

National Updates

Health and Wellbeing Information Resources Launch – March 2<sup>nd</sup> | 11.30am



Invitation

Wednesday, 2<sup>nd</sup> March | 11.30 am

The Health Service Executive & Age Friendly Ireland

*invite you to join us virtually for the formal launch of*

Health and Wellbeing Information Resources

*This will be a blended launch streamed live from Farmleigh House & Estate, Phoenix Park, Dublin*

*Register here for a link to join us*



Click above or register @

[https://zoom.us/webinar/register/WN\\_Rzh6KpHPTIWstRNCW9ToWQ](https://zoom.us/webinar/register/WN_Rzh6KpHPTIWstRNCW9ToWQ)



Rialtas na hÉireann  
Government of Ireland

HSE Partner Pack

Our highlight communications updates for you from this week are:

**Treatment for people at the highest risk from COVID-19**

A new medicine is available to treat people with COVID-19 (coronavirus) who are at the highest risk of becoming seriously ill. [Sotrovimab](#) is also known by the brand name Xevudy. It is the first type of COVID-19 medicine available in Ireland. You'll be told by your doctor or consultant if this



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Health Service Executive

medicine is for you. Other COVID-19 medicines are expected to become available soon. You can find more information [here](#).

Most people will not need or benefit from these medicines. Most people can [treat the symptoms of COVID-19 at home](#). The best way for most people to protect themselves from COVID-19 is to [get vaccinated and get a booster dose](#), when they can.

### Vaccination clinics

We continue to operate clinics for dose 1 and dose 2 vaccinations (for people aged 12 years and over), and booster vaccine clinics for healthcare workers, pregnant women and for people over the age of 16. Find the full list of clinics by county [here](#). You can also check [@HSELive](#) on Twitter for daily updates. All of our vaccination centres are offering online booking for booster appointments, which can be booked up to 5 days in advance. You can find more information [here](#).

### COVID-19 Testing

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

### COVID-19 Vaccination Programme

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

### Vaccines are making a difference

Every COVID-19 vaccine makes a difference, if you haven't registered yet, or someone in your network has yet to do so, they can:

- Check [hse.ie](#) for answers they can trust about the COVID-19 vaccines
- Talk to a pharmacist or GP – many are giving mRNA vaccines
- Call HSElive on 1800 700 700
- [Register online to get a COVID-19 vaccine](#).

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

[You can read the full weekly update by clicking here](#).

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## Applications are now being invited by the HSE for National Lottery Funding Grants.

This funding is distributed by the HSE each year to community-based groups and voluntary organisations under the Respite Care Grant Scheme and the National Lottery Grant Scheme.

Groups and organisations involved in the provision of Health and Personal Social Services can apply for once-off funding of between €500 and €10,000 for suitable projects.

[Click here for more information including the application form](#)

Closing Date for Applications is 12 noon on Wednesday 23rd March 2022. Applicants will be advised as to the outcome of their application by 8th July 2022.



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Sláintecare.

## Sláintecare Progress Report 2021

We are delighted to see the positive impacts of the Healthy Age Friendly Homes Programme highlighted in the Sláintecare Progress Report 2021 published on the 15<sup>th</sup> February by Minister Stephen Donnelly.

Read the full report here:

<https://www.gov.ie/en/publication/9652b-slaintecare-progress-report-2021/>



 Ulster Bank

## A message from Ulster Bank

### What's happening?

Ulster Bank is writing to current account and deposit account customers on a rolling basis over the next few months to give them six months notice to choose a new banking provider, move their account and close their Ulster Bank account.

### What do you need to do when you get your letter?

#### **Step 1 – Ensure you have opened a current account(s) with another financial institution**

If you don't already have an account(s) elsewhere, you should now seek an alternative current account provider. Opening a current account with another financial institution can take time so it's important to start that process now to allow for a smooth transition.

#### **Step 2 – Close or switch your Ulster Bank current account(s)**

You have two options when deciding how to do this, however it is important to note that whether you choose Option 1 or Option 2 below, you must contact anyone making regular payments to your account (e.g.

your employer, pension provider or Department of Social Protection) and anyone who is authorised to debit your account (Direct Debits or Regular Payments e.g. Subscriptions, Memberships) and give them your new account details.

### **Option 1 - Simply close your Ulster Bank account(s)**

We have put in place a straightforward closure process that customers can access, by logging on to your secure Mobile App or Anytime Banking Service [www.ulsterbank.ie](http://www.ulsterbank.ie). If you don't currently use our Mobile App or Anytime Banking Service, you can call our **Account Closure team on 0818 210 260 (00353 1804 7475** if calling from abroad) or visit your local branch for help in closing your account(s). You can also write to us at Ulster Bank - **Free Post, Customer Service Centre, PO Box 5706, Dublin 2**, but it may take slightly longer for your account to be closed. You will need to have some information to hand when closing or switching your account(s) such as your BIC and IBAN so we can transfer your closing balance to this account.

### **Option 2 – Switch your current account(s) to another provider**

The switching service allows customers to switch your current account(s) to another provider. Customers will need to get in touch with your new provider, who will provide you with a Switching Pack and contact us to start the switch. This means that you won't need to contact us separately to close your account(s), this will be done through the switching service.

