

National Updates

On Tuesday, July 13th Sláintecare and Age Friendly Ireland launched the National Healthy Age Friendly Homes Programme, a new initiative, funded by Sláintecare, that aims to enable older people to continue living in their homes or in a home more suited to their needs.

The Minister for Mental Health and Older People, Mary Butler, TD and Minister of State for Planning and Local Government Peter Burke TD have today launched a new programme which is aimed at supporting older adults to remain living in their own homes and communities.



The Healthy Age Friendly Homes Programme is a Sláintecare and Age Friendly Ireland joint programme. It is a two-year programme and it will be rolled out across nine Local Authority areas. The programme funded by Sláintecare aims to reach up to 4,500 homes across nine Local Authority areas over the two years. These older people will have been identified as having significant social care



needs and at risk of hospitalisation or premature entry into long term residential care. It is the aim of this programme to target supports at these older people in the form of improving their living conditions, access to continued health and social care supports and tailored community supports. The Local Coordinators will support older people and their families to navigate the services by proactively linking them to the appropriate supports and services.

For those who were unable to view the launch on the day, you can view it on the link below:
<https://www.meath.ie/council/council-services/community/older-people/healthy-age-friendly-homes-programme>



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Public Health Measures

You can [find information here](#) about the public health measures in place.

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. Nearly 5 million vaccines have been administered in Ireland so far and 52% of adults are fully vaccinated. Over 70% of adults have received at least one dose. For updates and information on the vaccination programme please visit www.hse.ie/rollout.

Registration for people aged 25 to 29

Online registration for people aged 25-29 years old, for vaccination through vaccination centres, opened this week:

Online registration for people aged 18-24 for vaccination centre appointments will open soon, as supplies allow. People aged 30 to 69 who have not already registered for their vaccine can still register online.

[Register online to get a COVID-19 vaccine.](#)

[Read the user guide for help with registering online.](#)

If you cannot register online, you can call the [COVID-19 helpline](#) at Freephone: 1800 700 700 to register by phone.

Vaccination for people aged 18-34

There are two vaccine options for people aged 18-34:

The [Moderna](#) and [Pfizer/BioNTech](#) vaccines are automatically available to everyone aged 18-34 who registers online. People aged 30-34 are now invited to register, and younger age groups will be invited soon.

People aged 18-34 can also opt for an [AstraZeneca](#) or [Janssen](#) vaccine. If you opt in, you may be vaccinated sooner, depending on supply.

The Moderna or Pfizer/BioNTech are the recommended vaccines for people under the age of 50. This is because of the very rare risk of unusual blood clots linked to younger people who get the AstraZeneca or Janssen vaccines. [Read information to help you decide which vaccine is best for you.](#)

People 18-34 can register online when their age group is called.

People aged 18 to 34 can also opt to receive a vaccine by booking an appointment with a participating pharmacy. More information and a list of participating pharmacies is on hse.ie.

AstraZeneca second dose vaccination

If you received a first dose of the AstraZeneca COVID-19 vaccine, you should get your second dose 4 to 12 weeks after your first dose. If it is almost 12 weeks since your first dose and you have not received an appointment for the second dose yet, please contact HSELive on freephone 1800 700 700. People aged 60-69 should all receive their second dose by Sunday July 18th.

Online consent



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

When it's your turn to get your vaccine and after you have registered on the online system, you will receive a text message asking you to give consent online and answer some medical questions.

The text will also contain details on:

- which vaccine you are getting
- a link to the vaccine patient information leaflet

Your consent will be for this vaccine. Giving your consent online will make it quicker for you to sign in at the [vaccination centre](#). If you cannot give consent online, you will have to do so at your appointment. You cannot get your vaccine without giving your consent.

HSE COVID-19 test centres

You do not need an appointment or a referral to get a free COVID-19 (coronavirus) test at a HSE COVID-19 test centre. You can book online or go to a test centre during opening hours for walk-ins.

Book a COVID-19 test online

You cannot book online for someone else, unless you are booking for your child and they are under 16. You can show up without an appointment, but you may not have to wait as long if you book online.

You can only book a time slot up to the end of the following day.

[Book a test](#)

Who can get a test?

You can get a test if you:

- live in the same area as the walk-in test centre
- have not tested positive for COVID-19 in the last 9 months - only get another test if you have [symptoms of COVID-19](#)
- Children under 16 must have an adult with them if they are getting a test. A parent or guardian must give consent for a child under 16 to have a test.
- Tests are limited to 1 test per person.

Non-urgent advice: Talk to your GP if you:

- think you need a repeat test
- are worried about any [symptoms of COVID-19](#) you or your child may have

What you need to bring

- You need to bring photo ID and provide a mobile phone number.

Test results

You will get your test result by text message. Airlines will not accept this for travel. If you need a letter for travel, you need to have a negative PCR test from a private company. They will give you the letter you need to travel.

