

National Updates



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 Testing - Online Booking System

Full details of [how to get tested are available here](#).

[To book a test, log on to our system here](#). You can show up without an appointment, but you may not have to wait as long if you book online.

We have introduced a new contact tracing online system this week. If you get a positive test, you can use this to help list where you've been and help us to get in touch with your close contacts. <https://www2.hse.ie/conditions/covid19/contact-tracing/contact-tracing/>

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. More than 3 million people have been fully vaccinated in Ireland. By this weekend, 90% of adults will be partially vaccinated and 80% of adults will be fully vaccinated. We are grateful to all of our colleagues and partners, and to the public, for taking part and making this happen.

You can find the latest information on vaccines administered [here](#).

Walk-in vaccine clinics



Many of our vaccination centres are operating walk-in clinic times. At these times, people aged 16 and over who have not had a vaccine yet can come to the centre without an appointment and get their free COVID-19 vaccine. You can read about [what you need to bring with you, and where the walk-in clinics are, here](#)

Registration for 12- to 15-year-olds

We're inviting parents of children aged 12 to 15 to register their children now. All children in this age group are being offered a vaccine but we particularly recommend that they get vaccinated if they:

- have a health condition that puts them at higher risk of severe illness from COVID-19
- live with someone who is at higher risk of COVID-19

Parents can read more about the benefits and risk of vaccination for their children [here](#).

Please note that 12- to 15-year-olds are not eligible at present to attend walk in vaccination clinics.

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

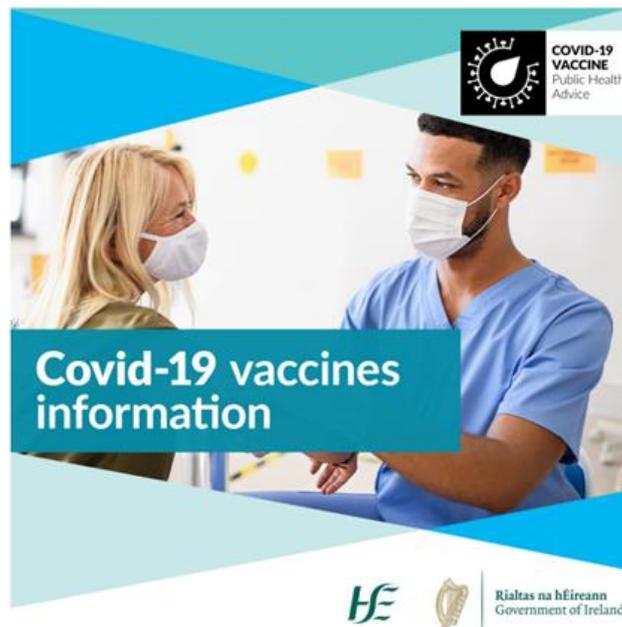
[Read the user guide for help with registering online.](#)

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

Who can give consent for vaccination of a young person aged under 16 years

Information is available [here](#).

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://www.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 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](#)

Information in Irish Sign Language: information resources on the COVID-19 vaccines in Irish Sign Language are available [here](#).

HSE COVID-19 webinar - Guidance on Resumption of Day Care Services for Older People

Friday, 3rd September (from 12-1pm)

You can register for the webinar [here](#).

For telephone access to listen to the webinar, please use the following:

Irish dial in number: 01 5260058

Access code: 175 385 4519

COVID-19 vaccines and pregnancy

Talk to your obstetrician, midwife, or GP about getting your COVID-19 vaccine if you are pregnant. It's recommended you get your COVID-19 vaccine when it's offered to you. Being vaccinated will reduce the chance of you becoming very unwell.

You can find [more information here](#).

Information in Irish Sign Language

We have updated versions information on the [COVID-19 vaccines in Irish Sign Language here](#).

When you have been vaccinated against COVID-19, you are vaccine protected

When your vaccine has had time to work, you can do some things that were not recommended before you were vaccinated.

You can [find more information here](#).

Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www2.hse.ie/conditions/covid19/>

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

Clinical and professional guidance relating to COVID-19 is available on www.hpsc.ie where you'll find up to date guidance for healthcare settings and non-clinical settings.

Please check [here](#) for the most up to date partner resources for COVID-19.

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](#).

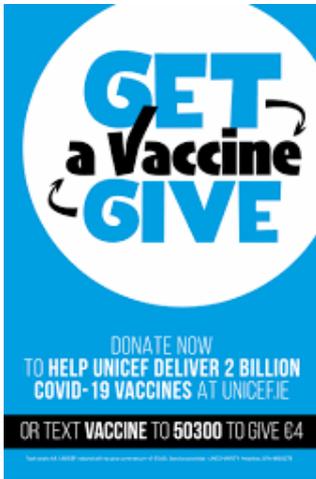
Ireland's COVID-19 Data Hub is [available here](#).

Wishing the best of luck to Team Ireland's para-athletes as they set off for Tokyo





unicef



unicef IRELAND | for every child

UNICEF has launched its innovative 'Get a Vaccine - Give a Vaccine' Irish campaign with the help of UNICEF Goodwill Ambassador Liam Neeson.

The campaign, launched on June 15th, invites Irish people to give a vaccine when they get their vaccine from Ireland’s Health Service Executive (HSE.) The vaccine drive is raising funds for the delivery of two billion COVID-19 doses to healthcare workers and vulnerable people around the world because no one is safe until we are all safe.

County Antrim native, Neeson, is a long-time supporter of UN agency UNICEF, and has joined their successful campaign to encourage G7 leaders to share vaccine supplies. The June 15th launch of the [Get a Vaccine - Give a Vaccine](#) Irish campaign marks a return to where it all started for Neeson, supporting UNICEF’s office in Ireland. He has voiced a new TV campaign encouraging people to ‘give a vaccine’ when they ‘get a vaccine’.

Neeson says: "Wealthy countries are racing to vaccinate their populations, yet billions of people in poor countries don't have any vaccines.

"Scientists tell us that 'no one is safe until everyone is safe.'

"Today, you can help UNICEF make everybody in the world safe by giving a vaccine."



<https://www.unicef.ie/donate/get-a-vaccine-give-a-vaccine/#1>

An inspiring [one-minute video from UNICEF Ambassador Liam Neeson](#) is leading out the campaign, which invites people to give a vaccine by going to [UNICEF’s website](#).

Kitty Hughes, Chairperson of Age Friendly Ireland’s National Network of Older People’s Council is also encouraging people to support this campaign, here’s what Kitty has to say...



“Listening to an RTE reporter list off the tiny percentage of people in poorer countries who have been offered vaccination against the Covid-19 virus I felt very uneasy. The lines of John Donne’s poem came to mind ‘No man is an island, of himself alone’ I thought of the Community response here in Ireland. How we had to reset our lives, stopped in our tracks, panicked by waves of sickness and

death, isolation, and fear. Then hopeful as a vaccine was developed and then another and another. The bidding and procuring of these precious vaccines at times very self-centred until finally the reassurance that there was enough for all.

But we are not ‘all’. This is a global pandemic, and we are part of the global community. We are all connected – ‘everyman is a piece of the

continent, a part of the main' and therefore we must reach out to each other. To paraphrase Martin Luther King 'ill-health anywhere is a threat to good health everywhere'. We must help. We must reach out and collaborate in the battle to save others from this awful virus by supporting vaccination for those unable to help themselves.

Older Peoples Councils are rooted in the United Nations endeavour to make this a better world in which to grow older. UNICEF and the World Health Organisation are working to deliver vaccines to communities crying out for help. We older people in Ireland have all been offered double vaccine protection against Covid-19. We rest assured now for ourselves and our families. I urge you to think of those less fortunate and donate to 'Get a vaccine – Give a vaccine'. Let us come together to ease the global burden. It will do us all good in the long run. For as John Donne reminds us 'Any man's death diminishes me, because I am involved in mankind; and therefore, never send to know for whom the bell tolls; it tolls for thee'. Ar Aghaidh linn le chéile.



National Transport Authority (NTA) Survey on Taxi's and Hackneys

The NTA is committed to the provision of high quality, accessible, sustainable transport connecting people across Ireland. In furtherance of this aim NTA has engaged Behaviour & Attitudes, an independent market research company based in Dublin, to conduct this survey with the aim of getting information on the demand, delivery, and accessibility levels of small public service vehicle (SPSV) passenger services nationwide, for example taxis and hackneys. The data obtained through this survey will assist NTA in enhancing the SPSV passenger services strategy.

The survey can be completed in the following ways:

- Online, via the following link which is compatible with screen-readers: <https://secure.bandasurvey.ie/WebProd/Start/Ba212691>
- By post: if you require a hard-copy version of the survey, please contact Behaviour & Attitudes at glenn@banda.ie You will also receive a stamped addressed envelope to facilitate the return of your completed survey.
- By telephone: should you prefer to complete the survey in this manner, please contact Behaviour & Attitudes at glenn@banda.ie or on 01 2057561. They will arrange for an agent to call you to go through the questions with you.

Should you wish, you may also ask someone to complete the survey on your behalf.

The closing date has been extended until **Tuesday, 31 August 2021 at 5pm** and responses received after this date will not be considered. All responses will be anonymised, and the survey findings will be presented in a grouped format. The NTA would like to thank you for taking the time to complete the survey.

RADON GAS. HOW TO TEST YOUR HOME



300 people get radon related lung cancer in Ireland each year

IT'S IMPORTANT TO TEST YOUR HOME FOR RADON!

