be very positive with useful feedback received from all participants. Work on the strategy continues in June with surveys and focus groups planned.



## Cork County Age Friendly | Updates

### Some updates from the Cork County Age Friendly Programme

Cork County Age Friendly recently made a submission to National Development Plan Review. This Submission was made on behalf of Cork County Older Peoples Council.

Cork County Age Friendly recently contributed to a Caring for Older People Supplement in Cork Independent Newspaper, availing of the opportunity to promote the Older People's Council, Age Friendly Town Programme and the works and services of the Covid19 Community Support Programme. This article contributed to one of their work programme objectives for 2021 to increase countywide membership of the OPC. It worked well with a lot of positive feedback and new members for the Cork County OPC.

Cork County Age Friendly and their OPC have pledged support to the Climate Change Department. A [press release](#) has gone out for a writing competition for older people to share their wisdom and knowledge of Climate Change in their lifetime. Older people have lived and witnessed how our climate has changed over their lifetime and this writing competition will honour and preserve their valuable knowledge.



During the last three months, Cork County Age Friendly and their OPC have been supporting a UCC Post Grad Student who is completing a thesis for her Innovation and Design Course. This young lady chose the topic “voice of the Community” and is academically exploring the collection and preservation of knowledge in relation to culture, heritage and everyday life events of old. Cork County Age Friendly have taken part in Design Sprints and Prototype Identification and have extended links with the OPC, the heritage unit and Library Services of Cork County Council. This in depth study may change the course of how we accumulate and preserve very valuable stories of life and culture for the benefit of future generations . It has been an insightful and thought-provoking process and will influence future Age Friendly Strategies.



## Invitation to Afternoon Tea in the Mansion House 17th May to 24th June 2021

Lord Mayor Hazel Chu requests the pleasure of members of Dublin's senior citizens community to attend for complementary outdoor Afternoon Tea in the Mansion House garden.

This invitation is open for two daily events at 12 noon and again at 2pm each Monday to Thursday beginning on 17th May. (Excluding 7th June)

For more details and to confirm your attendance please email [lordmayor@dublincity.ie](mailto:lordmayor@dublincity.ie) with your name and contact details. Carers and friends also welcome.



## 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!



### Wexford Age Friendly | Chair Kevin Molloy on Southeast Radio Midweek Voices

Back at the beginning of the month, Chair of Wexford Older People's Council was invited to join presenter Dan Walsh on Southeast Radio Midweek Voices radio programme. Kevin speaks about his experience of working with Wexford OPC, the Age Friendly Programme in Wexford and at national level. Kevin talks about some of the initiatives he is currently involved in including the Wexford Assistive Technology Pilot and his involvement in the national working group in collaboration with the National Transport Authority. Also discussed in detail is role of technology over the last year and the importance of supporting older people to get back out into their communities in a safe way. Well done Kevin – a great ambassador for both the Age Friendly Wexford Programme and the national Age Friendly Ireland programme. Listen back here

[Part one](#)

[Part two](#)



### Cavan Age Friendly | Ann O'Donoghue | Short Story

Ann O'Donoghue, member of Cavan Older People's Council has sent us in a lovely short story which she has written during the Covid19 lockdown. You can read Ann's story [HERE](#). Thanks so much for sending this in Ann.

## International Updates



### IFA Global Cafe | In Conversation with Mr Kazuki Yamada on "The Decade of Healthy Ageing Digital Platform: A Vehicle for Change"



The International Federation on Ageing held a Global Cafe event earlier today called - In Conversation with Mr Kazuki Yamada on "The Decade of Healthy Ageing Digital Platform: A Vehicle for Change". A recording of this event will be available on the Federation's website <https://ifa.ngo/>



## American Association of Retired Persons (AARP) | Principles in Action Case Study Released - Espacio Ludico

The next phase of AARP International's Equity by Design initiative will focus on sharing case studies that spotlight actual examples of innovative practices that reflect the built environment guiding principles they have shared. On Wednesday, the 19<sup>th</sup> May they released the first case study, featuring Espacio Lúdico in Santiago, Chile, which can be found on their website at

<https://www.aarpinternational.org/File%20Library/Build%20Equity/AARP-EspacioL%C3%BAdico-CaseStudy-FINAL.pdf>.

They also have an upcoming social engagement featuring the principals/innovators of this program. The 30-minute online session will be a chance for attendees to engage by asking questions and sharing any feedback about the work presented. This first online Q&A session will be on May 25 at 11:00 AM EDT and [registration](#) is now open.

Additionally, they have created a group on LinkedIn which they hope will serve as a community of practice to interact with others working or interested in age-friendly communities and the built environment so that the conversation continues and resources can be shared amongst each other. Please join and invite your colleagues and networks to also join the group page at <https://www.linkedin.com/groups/12528997/>.

## 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](http://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 dispose of used tissue



**Avoid**  
crowded areas, public transport, and people with respiratory symptoms



**Clean**  
as frequently as possible frequently touch high touch points and surfaces



**Stop**  
shaking hands or hugging which causes infection



**Distance**  
avoid crowded places and 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](http://www.gov.ie/health/covid-19)  
[www.hse.ie](http://www.hse.ie)

WIKI: [www.wikidocs.com/wiki/COVID-19](http://www.wikidocs.com/wiki/COVID-19)



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## Useful Contacts

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

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

<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