[Read about COVID-19 test results](#)

Locations and opening hours

Do not arrive at a test centre before the opening time. Test centres can be very busy, and you may have to wait. If you arrive near closing time and there is a queue, you may not get a test that day. Full list of locations [HERE](#)

HSE | Health & Wellbeing

The HSE has collated a series of health and wellbeing programmes and resources that are available online for free for the month of July. Click the link here for more. <http://ow.ly/p3tx50FonU7>

Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go

to: <https://www2.hse.ie/coronavirus/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

You can find the [COVID-19 A-Z information here](#) from the HSE's Health

TAKE CONTROL WITH STRESS CONTROL		
JULY 2021: Commencing Monday 5th July		
EACH SESSION WILL BE AVAILABLE TO VIEW DURING THE FOLLOWING TIMES:		
What is Stress?	9am, Monday 5th July (available until 11pm Wednesday 7th)	
Controlling your Body	9am, Thursday 8th July (available until 11pm Sunday 11th)	
Controlling your Thoughts	9am, Monday 12th July (available until 11pm Wednesday 14th)	
Controlling your Actions	9am, Thursday 15th July (available until 11pm Sunday 18th)	
Controlling Panicky Feelings and Getting a Good Night's Sleep	9am, Monday 19th July (available until 11pm Wednesday 21st)	
Controlling your Future	9am, Thursday 22nd July (available until 11pm Sunday 25th)	

www.stresscontrol.ie

hi HSE

Protection Surveillance Centre (HPSC).

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

You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#).

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



Clarion Housing Group: Regenerating Affordable and Enabling Housing for All Ages—at Scale



One of the UK's largest developers, the nonprofit Clarion Housing Group believes it has a responsibility to lead from the front, driving a broad view of social value in the nation's housing sector. Read more about Clarion Housing Group in our [second case study!](#)

Join us on **Tuesday, July 20 at 11 am ET** for a conversation with Paul Quinn, Director of Regeneration at [Clarion Housing Group](#), the fifth-largest developer in the UK and a nonprofit organization providing affordable housing that is increasingly designed to enable people to live independently in those homes for as long as possible.

Register Today!



HSE Social Prescribing Framework

Mainstreaming social prescribing in partnership with community & voluntary organisations.



As part of the Healthy Communities Programme, there will be social prescribing in all CHOs focusing on specific geographic areas of social and economic disadvantage

This Framework was developed by the Mental Health and Wellbeing Programme within HSE Health and Wellbeing. It was led by Orla Walsh and Anne Sheridan and supported by a Social Prescribing Framework Steering Group that was established to oversee its development. Membership of the Steering Group is listed below.

Please see link below:

<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/mental-health-and-wellbeing/hse-social-prescribing-framework.pdf>



The University of the Third Age

'Seamus Heaney: Listen Now Again' Virtual Workshop for Sutton-Baldoyle U3A

At this point in time is in still unknown when we will be meeting back in person at the Library so for the second Wednesday of October meeting – the 13th – there will be a Zoom event. We hope you can join us. This event is being facilitated by a team member of the Bank of Ireland Seamus Heaney; Listen Now Again that organise the National Library of Ireland exhibition of the work of Seamus Heaney, who will share with us drafts from their archive and facilitate a discussion where we can have an engaging experience while also remaining safe.

Further details regarding registration and joining will be sent to you nearer the date.

Diary entry for **October 13th, 2021 at 10.45 to 11.45 am – online-zoom.**

July 22-25 - Festival of Curiosity - look up all the events online.

The Festival of Curiosity is Dublin's Annual festival of science, arts, design and technology. It is for all ages.

Booking is now open for the festival - View events at their website which is <https://festivalofcuriosity.ie/>

'Expect digital, virtual, and blended formats for people of all ages to explore and discover science, arts, design and technology in playful new ways so we can stay safe while staying curious – including a virtual visit to the Botanic Gardens to a DIY Workshop on making your own air quality sensor ; Intro to Virtual painting for adults to Spinning Puppet Workshop with Chester Beatty; Digital Renaissance in Cultural Institutions.

August 14 to 22 August 2021 – National Heritage Week.

As a result of continued public health restrictions and the success of last year's initiative, National Heritage Week 2021 will retain the project element introduced last year.

Sixty projects are already registered on their website – go to <https://www.heritageweek.ie/projects>

27 September to October 1 – Age Action Positive Ageing Week.

<https://www.ageaction.ie/events>

Positive Ageing Week events are being registered every day. Check out Age Action website for events.

Irish Cancer Prevention Network



An tSeirbhís Náisiúnta Scagthástála
National Screening Service

Newsletter June 2021

Welcome to the Irish Cancer Prevention Network (ICPN) newsletter. This quarterly newsletter shares with you the facts behind cancer prevention messages and learning from cancer prevention initiatives. It also provides an avenue for you to link with the ICPN for support with your own cancer prevention work. We hope to continue to grow the ICPN network. You can contact the ICPN at prevention@cancercontrol.ie.

To view the newsletter please click on the link below.

<https://agefriendlyireland.ie/wp-content/uploads/2021/07/ICPN-News-3-June-2021-P3.pdf>

Water Safety Awareness



With the good weather forecast for the days ahead, please be aware of safety at or near water.

