

A Message from Revenue around Local Property Tax

A number of Older Peoples Councils made contact this week raising that the letter issued by Revenue recently in relation to LPT has caused some confusion. In response to this Age Friendly Ireland have engaged with Revenue who have been very helpful in clarifying matters and given advice on how to deal with queries arising. They have forwarded us the following information which we hope you will support the circulation of.

Local Property Tax

Local Property Tax (LPT) is an annual charge, based on the market value of residential properties in the State. To date, the annual LPT charge payable by property owners was based on the self-assessed valuation of their property on 1 May 2013. Property owners are now required to determine the value of their property as at 1 November 2021. This will identify the 'valuation band' their property falls into which, in turn, determines the amount of LPT a property owner will pay for each year from 2022 to 2025.

If you are a residential property owner, to meet your LPT obligations, you are required to:

1. Determine the market value of your property at 1 November 2021
2. Submit your LPT Return by 7 November 2021
3. Pay or make arrangements to pay your LPT for 2022.

For those who are in a position to do so, you can submit your LPT return online through the LPT portal or by logging into myAccount or ROS. These services can be accessed on the Revenue website www.revenue.ie.

However, Revenue fully appreciates that not everyone is able to avail of, access or use online services. You can also submit a paper LPT return, called an LPT1, if you received one in the post from Revenue. If you didn't receive a paper return you can call Revenue on {01} 7383626. Our call centre agents will assist property owners by filing their return and setting up their payment method over the phone.

Valuing your property

An [interactive valuation map](#) is available to assist you to value your property as accurately and as easily as possible. The map is available on the Revenue website, www.revenue.ie and considers the location of the property, the average price range, the age of the property and other factors. You can also use the [Property Price Register](#), which lists the values of all properties sold in Ireland since 2012. Online estate agents such as Daft.ie or myhome.ie also provide very useful comparators.

However, it is not necessary for you to use online sources to determine the value of your property for LPT. Examples of non-online sources that will assist you to value your property include the property pages in local newspapers or checking the information displayed in your local auctioneer's office.

As mentioned above, you are required to determine the value of your property in order to identify the 'valuation band' your property falls into. This, in turn, determines the amount of LPT you will pay. As the bands are very wide, it is not an exact valuation down to the last euro that you need to determine, but rather an honest and realistic approximate valuation.

For example, if you determine the market value of your property to be €300,000, you will select Band 3 (€262,501 - €350,000) when submitting your LPT return. Whether you value your property online or otherwise, it is important to keep a copy of the supporting documentation that you use to determine the market value of your property.

Submitting your LPT Return

Based on analysis of LPT returns and payments over the past 7 years, we know that the majority of property owners manage their LPT obligations via our online services, However, Revenue has issued approximately 200,000 paper LPT Return Forms to property owners who do not have a recurring payment method set up for LPT e.g. Direct Debit, Deduction at Source (from an employment pension or Department of Social Protection payment) or Annual Debit Instruction **and** who are not registered for our online services ([myAccount](#) or [ROS](#)).

Paper LPT Returns should be completed in full and returned by post to Revenue before 7 November 2021. The address is FREEPOST, LPT Branch, PO BOX 1, Limerick. If you have not received a paper LPT Return and are not in a position to submit your LPT Return online you should not be concerned. An alternative option available is to contact Revenue's LPT Helpline on **(01) 7383626**. As we are nearing the deadline for submitting your LPT Return our helpline is extremely busy at certain times of the day. If you are having difficulties getting through to us, please do not be concerned. We would ask that perhaps try us again at a different time.

Revenue's call centre agents will assist you by filing your return and setting up your payment method over the phone. In advance of calling, you will need to first **value your property** and have your **Property ID and PIN** to hand (these can be found on any LPT correspondence previously received from Revenue). Alternatively, you can write to Revenue with details of your Property ID, PIN, property valuation and preferred payment option, to the above FREEPOST address.

Paying your LPT

Revenue offers a range of options for paying your LPT. You can opt to make one single payment or spread the payments over the year. The majority of property owners have recurring payment options in place for LPT. Where this is the case, the existing payment method will automatically continue to apply for 2022 unless a different payment option is selected on your LPT Return or notified to Revenue in writing or over the phone. It's important to note however, that even though you may have a payment arrangement already set up for LPT, you are still required to submit your LPT Return by 7 November 2021.

Whether paying your LPT in full or on a phased basis, the easiest way to pay is online. Property owners who pay online can arrange to have the liability amount deducted from their account at any date up until 21 March 2022 by selecting the Annual Debit Instruction (ADI) option. For all other single payment options (debit or credit card or cash at an approved Payment Service Provider, such as An Post, Omnivend or Payzone) the deadline for payment is 12 January 2022. If you would prefer to pay your LPT charge by a phased payment arrangement, you can do this by way of direct debit, deduction at source (from salary or pension) or weekly/monthly cash payments at an approved Payment Service Provider.

How much LPT will you have to pay?

It is expected that the majority of properties will not incur any increase in their LPT charge in 2022. There are 2 reasons for this:

1. the basic rate of LPT has reduced - for properties with a market value less than €1m, the rate has almost halved from 0.18% to 0.1%
2. the valuation bands to which the rate is applied have widened significantly to recognise house price inflation.

For example, if you valued your property at €200,000 in 2013, your LPT charge was €315 (excluding any Local Adjustment Factor by your Local Authority) for the years to 2021. If, for the upcoming valuation period (1 November 2021) you self-assess the value of your property as €350,000, your LPT charge will remain at €315 (excluding any Local Adjustment Factor) because of the changes to the rates and bands. Finally, if you are unsure of what you need to do or need help regarding any aspect of Local Property Tax, Revenue is available to assist you.

Our LPT Helpline number is **01 7383626** The helpline is open from **9.30am to 4.30pm Monday to Friday**.

A Message from Bank of Ireland around branch closures

More than a third of Bank of Ireland branches across the country will close their doors for the last time today. The bank is ceasing services at 88 locations as part of significant changes to its branch network and local banking services first announced in March. As a recognised Age Friendly Business, Bank of Ireland have been in touch with us to share the following information in relation to these additional supports which are now in place for all customers and their specifically older customers:



Additional Supports for Bank of Ireland Customers

1. Customer Information Hub.

Logon to www.bankofireland.com

Right in the centre of that first screen you will see a section in white 'Changes to Our Services'.



When you click on it you're brought to a dedicated section where customers can find out more about the closures, An Post, Information for Business Customers, Online Banking, General FAQs and supports for older and vulnerable customers.

2. **Your Next Step videos.** This video support series has been designed with older and vulnerable customers in mind but is equally relevant for anyone who might want to get started with either telephone or mobile banking. The series covers everything from how to download the app, to calling our contact centre and getting set up, right to login and everyday use. At the moment there are 5 chapters live and they all focus on the mobile app. I will be in touch over the coming days when the full 365 online desktop videos are live.

The videos can be accessed in a number of ways:

- ✓ Through the customer information hub under Senior and Vulnerable supports
- ✓ Directly online using www.bankofireland.com/nextstep
- ✓ Text Next Step to 50365.

3. The Senior Customer Support Line which is live now and available 9-5pm Monday to Friday. This is a line for our customers aged over 65 in the 88 locations. Volume has been low to date but the team will remain in place until year end at a minimum. Orlaith trained this team with us. Thank you again for that Orlaith. We reissued the training video this week and all colleagues were assigned time to re-watch it as a refresh. The number is **0818 200 398**.

Again, the ring-fenced team is designed to be a VIP line for the customers using the 88 impacted branches. All other customers can continue to use of main 08180365365 line.

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. You can find the public health measures for [September and October here](#).

