

National Updates



Pictured is the Ireland Team lining up for the opening ceremony, in the Olympic Games Tokyo 2021.

We are all very proud of them and wish the whole entire Ireland Team all the best in their upcoming games.



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 5.34 million vaccines have been administered in Ireland so far and 50% of adults are fully vaccinated. Over 73% 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

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 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](#).



HSE advises about heat stress, heat exhaustion and heatstroke as potentially serious health risks for people during a heatwave

Following a status yellow high temperature warning for Ireland, the HSE is advising people to stay safe in the heat and to be mindful of heat stress, heat exhaustion and heatstroke. In heatwaves, significant increases in mortality can occur, especially in older people, young children and more vulnerable groups.

HSE advice to stay safe:

Keep cool

- Minimise unnecessary heating - turn off central heating, electrical equipment and lights that are not needed.
- Keep out of the sun between 11am to 3pm - stay in the shade or cover windows that are exposed to direct sunlight.
- If you have to go outdoors, protect your skin by using shade, wearing clothing that covers the skin, a wide brimmed hat, sunglasses, and sunscreen of 30+ for adults and 50+ for children.
- Use natural ventilation such as opening windows when the air feels cooler outside than inside (e.g at night) and where it is safe, secure and feasible to do so.
- Increase air flow through buildings wherever possible.
- Evaporative cooling - dampening your skin may help keep you cool.
- If you are using air conditioning, make sure it is using a fresh air supply, which is important to prevent spread of Covid-19.
- Electric fans need to be used with caution, as they may not be safe for higher temperatures and should not be used where a person may be incubating or a case of Covid-19.

Stay hydrated

- Make sure you have enough water to drink. It is important to stay hydrated.

- You might like to leave drinks in the fridge.
 - An adult needs approximately 2 litres of liquid over 24 hours. This may be less for smaller people or those with medical conditions.
 - Drink more fluids when you feel any dehydration symptoms. The best fluids to drink are water or oral rehydration sachets - chat to your pharmacist about how to use these safely.
 - Drink enough during the day so your urine is a pale clear colour.
- If you or someone you know is attending for their COVID vaccine, or for a COVID test, this week, please make sure to drink plenty of water and to bring a hat or a snack, as the centres are busy and you might be waiting outside for a little while.

Who is particularly vulnerable?

Heatwaves can affect any of us, but those most at risk are:

- Babies and children.
- People >65 years old.
- People with underlying health conditions including problems with breathing, heart, kidneys, or diabetes.
- People with Alzheimer's and dementia.
- People who spend a lot of time outside or in hot places - those who work outdoors or people who are living in homeless settings.

Carers - making sure someone drinks enough

The person you are caring for may not have a sense of how much they're drinking.

To help them:

- make sure they drink during mealtimes.
- make drinking a social thing, like "having a cup of tea".
- offer them food with a high water content - for example, ice cream or jellies, or fruits like melon.

When to get medical help

Contact your GP or the ED if you are unwell and especially if you are showing signs of serious dehydration that needs urgent care:

- are confused and disorientated.
- feel very dizzy.
- have not peed all day.
- feel like your heart is beating fast.
- have fits (seizures).
- are caring for someone who is drowsy or difficult to wake.

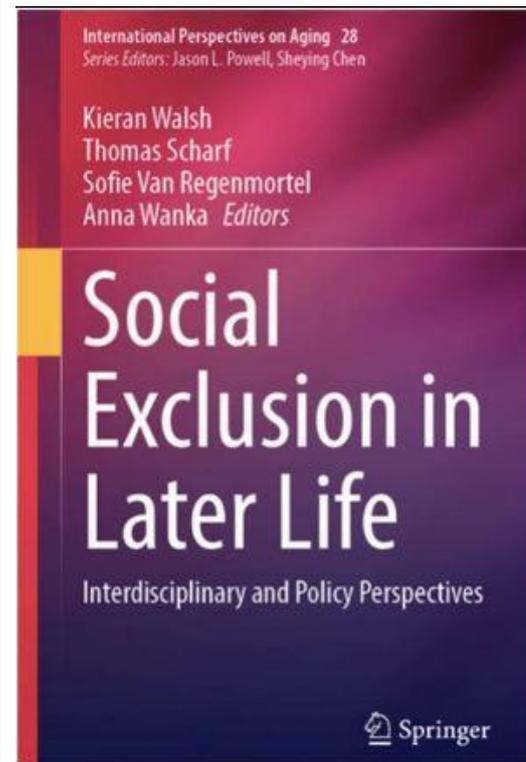
For more information please visit:

