

National Updates



**Happy International Nurses Day**

Today is International Day of the Nurse and the 200<sup>th</sup> anniversary of the birth of Florence Nightingale. Age Friendly Ireland would like to acknowledge the hard work and dedication of our nurse in Ireland and indeed nurses worldwide and extend a massive thanks to all nurses for their invaluable service especially now as the world faces the COVID19 pandemic.



**Minding Your Wellbeing During Uncertain Times**

The HSE have created a [leaflet on wellbeing](#). This resource is relevant for everyone - HSE staff and members of the community. It aims to provide guidance for all of us on minding our wellbeing during these uncertain times. It is based on content from the HSE Minding Your Wellbeing Programme, the World Health Organisation and ActionforHappiness.org. Many thanks to Beatrice Casserly, Dublin City Age Friendly Programme Manager and Karen Heavey, Health Promotion & Improvement / Health & Wellbeing Manager for sending this on to us.



**DCU Age Friendly University Intergenerational Art Competition**

April 29<sup>th</sup> marked the **EU Day of Intergenerational Solidarity** which celebrates intergenerational engagement. DCU, Age Friendly University, would like those of you with grandchildren or a young person in your life to invite them to make a drawing or a poster showing intergenerational engagement - this could be a picture of you all doing something together on a holiday or just sharing time together. It must show young and older people together and tell them a little about the picture. For more details click [here](#)

As mentioned last week DCU Age Friendly University are also partnering with **Silver Thread** to offer a free online module on Life-writing with Dr. Cathy Fowley, something for people to do whilst cocooning! Click [here](#) if you are interested in taking part.



### Irish Water asks people to conserve as households now use 20% more water each day

Irish people are using 20% more water each day at home compared to usage in February, Irish Water has said, in a bid to ask people to watch their consumption. Irish Water has confirmed a significant increase in household water usage since people were advised to stay at home in early March. Households are using an extra 24 litres of water per person per day, 20% more than usage in February. See the full article [here](#)



### Marty is having a party in his garden shed!

We all need a smile during these extraordinary times and there is only one man who can guarantee it. From his garden in West Clare, **Marty Morrissey** presents a new four-part series on [RTE Player](#), Marty in the Shed, which sees the hugely popular Gaelic Games correspondent broadcasting a light-hearted virtual talk-show from his shed, proudly sponsored by grocery retail brand XL. The action on the field is currently at a standstill but Marty will be bringing his effervescent energy, charming personality and good nature to the RTE Player for a four-week series which began on Sunday, May 10<sup>th</sup> [Episode 1](#) is available now.



### Free lessons and concerts by Co Down's Lowden Guitars during lockdown

Co Down's Lowden Guitars has launched its 'Stay at Home, Play at Home' initiative with a packed programme of interactive lessons and performances to keep players of all levels and backgrounds entertained while in lockdown. Launching the campaign, musicians including Foy Vance, Ryan McMullan, ROE, Danny Jones of McFly, The Coronas' Danny O'Reilly and Drew Holcomb joined forces for a [Lowden-produced video](#) which encourages players to create from home, reminding them that "we will endure, together through music" as they turn to their instruments and the wider Lowden community for support and inspiration. For more information check out their [Facebook page](#)



### Sales of olive oil and flour soar as we get busy in the kitchen

Bottles of olive oil are flying off supermarket shelves as we all spend more time at home and in the kitchen. SuperValu has released a breakdown of the products and categories that have been selling strongly in its stores since the Covid-19 lockdown began, and it has reported an 80% increase in olive oil sales. Meanwhile, the need to clean up more often in the kitchen has seen a 60% rise in sales of dishwasher tablets. There has been renewed interest in baking and sales in this category have risen, most notably with flour products up 200%. There has also been an uptake in demand for other related products such as toppings, raising agents, flavourings and food colourings. See full story [here](#)

## Local Updates



### Bishop Brendan chats to Anne Rizzo of the Limerick COVID19 Community Response initiative

Age Friendly Programme Manager for Limerick and Regional Manager for Ireland West, Anne Rizzo spoke to Bishop Brendan of Limerick Diocese last week. Anne is also the coordinator of the Limerick Local Authorities COVID19 Community Response Forum and she talks about all the wonderful work being done to support people in Limerick during COVID19 and especially older people. You can check out the full interview [here](#).



### Physical Activity in Galway

To promote daily physical activity at home among older adults who are currently cocooning due to COVID-19, Healthy Galway City and Healthy County Galway, in partnership with Galway Sports Partnership have adapted an Exercise Leaflet initially developed by HSE Physio Services in Cork, for use in Galway. The leaflet can be downloaded [here](#). There are also hard copies of the leaflet available for distribution across County Galway. You can contact Galway City or County Community Response Forums on the numbers below.

### New Healthy Galway City Website – One Stop Shop for Health and Wellbeing Information

Healthy Galway City launched a new website on the 27<sup>th</sup> April which will act as an information hub, signposting people to reliable sources of health and wellbeing information and useful resources ([full press release](#)). HealthyGalwayCity.ie will also be used as a platform to showcase initiatives, programmes and events which aim to promote the health and wellbeing of the people of Galway City. Check it out [here](#)

**Let's Keep Meath Talking**

What can you do?  
 Keep Meath Talking by reaching out to a neighbour. Smile, chat at a safe distance, make a friendly phone call or let them know your contact details. Family members, neighbours and friends can all play their part by recognizing that even though we have to stay apart, we can still have the time to talk to each other and this can really reduce loneliness.