### **However, there are still some actions required of the customer:**

- One of the most important parts of the switching process is notifying your employer and anyone else who lodges money into your account, such as Department of Social Protection, that you are switching banks. Provide them with your new account details to make sure any future payments will go to your new bank account. You must complete this step yourself as Ulster Bank or your new provider can't do it for you. The switching pack will have sample letters you can use to inform your employer about your new bank details.
- Your new bank will send your completed switching form to Ulster Bank. We will then notify any company you have a direct debit with of your new bank details so they can update their records.
- However, we recommend customers also contact any company you pay by direct debit yourself to ensure they have your new details on file before your next payment is due. If you have direct debits outside Ireland, you will have to notify these providers yourself.
- Likewise, if you have any recurring payments on your debit card such as music streaming or gym membership you will have to notify these companies of your new card details.
- Ulster Bank will send your new bank a list of your Standing Orders (and will send a copy to you also) and they will set these up to go from your new account, but again it is a good idea to double check these have been set up correctly and will be paid on time.

### **Top Tip**

Customers should choose a time of the month to switch when there is little activity on their account(s) in terms of direct debits, standing orders and

salary payments. It is best to avoid using their Ulster Bank cards or cheque book once the switching process has started. For more detailed information on the switching service, please refer to the Central Bank of Ireland's 2016 Code of Conduct on the Switching of Payment Accounts with Payment Service Providers. Once we begin writing to customers, a step-by-step guide will be available on Customer Support Hub, [www.ulsterbank.ie](http://www.ulsterbank.ie).

**What happens if you don't close or switch your account(s) by the closure date?**

It's important that customers act now. If you don't close or switch your account(s) by the closure date, you will no longer be able to use the account(s) from that date and we will close the account(s) 30 days later. You should make alternative arrangements to pay all regular payments from your account(s), including any mortgage or loan account(s). And you should make alternative arrangements with anyone making regular payments to your account(s) and those authorised to debit your account by providing them with your new account details. If a customer does not do this immediately it could mean that they miss payments, and they will be returned unpaid. Customers will be able to withdraw their remaining balance by visiting a branch or contacting us on the phone number below.

**Customers who need support**

We understand that this may be an unsettling time for customers, but we are here to support you through this change. For additional support visit the Customer Support Hub which will be available on [www.ulsterbank.ie](http://www.ulsterbank.ie), call us on 0818 210 260\*\*\* (00353 1804 7475 if calling from abroad) or visit your local branch.

**You can read the Ulster Bank Withdrawal Overview and Approach [by clicking here](#)**



**Age Friendly Towns in Ireland**

An Article written for AARP, United States by Dr Emer Coveney, National Programme Manager, Age Friendly Ireland.

Developing Age Friendly Towns revolves around the ethos that if you design for the young, you exclude the old, but if you design for the old, you include everyone. A significant component of preparing for population aging is the development of Age Friendly Towns, which are smaller, discrete geographic areas such as a town, village, or a suburban community within a larger urban area. An Age Friendly Town plans for the older person's needs, supports active aging, and facilitates older adults to remain living in their own homes and communities. Age Friendly Towns consider citizens' needs in a holistic way, focusing not just on the built environment but also on access to services, cultural opportunities, safety and security, and residents feeling connected to the community. There are about 60 Age Friendly towns in Ireland at various stages of development, with 29 having completed the process.

[Click here to read the full article.](#)



**Join us live on Facebook**

**Monday 21st  
Wednesday 23rd  
Friday 25th**

**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



### Sergeant Dean Kearns retirement from Meath Age Friendly Alliance



Sergeant Dean Kearns retired from the Meath Age Friendly Alliance this week, having served as an Alliance member for ten years. He was warmly thanked for his many years of support by Chief Executive Jackie Maguire and Aine Bird, the local Age Friendly Programme Manager.

The Age Friendly Programme has a close working relationship with An Garda Síochána particularly in term of consultation with older people on policing, crime prevention supports, CPTED Crime Prevention Through Environmental Design, and road safety.



### Kildare Partners Invite you to #PutASpringInYourStep and turn parkrun green for positive ageing.

We are inviting you to join in our walk, wear green to promote positive ageing and #PutASpringInYourStep. Linking with Kildare parkrun in three venues we would love you to come along and take part in our special event on February 26<sup>th</sup> at 9:30am in each location.

There is no pressure to walk the full 5km though of course you can if you wish, the main focus is to encourage more movement and take the stress out of the idea of “exercise” and of course to have fun. Walking can be a lovely social activity too and even better if it leads you to a coffee shop, so why not bring a friend and begin a new habit? Start where you’re comfortable and build it up.

Just a few minutes a day can make a huge difference to your overall health and wellness; increasing happiness and feelings of wellbeing, lowering blood pressure and cholesterol, building flexibility and balance (very important to reduce falls as we get older) and giving us a sense of belonging and social connections, we have all been missing since covid.

