

National Updates



The HSE now have a dedicated page for **older people and their mental health**. The website covers everything from the challenge of staying at home, potential isolation and loneliness associated, minding your mental health, info on services and supports and guidance on supporting an older person. Check out the website [here](#)

They have also launched a self-management resource which aims to **support people living with long-term conditions** during COVID19. Click [here](#) to view.



Did you see **The One World: Together At Home** online concert over the weekend? The global event raised \$127.9 million (about €118 million) for Covid-19 relief efforts, organisers have said. The project was staged in conjunction with [Global Citizen](#) and the [World Health Organisation](#). Curated by **Lady Gaga**, the event attracted some of the biggest names in music, performing from their homes. It was broadcast on Saturday, April 18<sup>th</sup>, on all the major networks, including RTÉ, BBC and networks across the United States. You can watch the full broadcast again [here](#).



You may remember from a previous newsletter we mentioned that **ExWell Medical** had launched a new home exercise programme called **ExWell@Home** to temporarily replace the group exercise classes. A sample class is now available [here](#) if you wish to check it out.

**Noel McCaffrey**, Medical Director, says, “while the ExWell programme is aimed at helping people with illness to improve their physical activity levels, improve strength, mobility and confidence, anyone interested in trying home exercise at this time is welcome to give it a try”.

Further details about ExWell@Home are available [here](#)



Community  
Law & Mediation



INCLUSION IRELAND

In response to the increased need for legal information and advice arising from the COVID-19 emergency, [Community Law & Mediation](#) is running new [Free Legal Advice Clinics](#) which people will be able to access by phone. The clinics primarily cater for employment, social welfare, debt and housing law queries, but general queries are also welcome. Appointments for phone consultations can be booked on **01 847 7804 / 061 536 100**.

In partnership with [Inclusion Ireland](#), they are also running a new free legal advice clinic on disability issues related to children. Appointments can be booked by contacting **01 855 9891** or emailing [info@inclusionireland.ie](mailto:info@inclusionireland.ie).

Many thanks to Elizabeth Devine, Communications Manager from Community Law & Mediation for sending this on.



A new daily fitness show 'Ray & O' Se's Fitness 15' from **Ray Lally**, the Today Show fitness expert, and **Dáithí Ó Sé** is starting on RTÉ One today.

According to Ray Lally "the show is being launched to directly address the concerns of viewers who are in self-isolation or cocooning and will offer tips especially for older viewers on how to keep healthy and happy".

Check it out weekdays from 2.20pm on RTÉ One.



**One Family** is a family support organisation working specifically with people parenting alone, sharing parenting and separating. They have moved all services to telephone and online and their national 'askonefamily' helpline provides listening support to those in distress, information on a wide range of topics and local signposting. They are offering advice on difficult issues such as managing access visits during this crisis, contingency planning in case you become ill and temporary guardianship as well as social welfare queries.

One Family can be contacted on **016629212 | 1890662212** | [info@onefamily.ie](mailto:info@onefamily.ie) Check out their [website](#) and [Facebook](#) page for more info.

If you know anybody who would benefit from this service, please pass on the information. Many thanks to Karen Kiernan, CEO of One Family for sending this on.

## Local Updates



Many thanks to **Bernie Bradley**, Programme Manager in **Monaghan** for putting together some easy to ready [information on collecting your pension during COVID19](#) and how to nominate a temporary agent if necessary. The An Post temporary agent form can be accessed [here](#)



Many thanks to **Derek Ryan**, Station Officer in **Dunlavin Fire Station** who emailed us to let us now that they are available to make deliveries of food and medication in their area. To date they have made over 230 deliveries. Local shops are taking phone orders, processing payments over the phone, crating the orders and ringing the station once the delivery is ready to go. Wicklow county fire service has allowed the use of their van to make these deliveries. The local shops participating are:

- Centra Dunlavin **045 401613**
- Doyle's Butchers **045 401217**
- Whelans Pharmacy **045 401319**
- Hughes grocery **045 401152**

Well done to all involved – a wonderful resource for those who are unable to get out and about.

## 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!



Many thanks to **Kitty Hughes (Chair of Longford Older People's Council & Vice Chair of the National Network of Older People's Councils)** for sending us a '[Postcard from a Cocoon](#)' where Kitty in her own inimitable style captures the ups and downs of staying "cocooned". We really enjoyed this so well-done Kitty and if anyone else would like to send us a postcard documenting their experience of cocooning, we would be delighted to share it here too.

## International Updates



A new **WHO** interactive chatbot on Viber aims to get accurate information about COVID-19 to people in multiple languages (for those of us who aren't tech experts this is simply a messenger system that works with text or voice command). The partnership with Viber gives WHO the potential to reach over 1 billion people in their local language directly through their mobile phones. Join the WHO Viber service [here](#)



Some good news in **Germany** as they take first steps back towards normality, with smaller shops in some regions opening up for the first time in a month after politicians declared the coronavirus "under control". From florists to fashion stores, the majority of shops smaller than 800 square metres will be allowed to welcome customers again, in a first wave of relaxations to strict curbs on public life introduced last month. For more see [here](#)



Food suppliers in **Johannesburg, South Africa** have donated provisions to put together food parcels for people unable to work amid lockdown conditions put in place to contain the coronavirus. Those receiving the essential packages included self-employed waste pickers who scour the city's rubbish for recyclables and are paid for the amount they collect. They are key to South Africa's recycling rate and helping local authorities save on landfill costs. For more see [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.dfa.ie](#)

### How to Prevent

|   |   |  |   |  |  |
|---|---|--|---|--|--|
|   |   |  |   |  |  |
| <b>Wash</b><br>your hands well and often to avoid contamination | <b>Cover</b><br>your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue | <b>Avoid</b><br>touching eyes, nose or mouth with unwashed hands | <b>Clean</b><br>and disinfect frequently touched objects and surfaces | <b>Stop</b><br>shaking hands or hugging when greeting others | <b>Distance</b><br>stand at least 2 metres (6 feet) away from other people, especially those who might be unwell |

### 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](#)



Riástan na hÉireann  
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**

| <b>Local Authority</b>            | <b>Community Response Number</b> |
|-----------------------------------|----------------------------------|
| 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             | 01 890 5000                      |
| 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                     |