

National Updates



On Friday the 24th April **An Taoiseach, Leo Varadkar** launched the new campaign - **In This Together** - which aims to help everyone in Ireland to Stay Connected, Stay Active, and look after their Mental Wellbeing throughout the Covid-19 Emergency. The campaign encourages everyone to pick a new activity which could help them to feel a little healthier or a little better as we deal with Covid-19. The Taoiseach was joined at the launch by **Minister for Health, Simon Harris and Minister for Children & Youth Affairs, Katherine Zappone**. For full details of the campaign check out the full press release [here](#).



The **HSE** have released seven new COVID-19 guidance resources for staff and carers who provide services to people with disabilities. This guidance will help ensure that staff and carers are fully aware of the steps they need to take during the outbreak. [All of the materials are available to download here](#). A list of all of the guidance documents, including those previously shared, can be found [here](#)

For the most up to date public health information and advice on Coronavirus, please click [here](#) or visit the [HSE Health Protection Surveillance Centre](#)

A **mobile phone app** to assist with the process of contact tracing will be introduced here next month. The HSE said people will have to opt-in to use the app and discussions about how it will operate are continuing with the Data Protection Commissioner.



The outbreak of Covid-19 may cause additional challenges for older people who may already be vulnerable and particularly those who struggle with health conditions, loneliness, and isolation. The **Alzheimer Society of Ireland** have put together some **tip sheets**, incl. tips for nursing home restrictions, to help support people with dementia and their families in a challenging and rapidly changing situation. Find more info [here](#)

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| | <p>To accompany the “In home activities” booklet ASI staff have also created a weekly activity planner for people with dementia, families and carers. It contains suggestions for a balanced plan of physical, cognitive and relaxing activities, and can help maintain or create routines at home. Behind each suggestion is a link to a website with useful information on the specific activity. The planner is available here</p> |
|  | <p>Sage Advocacy, a support and advocacy service for vulnerable adults, older people and healthcare patients have also adapted their services during COVID19. They have created a resource section on their website to provide information about practical supports, local services, pathways for care, and the critical resource documents that are being disseminated by all of their relevant Stakeholders at this time. Their information & support/rapid response free phone service is available on 1850 71 94 00 and is open daily from 8am to 10pm.</p> |
|  | <p>Many thanks to music therapists/GIM psychotherapists Ian Leslie and Tommy Hayes for sending us information on a short active listening exercise which they have produced. This is a simplified version of a receptive music therapy programme they have developed and implemented in Ireland and the UK. Click here for more information.</p> |
|   <p>meath partnership <small>engage · enable · participate · progress</small></p> | <p>Blossom Ireland who provide supports and services for young people with intellectual disabilities have created accessible step-by-step tutorials on how to use WhatsApp and Zoom. If you are struggling with these technologies why not check them out here</p> <p>Meath Partnership have also created a guide to using WhatsApp which you can view here</p> |
|  | <p>Creativebloq.com have done a roundup of the best online art galleries and museums for an at-home online culture hit. Or if you're more interested in improving your own artistic endeavours, check out their roundup of tutorials on art techniques, or kit yourself out with the essential art supplies you need for painting.</p> |

Local Updates



Massive well done to **St Muchin's Community Centre** in Limerick who are providing 458 dinners a day ,411 care packs for children every two weeks and 600 friendly calls twice a week. Check out their [Facebook page](#) for more info



Congratulations to **Baile Mhuire Day Services** in Tralee who have created an [activity booklet 'Stay Active'](#) which has been produced in conjunction with the HSE. The booklet aims to encourage older people who are cocooning at home to remain active. This booklet contains easy to follow exercises that can be done at home, which if practiced will help to maintain strength and mobility.



Kildare Sports Partnership has also produced an [Older Adults Exercise Leaflet](#). They will also publish a two-page spread (poster version) in this week's edition of all local papers in Kildare to make sure the information gets to as many older people as possible.

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



WHO/Europe has published considerations on the gradual easing of measures taken in response to #COVID19. Various factors mean the easing of measures present different challenges to each country. Find out more [here](#)



Great news in **Italy**. Italy will allow factories and building sites to reopen from the 4th of May and permit limited family visits as it prepares a staged end to Europe's longest coronavirus lockdown, the country's Prime Minister has said. More than two months after the first case of Covid-19 appeared in a small town outside Milan and following weeks of lockdown, Italy is looking ahead to a second phase of the crisis in which it will attempt to restart the economy without triggering a new wave of infections. See more [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 movements for 14 days. Check the list of affected areas on [www.hse.ie](#)

How to Prevent

- Wash**
Wash hands well and often to avoid contamination
- Cover**
Cover mouth and nose with a tissue or elbow when coughing or sneezing and dispose and discard
- Avoid**
Avoid eye, nose or mouth with unwashed hands
- Clean**
Clean and disinfect frequently touched objects and surfaces
- Stop**
Shaking hands or hugging when leaving public places, especially those who might be unwell
- Distance**
Avoid or limit 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](#) 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](#)

Healthcare Support Unit
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Riástan na Míreann
Government of Ireland

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 |