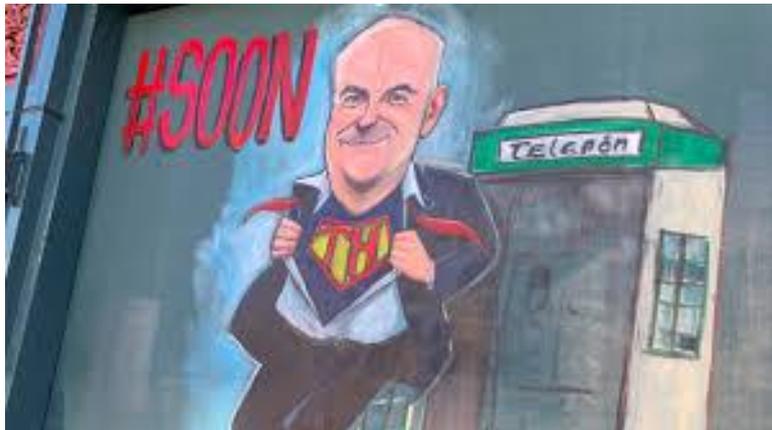


National Updates



Thank you, Dr Holohan

The entire Age Friendly Ireland family would like to thank Dr Tony Holohan for his incredible work during the Covid19 pandemic. We all felt that we were in very safe hands with Dr Holohan at the helm of the National Covid Response Team. We have relied on his guidance as he became a daily presence in our lives during Covid-19, addressing us in a calming and reassuring way.



We are delighted that the Lord Mayor of Dublin City, Hazel Chu, has proposed Dr Holohan to be awarded the Honorary Freedom of the City of Dublin.

We will continue to follow the advice of Dr Holohan as we keep his family in our thoughts and prayers during this difficult time.

Covid Tracker App Now Live!

COVID Tracker is a free and easy-to-use mobile phone app that can:

- alert you if you have been in close contact with someone who has tested positive for coronavirus
- advise you on what to do to protect yourself and others
- alert other app users that you were in close contact with, if you test positive for coronavirus

[Go to the COVID Tracker app website to read more information about why you should use the app and how it works](#)

You can download the app from [Apple's App Store](#) or the [Google Play Store](#).





An Roinn Sláinte
Department of Health

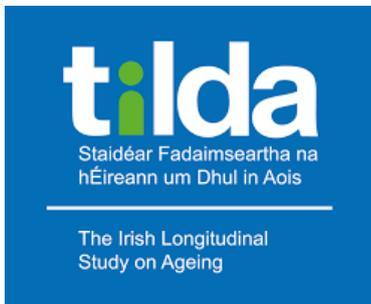


Updated Guidance for Cocooners

The Department of Health has issued updated guidance for anyone who has been cocooned for the past few months (see link below). This guidance has been updated to reflect the fact that restrictions are being lifted across the economy and people are able to access a greater range of shops, activities etc. This can present added anxiety for people as they re-emerge from a lengthy period of social isolation and the guidance is there to inform people about the safe ways in which to engage with the wider community and the relevant precautions to be adhered to. It is important to remember that it is natural to feel a level of anxiety at this time, and also if it becomes overwhelming that there are services available to address this.

<https://www.gov.ie/en/publication/923825-guidance-on-cocooning-to-protect-people-over-70-years-and-those-extr/>

<https://www.gov.ie/en/collection/428743-covid-19-coronavirus-physical-distancing-graphics/>



Introducing new social media channels from TILDA

The Irish Longitudinal Study on Ageing (TILDA) at Trinity College Dublin is a large-scale, nationally representative, longitudinal study on ageing in Ireland, with the overarching aim to make Ireland the best place in the world to grow old. They have been in existence for over 13 years, studying participants and sharing important research on older adults' physical, mental and cognitive health as well as sharing social and economic data to highlight the vast contributions and diversity of Ireland's older people. Through their website and social media channels, they share their latest news and research which may be of interest to you as they share tips on positive ageing and vital research. TILDA now has a new Facebook page and YouTube channel which they are delighted to share with everyone. Details of their social media channels are below:

Facebook: www.facebook.com/tildatcd

YouTube:

https://www.youtube.com/channel/UCjC99Fw_VlqxgfuT2Es_eQQ

Twitter: https://twitter.com/tilda_tcd



The Story of Water

The Story of Water documentary will air tonight on Virgin Media One at 7pm. It will highlight the work Irish Water is doing to address historic water infrastructure challenges including the lack of resilience in our treated water network.

