

National Updates



Launch of the National Age Friendly Business Recognition Programme by Damien English, TD, Minister of State for Business, Employment and Retail

Friday 4th June 2021 | 3pm

Event Running Order

- 3.00pm **Welcome Address**
Catherine McGuigan, Chief Officer, Age Friendly Ireland (Master of Ceremonies)
- 3.05pm **The Age Friendly Journey**
Jackie Maguire, Chief Executive, Meath County Council
- 3.15pm **Chambers Ireland Collaboration**
Ian Talbot, Chief Executive Officer, Chambers Ireland
- 3.25pm **An Older Persons Perspective | Getting Back Into the Shops**
Kitty Hughes, Chairperson, National Network of Older People's Councils
- 3.35pm **Minister Damien English Address**
Damien English, TD, Minister of State for Business, Employment and Retail
- 3.45pm **Virtual Handover of Charters**
Damien English, TD, Minister of State for Business, Employment and Retail

Join the event [HERE](#)



comhairle chontae na mí
meath county council



Chambers
Ireland
Advancing business together



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Public Health Measures

- From 2nd 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 7th 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. If you are aged 45 or older, you can now register to get a free COVID-19 vaccine.

[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 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 for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at 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](#).



An Garda Síochána | Crime Prevention Message

Unfortunately, everyone can receive visits from bogus callers and our vulnerable persons are sometimes targeted by criminals. Information on how to identify and protect yourself from these types of crime can be found on our website - <https://www.garda.ie/en/crime-prevention/crime-prevention/>

Bogus callers will say anything to get into your home or onto your property including producing false identification claiming to be there in an official capacity.

- "There's been an accident, can I call an ambulance?"
- "I've broken down, can I use your phone?"
- "I've had a fall, could I have a glass of water"
- "I'm from the council, there's a burst main, I need to turn off your supply"
- "I am checking counterfeit currency and I am a detective"

In all cases you need to be wary of strangers calling to your home. They may be offering services such as power washing, painting, selling goods etc.

Take precautions -

- Do not open the door to anyone before you've checked who it is and what they want. Use your door viewer and chain/limiter.
- Check identification, where appropriate.
- Do not leave strangers unattended at your doorstep.
- Ensure your back door is locked when you answer a call at the front door.
- Keep gates to yards closed.

We advise and encourage people not to engage with such callers. Don't open your door to anyone before you have checked who it is and what they want. They can be intimidating and refuse to take no for an answer. Please pass this advice on to those in our community that may live alone or be susceptible to engaging with strangers.

**REMEMBER IF IN DOUBT
KEEP THEM OUT.**



**COVID-19
Home Crime Prevention Advice**

-  **KEEP UNEXPECTED CALLERS OUT**
Do not open the door. Use the door chain. Look for ID.
-  Use only the services of people you know and trust.
-  If you require assistance call your local garda station.
-  Keep a lookout for friends and neighbours while adhering to appropriate physical distancing.

For up to date advice on COVID-19 visit HSE.ie

Visit www.garda.ie for more crime prevention advice



Improving Pneumonia Vaccination Messaging to Save Lives | Complete the Survey!



The International Federation on Ageing (IFA) is calling on patient and ageing organizations to complete this short survey on adult pneumonia vaccination. Completing this simple survey will help to inform more effective adult vaccination policy and messaging. No expertise or background knowledge is necessary! Vaccine preventable diseases such as influenza and pneumonia are often deadly for those older people and those with chronic conditions. Vaccination is critical for preventing disease and saving lives, yet uptake rates are shamefully suboptimal in the most at-risk populations around the world. Moreover, messages, access to information and vaccination policy do not prioritize at-risk adult groups.

Findings from the survey will contribute, through the Influencing Adult Pneumonia Vaccination Policy Project, to raising awareness, improving public health messages and changing policy for the better. Join the IFA in helping to improve the uptake rates of adult pneumonia vaccination and in doing so, help save lives.

[Complete the survey](#)



Irish
Dementia
Cafe
Network

Invitation to free one-day workshop: How to Set up a Dementia Cafe (Mon 14th June 2021)

The Irish Dementia Cafe Network invites you to their next workshop How to set up a Dementia Cafe. The event will take place on the 14th of June 2021, at 10:00 am, and they would be delighted if you could join. A dementia cafe is a community support for people living with dementia, their families and friends. Anyone who is affected by dementia is welcome to attend. Dementia cafes usually meet once a month. People who attend include people living with dementia, their families, friends, healthcare professionals and people who are interested in supporting a dementia inclusive community. Dementia cafes are run by local voluntary steering committees, are always free of charge, and run according to a set of shared principles and guidelines. Find out how to set up a dementia cafe in your local community at this free one-day workshop. If someone else in your community is interested in being involved in a dementia cafe, invite them along too. [REGISTER HERE](#)



International Foundation for Integrated Care (IFIC) | New InCareHeart PCP Project

IFIC are pleased to announce an exciting new project funded by the European Commission through the Horizon 2020 Programme. The [INCAREHEART](#) project is a European H2020 Pre-Commercial Procurement (PCP) of innovative ICT-enabled integrated care solutions, aiming to advance multidisciplinary health and care for patients with Chronic Heart Failure (CHF). Heart failure is a complex condition, covering a whole spectrum of care including acute care and long-term care with in-hospital, outpatient and community-based care and support. Integrated management and multidisciplinary care are thus essential to provide optimal heart failure care, reducing hospital (re)admissions and providing better outcomes and experiences for patients and carers. However, many patients across Europe do not receive optimal treatment and care through an integrated heart failure management programme. Major areas of concern to patients and carers are the lack of continuity between hospital and home as well as the coordinated treatment of comorbidities.

Five INCAREHEART public procurers will jointly procure an ICT-enabled integrated care solution to effectively support the management of a multidisciplinary care and support model for people living with CHF. Building on the partial advances seen in integrated health and care delivery, for the first time a range of features will be integrated into a modular solution to effectively bring different care providers, family carers, and patients into a shared CHF care pathway cutting across diagnosis, acute care and jointly managed long-term care.

[Sign up to receive project updates](#)



LIVE EXERCISE CLASSES TO STAY ACTIVE

@SIELBLEUIRELAND
f ON FACEBOOK



11AM

MON 31ST MAY	WED 2ND JUNE	FRI 4TH JUNE	WED 9TH JUNE	FRI 11TH JUNE
 CIRCUIT WITH JAMES f	 STRENGTH & BALANCE WITH MAGGS f	 CIRCUIT WITH CORMAC f	 STRENGTH & BALANCE WITH MAGGS f	 CIRCUIT WITH DEBORAH f

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



Join us live on Facebook
Monday 31st
Wednesday 2nd
Friday 4th
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. Also check out the [Age & Opportunity FitLine](#)



Donegal Age Friendly | Music for Care Homes / Spring Summer 2021

As part of the Keep Well Campaign in Donegal, Donegal County Council Arts Service and the Donegal Age Friendly Programme are co-ordinating a series of mostly outdoor performances by local musicians and singers, for residents in a selection of the county's residential Care Homes and Community Hospitals. The Music for Care Homes series commenced in late April and is continuing through the month of May. Twenty-six performances have taken place to-date, in residential care facilities in Lifford, Letterkenny, An Falcarrach, Killybegs, Ballyshannon, An Clochán Liath, Convoy, Carndonagh, Bunrana, Fahan and Dunfanaghy. Among the performers featured - from the worlds of Irish Traditional, Country and Popular music - have been The Henry Girls, Matt McGranaghan, Damien McGeehan and Shauna Mullin, Sinéad and Alex Black, John and Diane Cannon and the Letterkenny Senior Accordion Band.



Responses from the participating care facilities have been especially positive – 'It was a great afternoon for all of us. Residents loved every minute of their performance, all the

singing and dancing made us feel as if we were really getting back to normality after a long year without any such entertainment.'

Wilma De Souza, Director of Nursing, **Nazareth House Nursing Home**, Fahan, on the recent performance there by **The Henry Girls**.

We had a great day of music here with Rodney and Claire. The weather was super, and the music went down a treat.

Niamh Lavin, Director of Nursing, **Dungloe Community Hospital**, on the recent performance there by **Rodney and Claire Deery**.

A further series of performances will take place in June in July under the Creative Ireland-funded Creativity in Older Age programme.





Mayo Age Friendly | Music at the Garden Gates

In May, acclaimed musicians Laoise Kelly (harp) and John Hoban (fiddle, mandocello, song and more) visited the garden gates of a limited number of pre-selected older people in the Castlebar area, bringing the joy of music to outside their homes. These visits marked the starting point of a Cultural Companions initiative in Mayo. Read more [HERE](#)



This initiative is strategically funded by Mayo County Council and the Arts Council. The project is delivered in partnership with the Linenhall Arts Centre and supported by Age Friendly Mayo and Castlebar Social Services Centre Meals on Wheels



Service. Cultural Companions is an arts initiative developed by Age & Opportunity. This KEEP WELL campaign is brought to you with thanks to Healthy Ireland an initiative of the Government of Ireland with funding from the Healthy Ireland Fund and the Sláintecare fund delivered

by Pobal.