What can community groups do?  
 Keep Meath Talking by asking members to make regular "comfort calls" to vulnerable citizens by telephone or video call. Help people stay connected and get online. Remember some people may be reluctant to use the tools and that we need to offer them a friendly chat as well as practical support.

Let's Keep Meath Talking

- T – Take time to chat. Together, we can get through
- A – Ask your neighbour how they're doing
- L – Let your neighbour have your contact details
- R – Keep in regular contact by telephone and video call
- I – Initiate conversations with a friendly wave or smile
- N – Never feel alone. Meath Community Call Helpline is here to help you
- G – Get Talking. It's good for you and your community

Meath Covid-19 Community Call Forum is reminding people that anyone who needs help or is experiencing loneliness can call the Meath Community Call Helpline 1800 808 809, 8am to 8pm, seven days a week or the national ACHIEVE Helpline 0818 222 024. Other supports are also available at [YourMeathMeals.ie](#)

Meath Befriending Service is available, offering a check in call each day and practical support where needed. Contact Line 0454602698

Third Age's Beakit, a FREEPHONE 1800 80 45 51 operating 7 days a week, 10am-10pm is a peer-support helpline service. The confidential service has been operating for 22 years in Meath.

The national 'Be Together' campaign aims to provide wellbeing during the current pandemic. It offers a range of activities and supports, for mental health, staying fit and active, and staying connected, which can be found on [joinwithtogether](#)

Protection from coronavirus – it's in our hands  
 #JoinUsMeathBeTogether  
 #KeepMeathTalking

### Let's Keep Meath Talking

Meath Covid-19 Community Call Forum is reminding people that anyone who needs help or is experiencing loneliness can call the Meath Community Call Helpline **1800 808 809**, 8am to 8pm, seven days a week. You can keep Meath Talking by reaching out to a neighbour. Smile, chat at a safe distance, make a friendly phone call or let them know your contact details. Loneliness was highlighted by Meath helpline workers as a key priority for all ages, so they have introduced this initiative after working with colleagues in Kildare. See more [here](#)



### Monaghan Parks - Reserved access from 9.30am-11am

Monaghan County Council have decided to reserve access to the following parks from 9.30am to 11am each day for cocooners and the medically vulnerable.

- Monaghan Town, Greenway
- Monaghan Town, Peter’s lake
- Clones, Barry McGuigan Park
- Ballybay, Lakeside Park
- Carrickmacross, Convent Walk

They are asking other users of these parks to avoid using the parks at these times each day.



### Staying connected in Clare

Clare County Council is co-ordinating a range of initiatives to support people to stay connected while the current Covid-19 public health measures are in place. As part of Clare County Council’s #InThisTogether campaign, Clare County Library has commenced a new delivery service of library books and other materials to cocooning and housebound adults. Other library services include access to a range of e-resources including books, newspapers, magazines, language and other training courses.

You can contact:

- Ennistymon Library (066-7071245)
- De Valera Library, Ennis (065-6846353)
- Kilrush Library (065-9051504)
- Scariff Library (061-922893)
- Shannon Library (061-364266)

for further information.

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



### Rose Part 3

As mentioned in yesterday’s newsletter **Peig McManus** from **Fingal Older Peoples Council** is back again with ‘**Rose Part 3**’. Here Rose continues her story about cocooning in Fingal and she tells us how she is now ‘Zooming, WhatsApping and Twittering’ thanks to her tech whizz daughter Imelda. Another great message from Peig – well done! We can’t wait for the next one!



## International Updates

UNIVERSITY OF  
COPENHAGEN



### Europe supercharges research in the battle against Covid-19

At the University of Copenhagen researchers are working on a candidate vaccine with what is known as "recombinant technology". It involves cloning Coronavirus genes to identify and isolate proteins in order to understand how they bind to human cell receptors. The [European funded project](#) is just one of many currently underway in Europe in the fight against the coronavirus. Read the full article [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.**

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.hse.ie](#)

### How to Prevent

<b>Wash</b> wash hands well and often to avoid contamination	<b>Cover</b> cover mouth and nose with a tissue or elbow when coughing or sneezing and dispose and discard	<b>Avoid</b> avoid eye, nose or mouth with unwashed hands	<b>Clean</b> use disinfect frequently touched objects and surfaces	<b>Stop</b> shaking hands or hugging when leaving public spaces, especially those who might be unwell	<b>Distance</b> avoid crowded places and 2 metres (6 feet) away from other people

### 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](#) QR 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](#)

Healthcare Support Centre  
HSE.ie



Riann na Míreann  
Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** T: 046 9097413 E: [rleavy@meathcoco.ie](mailto: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

Carlow County Council  
Cavan County Council  
Clare County Council  
Cork City Council  
Cork County Council  
Donegal County Council  
Dublin City Council  
DLR County Council

### Community Response Number

1800 814 300  
1800 300 404  
1800 203 600  
1800 222 226  
1800 805 819  
1800 928 982  
01 222 8555  
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 500 000
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