Free t-shirts will be given out to those taking part on the day along with some goodie bags and spot prizes! The key to these events is to come along, whether you want to walk, roll, run or volunteer this will be a lovely social outdoor event and most importantly there will be lots of people joining for their first time too.

Registering for parkrun events using the link attached gives you access to join any parkrun event you wish to attend [www.parkrun.ie/register/](http://www.parkrun.ie/register/).

Thanks to Kildare Library Services you can also drop into Naas, Kilcock or Celbridge library up until the 25<sup>th</sup> February and the staff are there to help with registering and printing the barcode for the event.

Naas parkrun location is Naas Racecourse and access is from the Tipper Road off the Blessington Road. The walk takes place on the ambulance track so about 600M from the car park so please allow time to get there. It's a nice flat 2.5 loops of the ambulance track which is a total of 5km, no need to worry you can always start with one lap and build it up as the weeks go on.

Celbridge parkrun location is in Castletown House the starting point is just a few hundred meters from the front of the house. This route is 2 laps a nice scenic route with sighted support/assistance available for people who are visually impaired.

Kilcock parkrun location is on the canal towpath. From train station walk over the canal bridge towards town and turn left onto canal towpath. Start is approx. 200m from here. This route is out and back on paths along the canal.

This event is a collaboration between Parkrun Ireland, Healthy Kildare, HSE, Older Voices Kildare, Kildare County Council, Kildare Age Friendly, Kildare Sports Partnership, County Kildare LEADER Partnership, SICAP and Kildare Library Services

If anyone wants any further information, they can contact Laura by emailing: [healthyirecoord@countykildarelp.ie](mailto:healthyirecoord@countykildarelp.ie)

## Valentine's Day in Millstreet



A beautiful intergenerational event took place in Age Friendly Millstreet's Day Care Centre for Valentines.

Pupils made and decorated Valentine Cards and these were delivered to the local community, along with a Valentine Cupcake by Millstreet's Meals on Wheels. Love was in the air!



## Valentine's Day in Mitchelstown

Mitchelstown's Social Hub embraced Valentine's Day with creativity recently!



Lots of lovely Valentine's Day cards were made, with great fun on the day! Well done all!!





## Mayo Older People's Council Reunited

Members of Mayo's Older Persons Council were reunited in Breaffy House Hotel on Valentine's Day. For some members it was their first time seeing each other since the pandemic began so love was all around! Marie Flanagan, Chair of OPC said she was delighted to be in the company of the members after such a long time. The group will look forward to holding their regular physical meetings again in 2022 and continue to be the voice of older people in Mayo.



## 'Seeds to Success' Series Offers Inspiration for Community Growing

Community growing provides a range of health benefits including physical activity, mental wellbeing, and social connection. The 'Seeds to Success' series is an online 'seed share' of knowledge and learned experience from six growing communities of various types and stages of development across County Wexford. The hope is sharing these growing experiences will inspire other Wexford communities to get digging, planting and producing in their own locality.

The 'Seeds to Success' series visits newly established gardens and ones that have been around awhile. It looks at the different types of community growing and gives a chance to meet some of the growers themselves and find out what they get out of the growing experience. Just as they seed-share in the gardens, these growers share their knowledge and experience with us; giving tips for others who are interested in developing community growing.

Community Growing projects featured in the series are Castlebridge Community Garden, Askamore Community Garden, New Ross Allotments, Blackwater Tidy Towns, Grantstown Priory and ARC Family Resource Centre Community Gardens.



The series premiered online at 8pm on Thursday 27th January 2022 via Healthy Wexford YouTube and on Healthy Wexford Facebook page. Running for six weeks, one episode will be published per week, releasing at 8pm each Thursday evening. Once released, all episodes will be available to view on Healthy Wexford YouTube channel. Grantstown Priory which provides residential as well as day care services for older people will feature on the next episode of 'Seeds to Success' which airs next Thursday 24th at 8pm.

For More Information Contact:

Annette Dupuy, Healthy County Coordinator, Wexford County Council  
Email: [annette.dupuy@wexfordcoco.ie](mailto:annette.dupuy@wexfordcoco.ie)  
Phone: 053 9196525 or 087-6095565

## 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](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



### IFA Global Cafe | In Conversation with Dr Ingrid Eysers on "The Language of Ageing"

The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Dr Ingrid Eysers, the Networking and Intergenerational Advisor for the Global Center on Ageing at University of Maryland, Baltimore County on the topic "The Language of Ageing"



ifa GLOBAL CAFÉ

#### In Conversation with Dr Ingrid Eysers: The Language of Ageing

Affiliate Professor, the Networking and Intergenerational  
Advisor for the Global Center on Ageing at  
University of Maryland, Baltimore County

📅 18 February 2022 ⌚ 07:00 - 08:00AM EST

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>

## Useful Contacts and Info

**Age Friendly Ireland Shared Service Office** Telephone: **046 9097413**

Or Email: [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie)

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Website: [www.agefriendlyireland.ie](http://www.agefriendlyireland.ie) / [www.agefriendlyhomes.ie](http://www.agefriendlyhomes.ie)

**HSE Advice Line:** Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday