

National Updates



An Roinn Sláinte
Department of Health



Using the Health service during COVID-19

This week saw some new communications for people who may be concerned about using health services, or are uncertain that they're operating as normal. Our health service is open for urgent care, and they have taken extra precautions to ensure patients are safe. There are national and regional radio ad's about using GP and Emergency services, and the National Cancer Control Programme shared two really informative new videos about [people who may have cancer signs](#) , and [people who are attending for cancer treatment](#)

For the most up to date information and advice on Coronavirus, please go to: <https://www2.hse.ie/coronavirus/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>

For information on face coverings for public use, please see: <https://www2.hse.ie/conditions/coronavirus/face-masks-disposable-gloves.html>



COVID-19 Restrictions Could be Lifted Early

According to an article in the Irish Times today, decreasing numbers of Covid-19 cases may give the Government an opportunity to speed up the lifting of restrictions. The number of new coronavirus cases has been less than 100 per day on eight of the last nine days. Phase two of the roadmap that outlines how restrictions will be lifted is expected to begin on June 8, with phase three starting on June 29. However, if cases continue to drop, some aspects of phase four, on July 20, could be brought forward to June 29.

The Irish Hairdresser's Federation will present a number of recommendations to the government that they say could allow salons to open earlier than planned. The recommendations are expected to cover critical day to day operations of salons that will enable them to re-open in a manner which is safe to both staff and customers. Currently they are not set to open until phase four.



Family Carers Ireland - offering family carers free counselling sessions

Family carers sometimes have difficulty coping with their emotional well-being and their mental health and are more likely to struggle with stress, anxiety and depression than the general population. As a carer, there are times when you may find yourself struggling with your mental health and emotional well-being due to a combination of the demands of your caring role, and the additional challenges you might be facing as a result of the COVID-19 pandemic. Family Carers Ireland offer help to family carers, as they believe no one should have to care alone. They have developed a free, short-term online and phone counselling service for family carers and will connect carers with a qualified counsellor from a panel of approved professionals. The service can be accessed through the website <https://familycarers.ie/help-and-advice/online-and-phone-counselling-service/> or through the National Freephone Careline on 1800 24 07 24.



Number of People receiving the Pandemic Payment Falls.

Numbers receiving the pandemic payment fell as thousands returned to work. About 35,600 people who were receiving the Government's special coronavirus unemployment payment returned to work last week and will be receiving their last payment of €350 this week.



Our buying habits during COVID 19

Conor Pope (Pricewatch) tells us that much attention is being paid to how we shop and what we have been buying since the start of the Covid-19 crisis, but what are the products that have been left behind – what are we not buying anymore? When Covid 19 came to Ireland we all started to panic buy toilet rolls and hand sanitisers just like other countries but some of the other products that became popular buys were; home baking ingredients, flour, yeast, baking trays, manicures, nail polish, hand cream, books, colouring books and jigsaws. But what have we stopped buying – some of the things he mentions are; pre-packed bread, premium cakes, men's grooming products, fake tan and the list goes on. Find out what's being left on the shelf by reading his [full article here](#).



President Michael D Higgins to feature on the Late Late Show

The President of Ireland, Michael D Higgins, has been confirmed as a guest on the final Late Late Show of the season this Friday. RTE has lined up a state of the nation interview with the president to end the season on a high. The President will be interviewed from Arás an Uachtaráin rather than being present in the studio. There will also be a special final tribute to the HSE frontline workers who have been at the forefront of The Late Late since the pandemic broke.



Cycle against Suicide Bike Challenge

Caroline Lafferty, CEO of Cycle Against Suicide, is asking us to share some details of their campaign ***Bike4Life to smash the MKM challenge.***

Mental health issues affect people constantly, but they have become even more imminent during this time of fear, anxiety, and uncertainty. We know that there are many people who are struggling. Taking place from Saturday, 23rd May, until World Suicide Prevention Day on September 10th 2020, **WE ARE URGING YOU TO TAKE TO YOUR BIKES** and join our ***Bike4Life to smash the MKM challenge.*** Wearing a Cycle Against Suicide cycling jersey, t-shirt or jacket, you will signal to those who see you, that what you are doing you are doing *for a purpose*. Raising awareness of the persistently high rate of suicide in Ireland, our aim is to collectively take to our bikes over these coming months and cycle in excess of the million km mark, – *the MKM Challenge*. At a time when Ireland has the fourth highest suicide rate in the 15 -19 age group across 31 European countries, this event will serve to highlight a real and devastating problem in our society.