2nd

biggest cause of lung cancer in Ireland. Smoking is the biggest

25 TIMES

Smokers are 25 times more at risk than non-smokers

REFERENCE LEVELS



HOMES & SCHOOLS

WORKPLACES

200Bq/m³

300Bq/m³

160,000

Irish homes are estimated to have radon levels higher than 200Bq/m³

HOW TO TEST YOUR HOME

IT'S EASY & IT'S CHEAP

1

ORDER YOUR RADON DETECTORS

Visit radon.ie to find a list of **registered radon test providers**

Outside radon is diluted to very low levels

2



Two small detectors will be posted to your home with instructions

3

Place one **IN YOUR BEDROOM**

Place the other **IN YOUR LIVING ROOM**

AFTER THREE MONTH'S TESTING PERIOD

4

Post the detectors back

5

You will then receive a **REPORT** that explains your results

YOUR **RADON REPORT**

IF THE TEST SHOWS THAT RADON LEVELS IN YOUR HOME ARE HIGH there are simple and inexpensive solutions available to reduce these levels

For further information, visit www.radon.ie or call 1800 300 600



comhairle chontae na mí
meath county council





HSE | Confidential Recipient office

The Confidential Recipient office is a national service that operates independently. It allows family members and individuals to report any concerns they may have about vulnerable adults in HSE care in strict confidence.

Watch: [Leigh Gath talks about her role as Confidential Recipient acting as a voice for vulnerable adults with disabilities and/or older people that receive HSE services](#)

Leigh Gath has been acting as a voice for our most vulnerable for seven years in her role as Confidential Recipient. Her office provides an open door to any individuals or family members who wish to have their concerns examined in the strictest confidence and her role is to act as a voice for vulnerable adults with disabilities and/or older people and help them navigate the system.



Leigh welcomes anonymous concerns if someone does not wish to be identified. The confidential recipient office, first established in 2014, is a national service and she operates independently of the HSE.

[Click here to read Confidential Recipient Annual Report 2019/ 2020 \(PDF, 16 pages, 664 KB\)](#)

You can contact Leigh on [061-482605](tel:061-482605) or [087-6657269](tel:087-6657269), or by email Leigh.gath@crhealth.ie



An Garda Síochána | Horse Road Safety Appeal August 2021

The Road Safety Authority (RSA), An Garda Síochána, Horse Sport Ireland (HSI) & Horse Racing Ireland (HRI) have launched a road safety appeal. Tips for road users and riders when sharing the roads:

For riders:

- Always make sure that drivers can see you at all times regardless of weather conditions.
- Wear proper protective gear, high-visibility clothing and put high-visibility equipment on your horse and give clear hand signals.
- Remain on the left-hand side of the road when riding your horse and on the right-hand side when leading in hand. When leading your horse, position yourself between the horse being led and the traffic so that you have maximum control over the horse.
- Give clear and accurate hand signals to let other road users know your intentions.
- Remain alert, attentive, and observant. Remember the Life Saver Look at junctions – it could save your life.



For road users:

- Be alert when approaching riding schools, racing yards or places where horses are likely to appear.
- Take special care when overtaking horses or horse-drawn vehicles. This is particularly relevant at junctions where motorists are advised to keep a safe distance from horses and riders.
- Pass by slowly, driving wide of the horse and ride, while obeying the rider's hand signals
- Don't use your air brakes, horn or lights in a way that might startle or blind a horse.
- Cyclists should approach cautiously, ensuring that the horse rider can see or hear you approaching.



Flexibus Local Link invites small group to reconnect with their Social Link and their Rural Link

Flexibus Local Link have issued an invitation to all our groups and rural clubs to reconnect with each other. We are aware that our passengers are reluctant to venture out except for necessary journeys. The fear factor has not reduced even though we are not in lockdown and all have received vaccinations.

We are acutely aware of the need to reconnect, so we issued an invitation to our groups to **'let's get out and about'**. Thanks to free access from the Office of Public Works (OPW) we started with trips to local heritage sites in Newgrange, Oldbridge 'Battle of the Boyne', Trim Castle and Mellifont over the summer.

In Louth Meath & Fingal we have organised many trips for each of these wonderful historic locations. A big word of thanks to Michelle Whelan in Meath Tourism, and Clare Tuffy in the OPW for all the help and the access to their beautiful sites.

We have had Ladies groups, Active groups, neighbours, Men's Shed and friends travel together.



Figure 1 A group of men from Rush Men's Shed enjoyed a day out to Trim Castle.

Like the weather we have now changed our destinations to local café's, local hotels, local villages, and local towns. You and your friends can book your outing by giving us a ring, see what times are available for you and your group of friends to meet and have a chat. Perhaps have a cup of coffee or tea, go to the shop and travel home all with the restrictions and Government Guidelines.