Additional COVID-19 vaccination dose for those who are immunocompromised

Having a weak immune system puts you at higher risk of serious illness if you get COVID-19. Getting vaccinated will give you some protection against this.

If you have a weak immune system, you may be offered another COVID-19 vaccine dose to give you better protection.

You can find information on [who may need an additional COVID-10 vaccine dose here](#).

Hospitals will identify the people who need an additional dose. You do not need to register or contact anyone. People who need an additional dose will receive a text message with an appointment for their vaccine.

These additional doses will be given through HSE vaccination centre near you, or your hospital if you're an inpatient. GPs may also vaccinate some people.

From Monday 27th of September, routine contact tracing of asymptomatic close contacts among children (aged between 3 months and 13 years) in settings such as childcare facilities, primary education and social and sporting groups will no longer take place. You can [find further information here](#).

Public Health advice remains the same for any child aged over 3 months and less than 13 years of age with [symptoms](#) consistent with COVID-19 - they should immediately [self-isolate](#), they should not attend childcare, school or socialise, and they should get a COVID-19 test.

COVID-19 vaccine booster dose

If you have received a COVID-19 vaccine course, you will be offered a booster dose if you are:

-80 or older, or

-65 or older and living in a nursing home or long-term residential care facility

If you are aged 65 or over, and live in residential care, you will be vaccinated by the care team where you live.

If you are aged 80 or over and not living in residential care, you'll be invited for your vaccine by your GP during the next few weeks. Some GPs will refer patients to a vaccination centre.

If you are aged 65 to 79 and do not live in long-term residential care, you do not need a booster dose at this time.

You can find more [information about the COVID-19 vaccine booster dose here](#).

Flu vaccine

It's flu season so if you're 65 or over, it's time to get your annual flu vaccine.

While anyone can catch the flu, people aged 65 or older are more at risk of getting seriously ill or needing hospital treatment. So make an appointment with your GP or pharmacist today. Learn more: <https://www.hse.ie/flu> and please see the *attached* campaign pack with information and images to share with your networks.

COVID-19 Testing - Online Booking System

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

Walk-in testing is not currently available but you can [book a test online](#) for any test centre.

Mixed vaccines doses

People who received a first dose of AstraZeneca can now receive an mRNA (Pfizer/Moderna) vaccine as their second dose. NIAC recommends that receiving two doses of the same vaccine are preferred for all age groups, where possible. You can read more about this [here](#). Dose 2 walk-in vaccination clinics for people who wish to get an mRNA vaccine after their first dose of the AstraZeneca vaccine are listed [here](#).

Walk-in COVID-19 testing

-Walk-in COVID-19 testing is not currently available but you can [book at test online](#) for any test centre.

90% of adults fully vaccinated

Over 91% of people aged 16+ are fully vaccinated, and over 90% of people aged 12+ have received at least 1 dose. Registrations and vaccinations are ongoing.

Third level student vaccination clinics

From 27th September, on selected dates, third level students who have not yet had their COVID-19 vaccine will be invited to walk in clinics either on or close to campuses all over Ireland.

This special vaccination week aims to make it easy for any students who haven't had their vaccine yet to get it. It includes international students who have recently arrived in Ireland, staff, and also our wider community who may find it easier to access one of these temporary clinics than an existing COVID-19 vaccination centre.

There will be at least 15 on-campus pop-up clinics set up, and in other colleges, students will be directed to our nearby COVID-19 vaccination clinics.

You can [find details here](#).

Pregnancy and getting a COVID-19 vaccine

You should get a COVID-19 vaccine to protect yourself from the virus if you're:

- pregnant
- trying for a baby or might get pregnant in the future
- breastfeeding

You will need 2 doses of your COVID-19 vaccine.

It is safe to get your COVID-19 vaccine at any stage of your pregnancy.

Guidance has changed on doses during pregnancy because there is more evidence available.

You should get the COVID-19 vaccine when it is offered, following a discussion with your midwife, GP or obstetrician.

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

Face covering exemption cards

The HSE National Disability Services team have developed a limited number of "face covering exemption cards" for individuals who have a condition that makes them unable to wear a face covering as per the Government guidelines (in retail and health centres and on public transport). An application to receive a card can be made by an individual or Provider Organisation by emailing disabilitiesqi@hse.ie. In the event of an application for an individual, validation will be sought regarding the condition that the applicant is using to apply for the card.

COVID-19 Contact Tracing - Online System

If you test positive for COVID-19 you will get a text message. This will include a link to a website where you can upload contact details for your close contacts. If you do not use the website, a contact tracer will phone you to collect the details. You can [find out more about close contacts here](#).

COVID-19 Vaccination Programme

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

12 to 15-year olds

12 to 15-year olds can attend walk in vaccination clinics. You can [find more information here](#). Children aged 12 to 15 [must attend with their parent or guardian](#).

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](#).

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

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

Find information here on who can give consent for vaccination of a young person aged [under 16 years](#)

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

Find a pharmacy giving COVID-19 vaccines

Many pharmacies are now offering COVID-19 vaccines to people aged 12 and over. Find a pharmacy to book your vaccine appointment. You can [find more information 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 <https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/> for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at <https://www.hse.ie/eng/services/covid-19-resources-and-translations/covid-19-vaccine-materials/>
- 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](#).
- COVID-19 vaccines easy read and accessible information formats are available [here](#).

COVID-19 Guidance for places of worship (formerly religious services guidance)

You can [find this guidance here](#).

Quit

The HSE is inviting people who smoke to take the 28-day no smoking challenge this October and join thousands of others who have already used the HSE QUIT service to quit smoking in 2021. Please find *attached* a campaign partner pack. We would be grateful if you would help share the campaign messages.

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](#).



Equity By Design

Principles in Action:

Resident-led Design at Friendship Court

Join us on **Tuesday, October 12 at 11 am ET** for a conversation with [Piedmont Housing Alliance](#). This Charlottesville-based organization is dedicated to offering innovative affordable housing solutions and improving financial outcomes for individuals and families. Their work advances equity and ensures that no residents are displaced—actions aimed at redressing disparities from decades of housing discrimination.

[Register here](#)



Upcoming IFIC Webinar

Let's Get Real: Patient Partnership to Advance Integrated Care in association with HSO and Accreditation Canada

Oct 21, 2021 | 12:00 PM EDT

Integrated Care is about bringing together a collaboration of organizations and their staff to coordinate services around patients in order to improve health and well-being outcomes and overall satisfaction with services. Integration is context driven; it requires shared vision, trusting relationships, resources and alignment across health and social service ecosystems.

This webinar will bring together patient partners and health leaders who attended the first-ever [North American Conference on Integrated Care](#) and are advancing integrated people-centred health systems ([#NACIC2021](#)).

Join this patient and family advisor-led panel to learn:

1. Insights from the recent NACIC conference: what worked, how to continue to spark engagement
2. The importance of building trust and creating safer spaces-examples that worked from your experience, and
3. How patient and family advisors can partner to advance integrated care systems

To learn more, register below!

Register here!



**ACCREDITATION
AGRÉMENT
CANADA**



IFIC publishes paper on Sláintecare to support the delivery of universal person-centered care in Ireland

The International Foundation for Integrated Care (IFIC) has today launched a paper in response to the recent resignations of the two most senior members of the team implementing the Sláintecare reform programme in Ireland and the restructuring of the Sláintecare Implementation Advisory Council. The paper "[Sláintecare: Delivering the promise of universal person-centred care in Ireland](#)" is written by Dr Niamh Lennox-Chhugani, IFIC's Chief Executive, and aims to contribute constructively to the debate about the best way forward for the programme drawing on IFIC's expertise and international network's knowledge to inform discussions.

