



A note from the Chairperson of the National Network of Older People's Councils

Hello to one and all

I hope you are getting through this hibernation period, that's what I am calling it anyway - it is a warm word, you picture a bear hibernating with a nice bed, food and a warm house. If there's something you have always wanted to do, now is the time to do it - learn to play an instrument, write a poem or write your life story, your family will be able to read it now or in years to come. Wishing you the best of luck, stay well and safe, and one day very soon we will all be out and about again.

Regards
Mary Cronin

National Updates



All COVID-19 Local Authority Community Response Helplines are now live - see list below

Local Authority	Community Response Number
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1890 252943
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 2228555
Dun Laoghaire Rathdown	01 2713199
Fingal County Council	01 890 5000
Galway City Council	091 536 400
Galway County Council	1800 92 8 894
Kerry County Council	1800 807 009

	<p>Kildare County Council 045 980 202</p> <p>Kilkenny County Council 1800 500000</p> <p>Laois County Council 1800 832 010</p> <p>Leitrim County Council 071 9650473</p> <p>Limerick Local Authorities 1800 832 005</p> <p>Longford County Council 043 3344255</p> <p>Louth County Council 1800 805 817</p> <p>Mayo County Council 094 9064660</p> <p>Meath County Council 1800 808 809</p> <p>Monaghan County Council 1800 804 158</p> <p>Offaly County Council 1800 81 81 81</p> <p>Roscommon County Council 1800 200 727</p> <p>Sligo County Council 1800 292 765</p> <p>South Dublin County Council 01 4149043</p> <p>Tipperary County Council 0761 06 5000</p> <p>Waterford City and County Council 1800 250 185</p> <p>Westmeath County Council 1800 805 816</p> <p>Wexford County Council 053 919 6000</p> <p>Wicklow County Council 1800 868 399</p>
 <p>Government of Ireland</p>	<p>The Department of Health & the HSE are in the process of updating public information posters & artwork to reflect the new guidelines issued on Friday the 27th March. They are also working on Irish versions. See link to all updated materials</p>
	<p>The HSE recently recruited 262 extra nurses and 63 extra doctors to tackle Covid-19 in Ireland. Some of these healthcare professionals have moved home from abroad or have come out of retirement in hope of easing the Covid-19 pandemic. Those who travelled home from abroad won't be able to see their families for 14 days as they must self-isolate before hitting the frontline in Irish hospitals. Minister Simon Harris added that there are 'many more to come onboard'</p> <p>The HSE have also issued useful and practical information and advice for people on how to maintain positive mental health during the pandemic. Click here for full details</p>
	<p>Post offices are open for business as usual and special arrangements for post office customers unable to collect their regular DEASP payments, for example Pensions, are now in place. All social welfare payments will be held at the Post Office for up to 90 days. A nominated Temporary Agent may collect the payment on the customers behalf, on production of the necessary ID and documentation. The customer must sign the temporary agent application form and give their public services card to the appointed temporary agent. The agent must bring</p>

	<p>some photo id with them to the post office along with the signed form and card.</p> <p>Download appointment of temporary agent application form here</p>
	<p>Age & Opportunity are broadcasting three live 15-minute physical activity sessions online each week that older people can join in with – ‘Age & Opportunity Movement Minutes’. The first will be a seated activity session, the second will be a standing activity session and the third will be a mix of seated and standing. Join them on their Facebook page for ‘Age & Opportunity Movement Minutes’ every:</p> <ul style="list-style-type: none"> ▶ Monday @ 11am: Seated Physical Activity Session for Older People ▶ Wednesday @ 11am: Standing Physical Activity Session for Older People ▶ Friday @ 11am: Seated and Standing Physical Activity Session for Older People
	<p>Doctors have expressed concern that patients with serious ailments or ongoing chronic illnesses may be ignoring their symptoms and avoiding visits to their GPs or Emergency Departments because of the Covid-19 outbreak.</p> <p>Dr Pádraig McGarry, President of the Irish Medical Organisation and a practising GP, said ‘<i>It is important that patients with medical conditions other than non-Covid-19 are assessed by their GP.</i>’ Dr McGarry urged patients who may be anxious about visiting a doctor’s surgery to call their GP so their situation can be assessed, and they can be advised of the next step.</p>
	<p>As raised by Older Peoples Councils recently we are delighted to welcome the announcement from Minister for Employment Affairs and Social Protection, Regina Doherty and Minister for Finance and Public Expenditure and Reform, Paschal Donohoe, that the Government will be extending the Fuel Allowance season by four weeks - from Friday 10 April to Friday 8 May – in response to the COVID-19 emergency.</p> <p>See full details here</p>
	<p>Restrictive Government measures are having a positive effect in reducing the number of new cases of coronavirus, according to Prof Philip Nolan, president of NUI Maynooth, the academic tasked with predicting the further growth of the epidemic. The measures have resulted in a fall in the growth rate of the outbreak, but it will take from seven to 14 days before the full impact of the measures will be known.</p>



Kingston Mills, Professor of Experimental Immunology at Trinity College Dublin welcomed a new test due to become available shortly that will determine if people who have come through the virus, but were not tested, are now clear. The new test, which is performed using a drop of blood, can be processed very quickly and can clear people to go back to work. This will be especially beneficial for health care workers, he said.

Local Updates



Offaly Enterprise Office is offering business supports to help businesses manage current market challenges during COVID19. More information on their business continuity vouchers, grants & supports are available [here](#)



Seisúns, music, song, and dance are part of our Irish DNA. From weddings to funerals, we are known to 'witsh' the group of talkers in the corner in place of a tune or song. Even during these unpredicted times, we've been staying positive by keeping in harmony. Click [here](#) to see some examples of People using songs to bolster community spirit

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!