All health & safety guidelines are carried out for your transport and all passengers will wear a mask on the trip. The groups who have travelled are delighted to have the chat and the cuppa so let Flexibus reconnect you with your Local Link, your Social Link, your Rural Link - its your Vital link Let's go!



Join us on Facebook
Monday 16th
Wednesday 18th
Friday 20th
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.



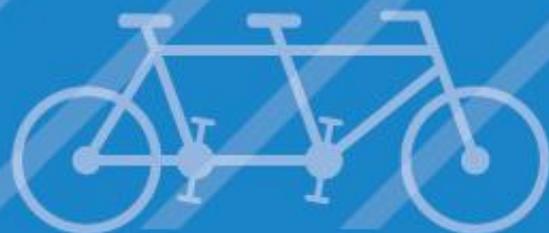
THE BIKE HUB.IE

BOOK A BIKE, TAKE A CYCLE!

We now have two electric-assist Cycling Without Age trishaws available to book online for inclusive cycles along the Coastal Mobility Route in Dun Laoghaire. Designed for those with mobility issues or people who need assistance to pedal, the trishaws can carry two people, piloted by a trained volunteer cyclist. We also have an electric-assist adult tricycle, a handcycle and a tandem bicycle, all free to book. Bookings must be made online for all the bikes.

Speaking at the launch An Cathaoirleach, Cllr. Lettie McCarthy said:

"I am delighted that the Council and its partners have been able to bring this innovative project forward. It is testament to Dún Laoghaire-Rathdown's continuing commitment to inclusion, mobility, and accessibility. This project will help to provide active mobility options to everyone, no matter their age or ability."





Try an Inclusive Bike

www.thebikehub.ie | contact@thebikehub.ie

Located opposite the RNLI shop near the East Pier,
Dun Laoghaire. Online bookings only.



To train as a volunteer pilot, email Clara@Cyclingwithoutage.ie



The Bike Hub also offers bicycle repair, DIY mechanics,
Community workshops and bike upcycling.

An initiative of www.dlrcoco.ie, www.dlrsportspartnership.ie,
www.cyclingwithoutage.ie and www.canadalifere.com

Age Friendly Business Programme up and running in DLR

Businesses across Dún Laoghaire-Rathdown are becoming accredited Age Friendly as part of an initiative being run by Dún Laoghaire-Rathdown County Council with the support of Dún Laoghaire-Rathdown Chamber and Age Friendly Ireland.

Already businesses in Nutgrove Shopping Centre, Dundrum Town Centre and Dún Laoghaire Town have taken part in the programme, nominating a staff member to be their Age Friendly Champion, and committing to making three small but significant changes in their outlets. In June, Cathaoirleach of Dún Laoghaire-Rathdown County Council, Cllr Una Power, visited these businesses and presented them with their certificates of accreditation.

An Cathaoirleach, Una Power said:

It's great to see so many businesses taking part in the programme. It has been a difficult time for many of our older citizens, so it is very positive to see businesses taking these actions to encourage older people back into our towns and villages. It's clear from their participation how much they value their older customers.



The Age Friendly Business Recognition Programme encourages retailers and service providers to think about what three changes they could make to help their older customers' experience better. The changes are low- or no- cost, such as providing a rest chair, or making sure all signage is easy to read and in large print.

Having successfully completed the programme, Age Friendly accredited businesses can display their certification and accreditation window sticker at their premises and will also be listed on the agefriendlyireland.ie website.

Interested businesses can find out more and sign up to this free programme [here](#) , or they can contact economicdev@dlrcoco.ie for further information.



Dublin City Councils' 'Newborn Knitting' in the South East Area.

A new initiative the South East Area Community Development Team has been promoting since the beginning of the year has been Newborn Knitting which was set up by one of our Let's Walk & Talk Volunteer Leaders. On offer are packs comprising wool, needles and patterns with the resulting knitted cardigans, hats and teddies then sent to babies and young children in refugee camps on the Greek island of Samos. Following a successful pilot at sheltered housing schemes, this initiative was then rolled out in the wider community. If there are more keen knitters out there who'd like to get involved, please do contact the South East Area Office on (01) 2222243 or by email at southeast@dublincity.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!

International Updates



IFA Global Cafe | In Conversation with Mr Mathew Cherian on "Challenges for Upgrading Primary Healthcare: Tackling Insufficient Resources in Rural India"



Register [HERE](#)

Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

Coronavirus COVID-19

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

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 places, public transport, or meetings with many people.
- Clean** and disinfect frequently touched objects and surfaces.
- Stop** shared meals or feasting which require hand-to-hand contact.
- Distance** yourself or avoid people 2 metres (6 feet) away from other people, especially those who might be sick.

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

Symptoms

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

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

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