<https://www.hse.ie/eng/services/list/5/cancer/prevention/skin-cancer-prevention-sunsmart.html>



New Book on Social Exclusion in Later Life

NUI Galway’s Kieran Walsh is one of the authors of a new book which outlines five domains of exclusion experienced by older adults – services,



social relations, civic and socio-cultural, and community and spatial domains. The book delves into the different dimensions of each exclusion domain and examines the interrelationship of each, with how outcomes and processes of different kinds of exclusion can be related to one another. Some of the themes presented include rights and identity, inclusive service infrastructures, and displacement of marginalised older adult groups. In addition, the book includes in depth discussion by international policy stakeholders and policy researchers on key items for sustainable development, EU

policy and social rights, welfare and pensions systems and planning and development. The book presents an forward-looking research agenda for social exclusion amongst older people and is an important resource for students, researchers and policy stakeholders alike. It is available on this link [here](#)

Launch of Briefing Report Series on Older Travellers and Older Homeless Adults

In early spring, the Older Traveller and Older Adult Homeless study briefing report series was launched by the Irish Centre for Social Gerontology. Comprising three reports, the series focuses on: 1) the meaning of positive health and ageing; 2) life-course & structural determinants of positive health and ageing; and 3) care experiences and home care preferences. The aim of this research is to investigate life-course and structural determinants of positive subjective health amongst older traveller and older homeless people, with a view to centralising the

voice of these groups in effective, ethical and rights-based models of home care delivery. The research shows that although positive experiences were reported by many participants, gaps in care remain for these populations, exposing challenges to positive health and ageing.



Recommendations from this work outline how the agency of individual older Travellers and individuals who have experienced homelessness must also be recognised in how they have negotiated health and well-being challenges and should continue to be involved. The value of local and sometimes informal cross-sector relationships, multi-agency working and good-will has

emerged strongly in this research – and based on anecdotal evidence has been particularly crucial since the advent of the COVID-19 pandemic. The reports are available on the website of the Irish Centre for Social Gerontology.



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

At this point in time it is 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.



The ICLR D Are delighted to invite you to the fifth webinar as part of its 'Post-Pandemic Planning' Series.

This webinar will explore how cities, on the island of Ireland and elsewhere, can envision and plan for more sustainable, inclusive, and thriving futures for all. Cities are central to many contemporary societal challenges. From climate change to the significant socio-economic inequalities exacerbated by the COVID-19 pandemic, urban populations are at the forefront of both the impacts and the actions needed to address these intersecting concerns. With increasing emphasis on community wellbeing, people and planetary health as key outcomes of development, cities including Amsterdam are adopting strategies such as the “City Doughnut” to drive their transformation, for example, towards a circular economy. As cities on the island of Ireland seek to progress their own agendas within this space, now is a critical moment to think about the future desired for our cities, reflect on experiences

from other places and times, and learn about practical interventions happening in the here and now that can contribute to co-creating thriving cities.

Event Programme

- **Moderator:** Dr Andrew McClelland, Research Associate, Alliance Manchester Business School, University of Manchester & Senior Research Associate, ICLRD
- **Welcome from ICLRD Chair:** Ms. Mary MacIntyre, OBE
- **Speakers:**
 - Prof. Mark Tewdwr Jones, Professor of Cities and Regions at the Centre for Advanced Spatial Analysis, The Bartlett, UCL
 - Mr. John O'Hara, City Planning Officer, Dublin City Council
 - Ms. Rita Harkin, Northern Ireland Support Officer, Architectural Heritage Fund
- **Q&A**

When: Wednesday, July 28, 2021 - 15:30 to 16:45

[Register here](#)

community finance IRELAND



Have your say about how Social Enterprises are financed in Ireland today and win €250 euro by doing so. Open until 28th July.