- Beware of rip currents.
- Know your limits.
- Never use inflatable toys on open water and always supervise children closely.
- As you socially-distance, avoid swimming in unfamiliar areas that are potentially unsafe
- Before you get out on the water on a craft, get into a lifejacket.
- Never mix alcohol with water activities.
- When walking the shoreline be aware that incoming tides can lead to stranding.
- Know The Lifeguard Flags: No Lifeguard flag

means that there is no Lifeguard on duty. A red flag means that a Lifeguard is on duty but has deemed conditions to be too unsafe to swim. The red and yellow flags mean a Lifeguard is on duty and the Lifeguard is patrolling between those flags.

See watersafety.ie/open-water-swimming for further details. Please stay safe.

FitLine

A friendly word to get you more active.



Incorporating **Age & Opportunity active**,
The National Sport and Physical Activity Programme
for Older People

KEEP WELL



Riailtas na hÉireann
Government of Ireland



Free phone: 1800 303 545

FitLine is our volunteer telephone line designed to help older people who want to feel a bit healthier. Free phone 1800 303 545 or email fitline@ageandopportunity.ie for more information. Full details: <https://ageandopportunity.ie/active/fitline/>



comhairle chontae na mí
meath county council





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



Age & Opportunity are very proud to have launch their new Strategic Plan 2021-2023 this week. Please see link below to the short video from their launch: <https://youtu.be/rPjerNKNHwc>

The focus of their plan is on really enhancing the ageing experience, where older people can thrive rather than just survive, and they will be broadening their reach significantly to more marginalised communities throughout the lifetime of the plan.

They will also be enhancing their work around influencing public policy and ensuring that older people have their voices heard by policy makers.

Local Updates



Age Friendly Business Day in Athboy

On July 14th between 2.00pm and 7.00pm a number of local businesses offered discounts to older people as Athboy celebrated Age Friendly Day.

Loads of various local businesses were involved in the Age Friendly Business Programme and the Age Friendly Day was their way to show their support to their local older community. There were lots of discounts and activities for people aged 55 years and older, live Traditional Music from

3.30pm and free transport between 2-7pm from Flexibus to surrounding areas.



Pictures above is David O'Shea, Age Friendly Older People Council in Meath and friends, provided some entertainment for outdoor diners at Floods Bar in Athboy.



Picture above: Joan Carroll, Age Friendly Meath outside the new Medical Centre with Mossie Forde and representatives from Flexibus / Brian Faulkner & Sons.



Picture above: Joan Carroll, Age Friendly Meath and staff outside Mc Elhinney's for Men / The new Age Friendly Parking space outside the new Medical Centre.



Pictures above: Maria Geraghty outside the Gift & Home Boutique and Athboy Furniture / Staff of Café Sabrosa / Seamus Flood outside Floods Bar – the calm before the storm

The town was hopping and even the sun turned up on the day. Overall the Age Friendly Business Day in Athboy was a huge success and was very well received. Well done to all involved.

“Minding our Health as we Age” delivered by Age Friendly Mayo



Sláintecare.



“Minding our Health as we Age” was a programme delivered by Age Friendly Mayo and aired on Mid-West Radio on the Tommy Marren show 16th June.

The programme gave advice to people of all ages on how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. It will provide guidelines, information, and tips on things that will help us keep well as we age. The programme dealt with keeping active, eating well and minding our mental health and learning how to switch off. Advice is from HSE Physiotherapy, CROI, Mayo Sports Partnership, Mayo County Council Arts Service and Mental Health Ireland.

Speakers on the day were:

Minding your Mental Health and Switching Off:

- Teresa Keane, Development Officer (Roscommon, Mayo) Mental Health Ireland
- Ann Marie McGing, Arts Officer, Mayo County Council

Staying Active:

- Mary Jordan, Community Physiotherapy Specialist, HSE
- Ray McNamara, Sport Inclusion Officer, Mayo Sports Partnership

Eating Well

- Dr. Lisa Hynes, Head of Health Programmes, CROI, West of Ireland Cardiac and Stroke Foundation

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



International Federation on Ageing

IFA Global Cafe | In Conversation with Dr Katherine Kline on "Advocacy in Action: Lessons Learned Through the UN-Habitat Community of Practice"



The IFA is honored to invite Dr Katherine Kline, Co-chair of the General Assembly of Partners (GAP) Older Persons Partner Constituent Group with a strong advocate committed to improving the quality of life of older 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](#)

How to Prevent



Symptoms
 > Fever (high temperature) > A Cough > Shortness of breath > Breathing Difficulties

For daily updates visit
www.gov.ie/health/covid-19
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

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: 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**

Local Authority	Community Response Number
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1800 203 600
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 222 8555
DLR County Council	1800 804 535
Fingal County Council	1800 459 059
Galway City Council	1800 400 150
Galway County Council	1800 928 894
Kerry County Council	1800 807 009
Kildare County Council	1800 300 174
Kilkenny County Council	1800 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