The programme will be promoted on 'Ireland AM' which will focus on the '[Think Before You Flush](#)' campaign - how the public can help to protect our environment by understanding the impact we have by flushing the wrong things down the toilet.

Local Updates



Wicklow County Council | Covid 19 Digital Poverty Grant Scheme

Wicklow County Council are inviting applications from organisations to enable those in most need of digital technology as many crucial services are now being delivered online because of COVID-19 restrictions. However, there has been a breakdown in access to these services by some because of a lack of digital equipment or WIFI. This fund is aimed at enabling organisations to purchase vital equipment such as laptops and dongles that can be accessed by those in most need of them. The project must achieve an impact in one or more of the following:

- Enabling on-line education, reskilling or training for disadvantaged groups
- Enabling online youth work/mental health interventions
- Support for vulnerable families
- Support for those in Direct Provision
- Community outreach to vulnerable groups while social distancing
- Combating isolation for older people

For more details click [here](#)



comhairle chontae na mí
meath county council



Meath County Council | Community Wellbeing Initiative

The Community Wellbeing Initiative is to recognise the wonderful work that community groups have undertaken in direct response to supporting their communities during the Covid-19 health crisis. The focus is to acknowledge the local wellbeing initiatives (small and large scale) that demonstrate how groups looked after the physical and mental wellbeing of the people in their area. The initiative is open to Community Groups including Tidy Towns / Village Committees, Residents Associations and other community organisations in Meath. The categories are;

- Social Inclusion (youth, age friendly, people with disabilities)
- Wellbeing project (physical and mental)
- Entertainment (e.g. bingo nights, quiz nights)
- Innovative project

****PLEASE NOTE**** Groups must be a member of Meath Public Participation Network (PPN) and provide their unique PPN number on the application form. Already a member? Find your group's PPN Registration number here: <https://www.meathppn.ie/membership-search/>

Not a member? Join here: <https://www.meathppn.ie/join-now/> and we will send you your PPN number upon processing of your application in 2-3 working days.

Application forms and further details can be found [here](#). Applications to be submitted to the Community Department, Meath County Council, Buvinda House, Dublin Road, Navan, Co. Meath, C15 Y291, or by e-mail community@meathcoco.ie

The closing date for applications is 5pm Friday 31st July 2020.



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

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!



Hold Firm by Bob Gilbert

Many thanks to Chair of Cavan Older People's Council, Bob Gilbert for sending us in his wonderful poem 'Hold Firm'

**Face at the window, Eyes filled with tears,
Molly is cocooned, at eighty-one years.
Cut off from her friends, and oh, how she cried,
Couldn't go to the funeral, of a good friend who died.
But she is resilient, made of the right stuff,
She will hold firm; she'll never give up.**

**She misses her grandkids, in her sitting room,
She's learned to talk to them, on WhatsApp and Zoom.
That's all very fine, but oh, how she misses
Their chitter chatter, their hugs and their kisses.
So, for their sakes, this bug mustn't win.
She must Hold Firm and must never give in.**

**Depending on others, she can't shop online
The GAA club help, with her weekly buying.
When this is all over, she's going to get
Someone to teach her, how to shop on the net.
When that day comes, she'll celebrate with a gin,
Because she held firm, she never gave in.**

**Rainbows in windows, fill us with hope
That our great Front-Line Staff, will continue to cope.
All these great people, deserve our applause
As do all of us, who stuck to the laws.
We've made it more difficult, for the virus to win,
By holding firm and NOT giving in.**

International Updates



International Federation on Ageing



IFA Virtual Town Hall | COVID-19 and Older People: Essential Conversations in Times of Crisis

The COVID-19 pandemic has shaken the foundations of lifestyles and everyday routines, particularly for older people. As we collectively learn to live with COVID-19, internationally renowned gerontological social worker and life transition expert Dr. Amy D'Aprix, or "Dr. Amy," provides guidance on essential conversations that need to be had between older people and their families on caregiving and changing family dynamics that can arise in times of transition.

Friday 10th 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](#). For any questions or concerns please contact astancu@ifa.ngo.

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

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**

How to Prevent



Symptoms

- > Fever (High temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

www.gov.ie/health/covid-19
www.hse.ie

Infected: spreading coronavirus through
www.hse.ie/health/covid-19



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

Carlow County Council
Cavan County Council
Clare County Council
Cork City Council
Cork County Council

Community Response Number

1800 814 300
1800 300 404
1800 203 600
1800 222 226
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