Financing Social Enterprise in Ireland
Models of Impact
Investing & Readiness

Survey

€250 One4All Voucher Prize.

28th July 2021
@ 12:00

Supported by   @SocialFinanceIE

The launch of a collaborative project that sees the best social minds in Ireland get the support of European funding and thinking is now launched and very much **live**.

Community Finance Ireland are working with DCU, Irish Social Enterprise Network and Rethink Ireland in helping to establish what type of financial models are missing for the sector, what models are working and what might a future finance model look like.

It's a 2-year project but first off we need your insights and inputs to help shape the final outcome.

Be part of something whose core focus is to help elevate Ireland's social enterprise community and their social impact and footprint.

Closing date is 28th July 2021. Even if you find you are on a staycation open the link below and ping your thoughts across.

<https://socialfinance.ie/survey/>

If you'd like more information on the Financing Social Enterprise in Ireland project – click here.
<http://socialfinance.ie>



Join us on Facebook
Monday 26th
Wednesday 28th
Friday 30th
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



Age Friendly Leitrim

Leitrim Sports Partnership, Healthy Leitrim and Age Friendly Leitrim have hosted outdoor exercise sessions suitable for older adults across Leitrim. These exercise sessions are very popular and encouraging people to get out and get active. Older people are really enjoyed exercising outdoors and getting the opportunity to meet their friends in a safe and uplifting environment. Older adults from Drumkeeran, Fenagh, Drumreilly and Killinummary had lots of fun participating in strength and flexibility sessions and moving to music. Community social walks for older adults in



Ballinamore and Dromahair have also taken place and proved extremely popular. It is wonderful to see so many enjoying walking and talking while enjoying the beautiful countryside. Chair exercise sessions via zoom was also hosted and these sessions were very popular for older adults and those with additional needs.



Donaghmede Park Community Walk

Dublin City Sport and Wellbeing Partnership, Sports & Recreation Section together with Dublin City Council Age Friendly commenced their weekly Community Walk in the beautiful Donaghmede Park & Fr. Collins Park, Dublin on Wednesday, 26th May. This has been extremely successful with 15 attendees, most of whom had been double vaccinated and in isolation for much of the first five months in



Healthy
Dublin City



2021. Members of local older persons group and a special neighbourhood centre attended the 1 hour walk every week. The walk has been helped by the great weather we have experienced every week and all the walkers are enjoying the sense of community, out meeting their friends and neighbours. These walks concluded after 6 weeks on the 30th of June 2021.



Donaghmede Park - Ireland's very first fitness focused smart park

Donaghmede Park is Ireland's very first fitness focused smart park, an initiative recently launched by Dublin company Sparq, in partnership with Dublin City Council. Through the use of smart technology, Sparq are setting out to enable and inspire people of all ages to get up, get active and get fit by making the most of their local park and keeping fit the contactless way. By using QR code technology, Sparq are bringing free virtual fitness sessions with top class professional personal trainers straight to a person's phone. John Connor and Eoin Lacey from the Irish Strength Institute will guide people through their fitness paces – with exercise levels and options available for all ages and abilities.

How it Works – Using the smart trails in local parks is easy and accessible – a person can use their smart phone's camera or smart device to scan the QR code at each of the 10 stations to gain access to their very own personal trainer and training session – all the Virtual video workouts are freely accessible by scanning the QR code once you are in the local park. Speaking about the initiative Elaine Mulvenny, Senior Executive Officer with Dublin City Council said "Dublin City Council is delighted to be involved with this pilot project in Donaghmede Park that enables park users to avail of a free fitness session while in the park. This project is aimed at all ages and all levels of fitness and is in the open air. We hope that it will encourage more people to use the park and to get the maximum benefits from their visit".

