

**National Updates**



**Age Friendly Ireland | Newsletter**

Just a reminder that from next week (week commencing the 27<sup>th</sup> July) Age Friendly Ireland will commence issuing our newsletter on a once weekly basis, every Friday. If you have any good news stories, information or supports that you would like to share widely across our network in Ireland please email them to [leavy@meathcoco.ie](mailto:leavy@meathcoco.ie).



We have been overwhelmed with the positive feedback to the newsletter and we want to thank everyone who has contributed to date – from the wonderful stories and poems to sharing it far and wide!



**Two coronavirus vaccines 'produce immune response'**

Two coronavirus vaccine candidates have proven safe for humans and produced strong immune reactions among patients involved in separate clinical trials, doctors have said.

The first trial among more than 1,000 adults in Britain found that the vaccine induced "strong antibody and T cell immune responses" against the novel coronavirus. A separate trial in China involving more than 500 people showed most had developed widespread antibody immune response. [The studies, published in The Lancet medical journal](#), constitute a major step on the road towards a Covid-19 vaccine that is effective and safe for widespread use. Read more [here](#)



**Minister Catherine Martin T.D. announces €500,000 investment in the Creative Ireland Programme's new Creativity in Older Age Programme**

Yesterday the Minister for Media, Tourism, Arts, Culture, Sport and the Gaeltacht, Catherine Martin T.D. announced an exciting new programme of creative activity for older people to be delivered by the Creative Ireland Programme through its strategic national partners and the local authorities. The Creativity in Older Age Programme has been designed to counteract the social side effects of the pandemic. It will begin immediately and will be rolled out over the next 18 months. Read the full press release [here](#).

Age Friendly Ireland are excited to be working with Creative Ireland and to see so many wonderful Age Friendly Initiatives rolling out across the country.



An Roinn Tithíochta,  
Pleanála agus Rialtais Áitiúil  
Department of Housing,  
Planning and Local Government



### Rent freeze and ban on evictions extended until August 1<sup>st</sup>

The Government has said it will extend the rent freeze and the ban on evictions until the end of the month, by which time ministers hope to have new legislation in place which will enable the measures to be put on a firmer footing. In a statement last night (Monday), Minister for Housing, Local Government and Heritage, Darragh O'Brien said the moratorium would be extended until August 1<sup>st</sup> following discussions with the Attorney General. Read more [here](#)



### New Resource Launched for Former Family Carers

A new booklet from Care Alliance Ireland, **The Way Ahead**, aims to support former carers as they enter a new phase in their lives. The booklet outlines options for returning to paid work, volunteering or further education, as well as online supports and counselling services. The booklet is available free of charge to organisations and to former family carers. You can download it at [www.carealliance.ie](http://www.carealliance.ie) and you can request hard copies by email to [info@carealliance.ie](mailto:info@carealliance.ie)



- View a short video summarising the booklet [here](#).
- View an extended video detailing the booklet content [here](#).



THE ALZHEIMER  
SOCIETY of IRELAND

### Alzheimer's Society of Ireland | Webinar | Caring & Coping with Dementia in COVID-19

Next Tuesday, the 28th of July from 11am-12pm the Alzheimer's Society of Ireland are hosting a live webinar: Caring & Coping with Dementia in COVID19, presenting their [latest research report](#) which was recently published and proposing action. Click [here](#) to register



### UK paramedic has great way to help lip readers while wearing a mask

A paramedic in the UK has found an innovative way to help people who lip read while wearing a mask. As wearing masks becomes an aspect of our daily lives, this has created problems for hard of hearing or deaf people who may rely on lip-reading. Paramedic, Danny Hughes for the South East Coast Ambulance Service has discovered an easy and simple way to communicate with people who lip read while wearing a mask. Check out the video [here](#). Google Live Transcribe and other voice to text transcribe apps can be downloaded from the app store on your smartphone.



NATIONAL CONCERT HALL AN CEOLÁRAS NAISIÚNTA



### National Concert Hall (NCH) presents Elegy: An evening of music dedicated to victims of Covid-19

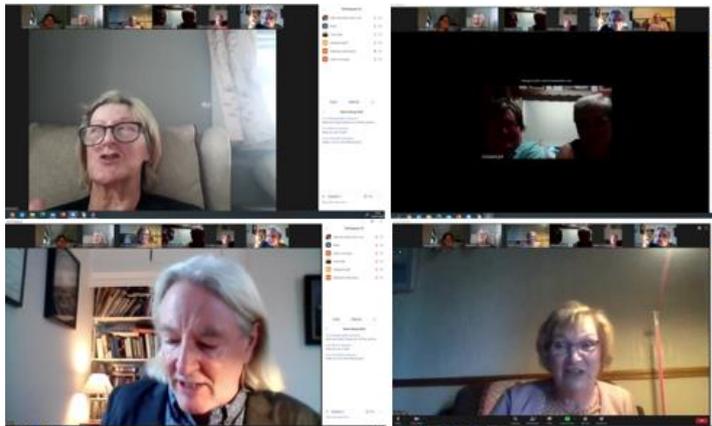
Last Friday, the 17<sup>th</sup> July at 8pm saw the live stream of Elegy - an evening of reflection and remembrance through music dedicated to those who have passed away during the Covid-19 crisis. The concert was streamed live from [NCH's YouTube](#) and [Facebook](#) as well as [irishtimes.com](#), [RTE.ie](#) and Culture Ireland's social media channels. We saw Ireland's leading choral ensemble, Chamber Choir Ireland and the Chamber Ensemble perform one of the most sublime works in the sacred classical canon, Fauré's Requiem. The evening also included performances by lauded Sean-nos singer and The Gloaming member, Iarla Ó Lionáird | Claire Duff | Rhiannon Giddens & Francesco Turrís. A concert of reflection dedicated to those who have passed away during the Covid-19 crisis. WATCH ON NCH YOUTUBE, NCH FACEBOOK, RTE IE & IRISHTIMES.COM