In a statement responding to the publication, IFIC Ireland's Chair, **Dr Sloan Harper** and Director, **Professor Áine Carroll** said:

"IFIC Ireland very much welcomes this perspective from the International Foundation for Integrated Care (IFIC). As Ireland emerges from the pandemic, we owe it to our citizens and residents to truly commit to the delivery of person-centred co-ordinated care. Now is the time to reflect and renew across the island of Ireland, building on what has been achieved but delivering change at scale. The time for talking is over. The time for action is now."

The paper highlights that countries further down the road in delivering integrated community and person-centred care have recognised that bottom-up frontline change is an essential starting point but this will only take you so far. Without an enabling infrastructure at regional and national level, momentum and good-will will be lost at community level where it is most needed.

Using examples of integrated care at scale, and using the example of Denmark, the paper notes that **regions having a critical role** in:

1. Creating the **infrastructure for the analysis and synthesis of regional data** to inform population health planning and feedback on results and impact;
2. Providing **systems leadership and governance** through which new alliances of collaboration across sectors can be built and maintained;
3. Creating the supporting infra-structure and **governance for innovation** with a focus on digital solutions through industry and research collaborations moving beyond traditional procurement models;
4. Providing the information to support **workforce planning and the specialist expertise** for workforce development as new models scale and evolve.

The paper concludes that there is an opportunity now, as there always is when a large transformation programme experiences a change of

leadership, to make a decision about shared commitment to the stated vision and how serious the Irish government is about creating the conditions for a new world-class health and care system in Ireland.

[Download the Report here](#)



DCU Positive Ageing Week

As part of their events for Positive Ageing Week, DCU held a presentation over zoom. The presentation was hosted by Mark Brown and was titled “The challenge of Digital Equity – an age-inclusive approach”.



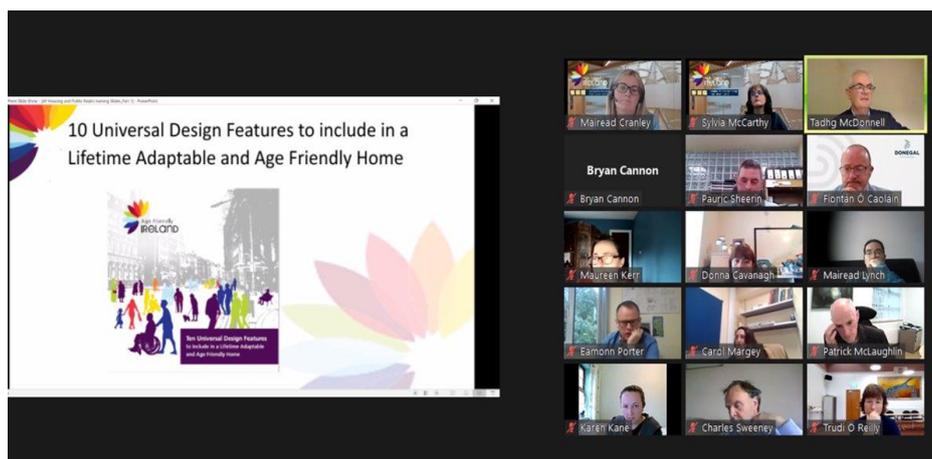
Kevin Molloy, Chairperson from our very own Older Peoples Council made an appearance.

You can watch a recording of the presentation [here](#).



Housing and Public Realm Training in Donegal

Supporting the delivery of objective 6, *Increase and Improve Housing Options for Older People* in this Governments’ *Housing for All Policy* and specifically objective 6.5 *Continue delivery of the Age Friendly housing and public realm training modules to cross sectoral stakeholders to promote greater awareness and foster knowledge transfer across the sector*, Age Friendly Ireland commenced its series of Housing & Public Realm Training with colleagues in Donegal County Council.



Our thanks to Chief Executive John McLaughlin for giving the welcome address and the 40+ practitioners from cross departmental sections within Donegal who participated in this excellent session.

Dying to Talk Webinar

Dying to Talk

Wednesday 13 October 2021

10.30 am to 12.00 pm

Online Webinar

The importance of being prepared



- ✓ Spiritually
- ✓ Practically
- ✓ Emotionally

Dying to Talk - online webinar 13 October @ 10.30 am – Fermanagh & Omagh District Council

As part of this year's Positive Ageing Month programme, Fermanagh and Omagh District Council, in partnership with Western Health and Social Care Trust, Integrated Care Partnership, Public Health Agency and Compassionate Communities is delivering a regional webinar to raise awareness on the importance of starting conversations around dying.

For more information on this, see [here](#).

Get involved with the Ageism through the ages campaign!

The Global Campaign to Combat Ageism's [Ageism through the ages](#) initiative is now underway!



The campaign started on 1 October (UN International Day of Older Persons) and lasts until 20 November (World Children's Day) to bring attention to ageism as it affects people across all stages of life.

Get involved today by visiting the [Ageism through the ages hub on the Decade Platform](#) and engaging with the diverse initiatives, resources, events, and global community.

Join us at the Fundamental Rights Forum to discuss how we can combat ageism and create #AWorld4AllAges



DATE: 12 October 2021 (Tuesday)

TIME: 15:45–16:45 CEST - [find your timezone](#)

This interactive session will involve a presentation on the key findings of the first UN Global report on ageism, followed by an overview of actions taken at EU level to tackle ageism and opportunities for further action. This will provide a launching pad for a discussion where participants will be challenged to re-think attitudes towards age and ageing, reflect on how ageism affects them and their communities, and learn how they can contribute to help build a world for all ages in their context.

Contributors:

- Dr Vânia de la Fuente-Núñez, World Health Organization
- Ms Paulina Jalaksova, European Youth Forum
- Prof Barbro Westerholm, AGE Platform Europe

Register for the online webinar [here](#).



Free online Zoom event with U3A – Sutton/Baldoyle

[EMAIL: u3asuttonbaldoyledublin/](mailto:u3asuttonbaldoyledublin/)

U3A – Sutton/Baldoyle

JOIN THIS FREE ZOOM EVENT

One hour - 10.45 am -11.45

Wednesday, October 13 2021

Seamus Heaney: Listen Now Again

Lisa Flanagan | National Library of Ireland | National Library of Ireland
Exhibition

Lisa will share with us drafts from their archive and facilitate a discussion

DETAILS HOW TO JOIN

Join Zoom Meeting [here](#)

Meeting ID: 936 1694 2971

Passcode: 632235



Older Citizens and Family/Informal Carers in Cork and Kerry Sought for Telehealth Research

Valuecare is a UCD led research initiative that is piloting innovative digital solutions to health care for older people. This research will create a supportive app, in collaboration with older people, their careers and clinicians.

If you are aged 75+ or someone who cares for an older person, and living in County Cork or County Kerry, the research team would like to hear from you. Focus groups and interviews are being organised in person in Cork and Kerry.

Please contact andrew.darley@ucd.ie

ValueCare is an EU funded project which aims to deliver personalised, integrated health and social services, better outcomes for older people and improved care experiences.

See the project video [here](#)
www.projectvaluecare.eu

Age & Opportunity | Movement Minutes



Join us live on Facebook

Monday 11th
Wednesday 13th
Friday 15th

at 11am for

Age & Opportunity
Movement Minutes



#AgeandOpportunity

Local Updates



Positive Ageing Week in Wexford

Sports Active Wexford and Age Friendly Programme Manager, Ann Marie

Laffan at Wexford County were encouraging everyone to celebrate the contribution older people make to our families, workplaces, communities and society as a whole during Positive Ageing Week which took place from September 27th to October 1st. To mark the occasion Sports Active Wexford ran a number of activities for older people throughout the county many of which will continue to run for a number of weeks throughout