Website: www.sparq.ie

LinkedIn: <https://www.linkedin.com/company/sparq-interactive>

Instagram: <https://www.instagram.com/sparqinteractive/tagged/?hl=en>

Facebook: <https://www.facebook.com/Sparq-Interactive-104092125012576>

Twitter: SparqInteractive (@sparqer) / Twitter



Minister visits Healthy Ireland-funded Inclusive activities athletics club in Killaloe



Minister of State with responsibility for Public Health, Well Being and National Drugs Strategy, Frank Feighan TD, visited Killaloe in County Clare on Friday, 16th July, 2021 to see at first hand the benefits of Healthy Ireland funding for local and voluntary groups in Clare.

The Minister was greeted by the Cathaoirleach and Elected Members of Clare County Council, Clare Oireachtas Members, and local representatives and stakeholders, together with staff from Clare County Council and representatives of the wider community in Killaloe.

[Derg Athletics Club](#), was established in 2013 and offers physical activity programmes for all in a fun environment in Clarisford Park, Killaloe. Some of the programmes offered by Derg Athletics Club with thanks to [Healthy Ireland](#) funding include Juvenile and Little Athletics, Fit4Teens, Fitness for Team Sports, Couch to 5K, Fit4Life, Spring in Your Step, Five Miler Run/Walk and the Development Squad.

The 'Spring in your Step' program offers Derg Athletics Club senior members the opportunity to participate in a non-running program with a focus on gradually improving mobility and strength, helping to build the foundation for increased fitness over time. The program offers participants a place to enhance their physical activity and is described as a social outlet offering an opportunity to chat and smile while being part of a support-based team.

Speaking during the event, Minister Feighan said: "We want to promote and raise awareness of the importance of physical activity at all stages of life and for all abilities. It is vital that we remove barriers and reduce inequalities that exist around accessing sports. This is one of the core aims of Healthy Ireland – to ensure that no one gets left behind, and I am delighted that Healthy Ireland funding has been involved in helping to sustain these programmes."

The importance of physical activity for all is a key priority in the [Healthy Clare Strategic Plan 2019-2021](#) and Derg Athletics Club is just one example of how physical activity is being supported by Healthy Ireland in Clare.



'Message in a Bottle' Initiative which is being rolled out in County Roscommon.

'Message in a Bottle' has been formally launched for County Roscommon.

The 'Message in a Bottle' project is an emergency information scheme which includes the opportunity to record accurate relevant medical and other information relating to any person who lives alone and making it readily available to the emergency services if they have to visit a home. The project is highlighted by a sticker on the door of a house, which simply directs the emergency services to information stored in a plastic bottle which is kept in the fridge in the home.

The project is being promoted by Roscommon Joint Policing Committee, Roscommon Lions Club and An Garda Síochána in conjunction with Roscommon County Council's Age Friendly programme and Roscommon Older People Network. As part of the initial rollout An Garda Síochána have donated 1000 bottles to date for distribution in the county.

In the coming weeks local Gardaí and Lions Club members will be working with the local authority and all other partner groups to roll out the bottles.

Pictured Left to Right.
 Cllr Kathleen Shanagher, Roscommon Lions Club, Garda John O'Connor, Roscommon Community Policing unit, Inspector David Cryan, Roscommon Garda Station, Amanda Scanlon, Roscommon County Council, Cllr Tom Crosby, Chairperson Roscommon JPC, Chief Superintendent Tony Healy, Bernard Kearney Roscommon Older Persons Network, Sgt Deirdre Coleman, Castlerea Community Policing unit.



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 Naheed Dosani: 'Living and Dying on the Streets: The Canadian Perspective on Palliative Care for People Experiencing Homelessness.'

The IFA is honoured to invite Dr Naheed Dosani, Palliative Care Physician, Health Justice Advocate.

July 30, 2021 07:00AM Eastern Time (US and Canada)

[REGISTER NOW](#)

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

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