### Local Updates



### Age Friendly Leitrim | The Home Place

In Leitrim, older people who are advised to stay at home right now, are still coming together in groups only now they are using computers or mobile phones. Leitrim County Council has developed a programme with author and previous Bealtaine Writer in Residence Brian Leyden whereby they work with active age groups to arrange to use Zoom, Facetime or WhatsApp on group members computers or mobile phones and host readings where they can listen to Brian read from his work and discuss it together with him and other group members. Having trialled the project with Annaduff Active Age Group, they will now roll out the project with three sessions per group with Annaduff Active Age Group, Manorhamilton Men's Shed, Kiltyclogher Over 55s Social Group and Glenfarne Active Age Group. Some groups will use Zoom, those with less access to technology will use WhatsApp and some, such as Manorhamilton Men's Shed, will have some members attend in the centre while others join on Zoom. What a brilliant way to bring everyone together – well done Age Friendly Leitrim!



 <p>comhairle chontae na mí meath county council</p> 	<p><b>Move More Fitbit Challenge</b></p> <p>Meath Local Sports Partnership in association with Healthy Ireland and Meath County Council invite adults from Kells, Laytown/Bettystown and Ashbourne to participate in our new 12 week Move More Fitbit challenge.</p> <p>Participants must:</p> <ul style="list-style-type: none"> <li>• Be over 18 years of age</li> <li>• Be new to exercise (not currently active)</li> <li>• Be willing to participate fully in the 12 week Move More challenge</li> <li>• Preferably have access to a smart or android phone</li> <li>• Have access to the internet</li> <li>• Have a basic working knowledge of computers</li> </ul> <p>The Move More programme aims to increase and track activity levels amongst participants with the aid of a Fitbit wristwatch. Fitbits will be provided to all participants for the duration of the programme. Please email your name and address to <a href="mailto:mlsp@meathcoco.ie">mlsp@meathcoco.ie</a> before Monday, July 27 at 4.00pm to register. Qualifying criteria will apply, places are limited.</p> <p><b>Sport Inclusion &amp; Disability Awareness Online Workshop</b></p> <p>Meath Local Sports Partnership are running a Sport Inclusion &amp; Disability Awareness Online Workshop. This workshop takes place on <b>Wednesday, July 29th at 7.00pm</b>. This is a FREE awareness building workshop developed to help increase awareness around providing opportunities for people with disabilities to participate in sport and physical activity. To book contact Terry on <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>.</p>
	<p><b>Age Friendly Amenities Project in Aughrim, Wicklow</b></p> <p>In 2018 the community of Aughrim in Wicklow, applied for a town and village grant to upgrade the community hall facilities. At the rear of the hall was a disused tennis court and it was agreed with that an upgrade would be appropriate to possibly include bowls as well as the site was large enough. The age friendly project funding was secured and following procurement and tendering, groundworks have now commenced. This is a wonderful project and it is fantastic to see the community working together on it. Best of luck to all those involved.</p>

**Your Voice**

	<p>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 <a href="mailto:rleavy@meathcoco.ie">rleavy@meathcoco.ie</a> Information is one thing we can share right now!</p>
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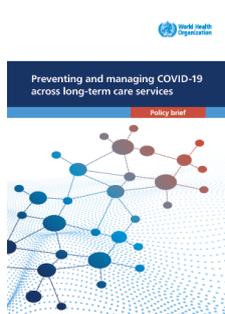
## International Updates



### IFA Virtual Town Hall | What's Next? Building “forward” better and accelerating progress: Elevating older persons at the United Nations

Throughout the COVID-19 pandemic, UN and WHO leaders have expressed concern about the devastating impact on older people, communities and societies. Though progress is being made in elevating the voices of older people through advocates in civil society, Mr. Rio Hada and Ms. Amal Abou Rafeh explore ways forward which may better integrate older people into decision-making processes nationally and in intergovernmental agencies such as the United Nations.

Friday 24<sup>th</sup> July 2020 from 12noon. You can register to attend [here](#) Please note that this town hall will be recorded and streamed live on Facebook. If you are unable to participate live, the recording and relevant resources will be shared on [IFA's website](#)



### WHO | Preventing and managing COVID-19 across long-term care services

‘The COVID-19 pandemic has affected older people disproportionately, especially those living in long-term care facilities. In many countries, evidence shows that more than 40% of COVID-19 related deaths have been linked to long-term care facilities, with figures being as high as 80% in some high-income countries. Furthermore, in long-term care facilities, the case fatality for residents with COVID-19 may be higher than in the population of the same age living outside long-term care facilities.’ [Preventing and managing COVID-19 across long-term care services](#) - a policy brief developed by WHO through new analysis, expert consensus and reference to existing WHO guidance.

## 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.dail.ie](#)

### How to Prevent



**Wash** your hands well and often to avoid contamination.  
**Cover** your mouth and nose with a tissue or sleeve when coughing or sneezing and discard and clean.  
**Avoid** touching eyes, nose, or mouth with unwashed hands.  
**Clean** and disinfect frequently touched objects and surfaces.  
**Stop** shaking hands, hugging, kissing, sitting close to others, greeting other people.  
**Distance** yourself 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](http://www.gov.ie/health/covid-19)  
[www.hse.ie](http://www.hse.ie)



## 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	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