However much you think you can cycle, be it on a bike, a trike or an exercise bike, with family or friends – ***join Cycle Against Suicide in their fight against suicide.*** Full details are available at: <http://www.cycleagainstsucide.com/bike4life-the-mkm-challenge/>



Co Armagh Priest Pleases Parishioners with Irish Dancing display

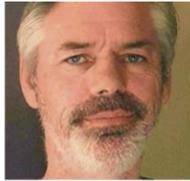
Parishioners of St Peter's Church in Lurgan were treated to a rare dance performance by parish priest Fr Colum Wright, deacon Kevin Devine and sacristan Noel McCann at the end of Mass on Saturday night. Fr Wright, who had experience of dancing jigs and reels in his youth, said the intention was to "give people a laugh and make them happy in the darkness of coronavirus". The Mass and the dance performance were streamed into homes via the parish webcam. The church's services are viewed online by people from 84 different countries.

Local Updates



Castlefen Aims to be the First Age Friendly Housing Estate in Ireland

Residents of the Castlefen residential estate in Sallins, County Kildare, are aiming to make it the first Age Friendly estate. The Kildare Age Friendly Programme has worked with the community in the estate to identify actions that would make it more Age Friendly. This work included a walkability audit and the publication of an action plan for the estate. KildareNow reports that "The initiative came from the Castlefen residents themselves. The whole community of Castlefen supported the project and all of the improvements carried out to date were as a result of needs identified by the older residents themselves..."



John McLoughlin
Castlefen Residents' Association Chairperson

Castlefen Residents Association is also responding to the needs of their older population in relation to Covid-19 by putting measures in place such as calling older residents by phone just to check in to see if they need any assistance or reduce the feeling of isolation."

Plans for the estate include making it safer for pedestrians, addressing localised issues with footpaths, Age Friendly car parking, public lighting, accessibility improvements, and public seating.

"As we look around the estate we can see that our friends and neighbours are fast approaching old age and as a result we decided to be proactive and put measures in place to future proof Castlefen to be age friendly. We're proud of the progress we're making," said residents' association chairperson John McLoughlin.



Comhairle Contae
Fhine Gall
Fingal County
Council



"Rose From Fingal" Part 4

We told you 'Rose from Fingal' would be back!

Watch and listen to Part 4 of the story of 'Rose from Fingal', a story about coping with Corona by the inimitable Peig McManus. Rose talks about her 'bucket list' and is still giving orders to her daughter Imelda 😊 youtu.be/YDOuF-EdyzM
pic.twitter.com/NWIT6rm5gK

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!

International Updates



International
Federation on
Ageing

Join the IFA Virtual Town Hall Series | COVID-19 and Older People: Technology and Innovation as Enablers on Friday from 12pm – 1pm Irish Standard Time

COVID-19 has brought with it many unprecedented challenges, particularly regarding the impacts on older people. Physical distancing has exacerbated the isolation experienced by older adults and presented barriers to treatment in a variety of health care settings. As a result, more attention is now being paid to the role of technology and innovations in battling some of the negative health consequences associated with physical distancing, and enabling resilience among older people.

The discussion around the roles of technology and innovation in the health care environment is essential as we collectively navigate the

	<p>challenges and opportunities facing older people during this COVID-19 pandemic.</p> <p>Opening Remarks by Ms. Grace Chan, General Manager, Innovation and Technology for Ageing, The Hong Kong Council of Social Service</p> <p>Register to Join this weeks Virtual Town Hall</p>
	<p>Spain to welcome foreign tourists back from July</p> <p>Reuters news agency reports that Spain is encouraging the return of foreign tourists from July as one of Europe’s strictest lockdowns is easing. The world’s second-most visited nation closed its doors and beaches in March to handle the Covid-19 pandemic, but now plans to lift a 14-day quarantine requirement on overseas arrivals within weeks. The tourism industry in Spain plays a major role in its economy and usually draws 80 million people per year.</p>

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



Wash
your hands well and often to avoid contamination



Cover
your mouth and nose with tissue or sleeve when coughing or sneezing and discard used tissue



Avoid
touching eyes, nose or mouth with unwashed hands



Clean
avoid contact frequently touched objects and surfaces



Stop
shaking hands or hugging once leaving public places



Distance
avoid contact with 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.hpsc.ie

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: 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	Community Response Number
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