Dublin Age Friendly | Connie's Fidgets

Dublin City Council and Dublin City Age Friendly are delighted to support "Connie's Fidgets". This initiative emerged from the ladies in the Bungalow Resource centre, Cherry Orchard that completed the dementia Awareness training, they plan to distribute the Fidgets to Nursing Homes and Care Centres in Dublin South Central.

What are Fidget Blankets?

They are therapeutic quilts to which different items have been attached or sewn on. These items offer sensory stimulation that has a calming effect on



Dementia/Alzheimer Patients. The blankets alleviate boredom for older people and provide a means of performing repetitive behaviours that are often comforting and distracting.



Waterford Age Friendly | Older Peoples Council Updates

Following their successful photo competition, Waterford got [full coverage in their local newspapers](#).

As part of National Volunteering Week, each member of the Waterford OPC Executive received a Certificate to acknowledge the time and contribution they make. Chairperson, Susan O'Connor sent out Certificates to acknowledge the contributions made by the members of the Waterford Older People's Council Executive Committee. An example is shown below.



Cork City Age Friendly and Cork & Kerry Community Healthcare HSE work with Playful Paradigm on older persons Activity Pack Rollout



Following on from the successful roll out of 2300 Play Packs in February Cork City Council and Cork & Kerry Community Healthcare HSE have co-funded the Playful Paradigm to develop a further 2000 packs to be distributed to older adults. This represents another strand of the Council's focus on Age Friendly centred COVID response. Playful Paradigm is a collaborative group set up by Cork City Council under European Urbact funding in association with Cork Sports Partnership, Cork Healthy Cities, and Community Culture and

Placemaking directorate. They will be working with Community Response Team partners, HSE and Community Gardaí to ensure broadest possible distribution across Cork City.



South Dublin’s New Age Friendly Strategy

On the 20th of May 2021, South Dublin held its first virtual Age Friendly Alliance meeting under the [new Age Friendly strategy 2020 – 2024](#). Mayor Ed O’Brien commenced the meeting and welcomed all members. The Age Friendly Alliance consists of Senior personnel representing the Local Authority, the Health Service Executive, An Garda Siochana, South Dublin County Partnership, Tallaght University Hospital, TU Dublin,



Trustus, the PPN, Transport Infrastructure Ireland, and South Dublin’s Older Peoples Council. The Alliance will oversee the implementation of the Age Friendly Strategy, a four-year plan which sets out actions that provides a vision for South Dublin, where older people are

supported, connected and valued for their contribution to the community.



Clare Age Friendly | Ennis Hockey Club

[Ennis Hockey Club](#) and [Clare Sports partnership](#) are bringing a brand-new form of exercise called “Walking Hockey” to older people living in Co. Clare. Walking hockey means longer sticks, bigger balls and strictly no running! Having originated in [England](#), the sport’s popularity is growing around the world and Ennis Hockey Club are proud to be the first club in Ireland to introduce it here.

It is wonderful to see the return of sports especially, for older people as keeping active is the key to their staying mobile and independent. In fact,



activity in later years can help reduce the risk of stroke or heart attack, can improve bone density while social engagement is another key benefit of keeping fit and active. Anyone over 55 years interested in

participating in “walking hockey” in Ennis please email ennis-hockeyclub@gmail.com or james@claresports.ie

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!



Wicklow Age Friendly | Cope with Hope

Mai Quaid, chairperson of the County Wicklow Older Persons Council has been playing a blinder at her weekly East Coast FM radio slot with show host Declan Meehan.

The slot called "Cope with Hope" allows Mai to dispense advice and information for older people over the airwaves. Always done in a pleasant and fun manner a number of topics have been highlighted including age friendly parking, vaccination advice, exercise, mental health amongst others. There's always a tip for the week and an update on her new dog Archie. You can listen back to the podcasts on www.eastcoastfm.com. Thanks to both Mai and Declan for providing this invaluable support as it reaches a huge number of listeners each week.

International Updates



IFA Global Cafe | In Conversation with Mr Javier Vasquez on "International Human Rights Law with Particular Emphasis on Health Law to Old People"



The International Federation on Ageing held a Global Cafe event earlier today called - In Conversation with Mr Javier Vasquez on "International Human Rights Law with Particular Emphasis on Health Law to Old People". A recording of this event will be available on the Federation's website <https://ifa.ngo/>

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 or kissing others or greeting others in person
- 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
Riann na Mídeanna
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

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
Monaghan 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 326 522
1800 832 010
1800 852 389
1800 832 005
1800 300 122
1800 805 817
094 906 4660
1800 808 809
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