POSITIVE AGEING WEEK 2021
27TH SEPTEMBER - 1ST OCTOBER 2021
ACTIVITIES AVAILABLE IN COUNTY WEXFORD:

Walk and Talk:

- Friday 24th Sept - Min Ryan Park, Wexford (10am) National Make Way Day
- Tues 28th Sept - Gorey Town Park (11am)
- Thurs 30th Sept - Rosslare Cliff Walk & Kirwans Gardens (11am)

4 weeks Activators:

- Starting Mon 27th Sept - New Ross Library Park (12noon)

6 weeks Walk and Tone:

- Starting Fri 1st Oct - Min Ryan Park (1.30pm)

For more information contact: 087 6937764

October and November. Older people of all ages and abilities are

encouraged to participate in these events. See poster for details of ongoing events and contact details – it's never too late to join in!
 Older Peoples Council Chairperson Kevin Molloy participated in the walk in Gorey and even had time to stop for a chat on the 'Happy to Chat' bench and take in a spot of exercise in the newly renovated Gorey Town Park



Your Voice



Encounter Memoirs

Waterford Older People's Council (WOPC) on International Older Person's Day, Friday October 1, marked this important date by launching Encounter Memoirs, a collection of writings compiled by the 9 participants in a six-session workshop held during the past summer.

The course was organized by WOPC and funded by the Waterford Wexford Education and Training Board. The event was hosted by Waterford Age Friendly with Metropolitan Mayor, Cllr Séamas Ryan and Susan O'Connor, WOPC chair presiding and Mary Frances Ryan, Editor, Waterford News and Star launching the 48-page book.

The workshop was conceived and facilitated by WOPC and Waterford U3A member, Ray McGrath, and the book was designed and edited by members of the course. The concept of the Encounter Memoir is based on the fact that we all have encounters of one kind or another in our journey through life and with a little work these can be shaped into literary episodes that are all part of the life story and can become family treasures.

Ray would be happy to work with any OPC that wants to shape and deliver such a workshop. Contact is through Waterfordopc2019@gmail.com.

When I'm 64

At the same event, the OPC brought young and old together in Waterford's Medieval Museum in an awards event for the winners of the school's essay



competition which was won by Hannah Kelly of Waterpark College. Hugh Lenehan from Dungarvan CBS and Dara O'Neill from Ard Scoil na Mara, Tramore were runners up. Róisín Quinn from Ard Scoil na nDéise also received a special award.

The title of the essay was When I'm Sixty-Four and the purpose of the competition which was organized by Waterford Older People's Council was to imagine what it would be like to be old in the Ireland of the future. The event was officially opened by Cllr Séamas Ryan, Metropolitan Mayor, and by Susan O'Connor, chair of the OPC. Mr Eugene Broderick, noted historian and speaker, who was the external adjudicator, awarded the prizes to the winners. Waterpark College, represented by Ms Catherine Daly, was awarded the winning school prize.



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 rlaevy@meathcoco.ie Information is one thing we can share right now!

International Updates



IFA Global Cafe: In Conversation with Mr James Appleby: “Framing Strategies and Addressing Ageism and Elder Abuse on the Public Agenda”



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation Mr James Appleby, CEO of the Gerontological Society of America on "Framing Strategies and Addressing Ageism and Elder Abuse on the Public Agenda"

A recording of this event will be available on the Federation’s website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>

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

How to Prevent

- Wash**: Wash hands with soap and water for at least 20 seconds.
- Cover**: Cover mouth and nose with a tissue or elbow when coughing or sneezing.
- Avoid**: Avoid close contact with people who have COVID-19.
- Clean**: Clean frequently touched surfaces.
- Stop**: Stop eating, drinking, or using public restrooms if you are coughing or sneezing.
- Distance**: Stay at least 6 feet away from others.

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: 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	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