

National Updates



An Roinn Gnóthaí
Eachtracha agus Trádála
Department of
Foreign Affairs and Trade



Green list published but advice is to 'holiday at home'

Minister for Foreign Affairs Simon Coveney has said that while a 'green list' of countries has been published, the safest thing for people to do is to holiday at home this year. On Tuesday night, the Government published the list of 15 countries where the travel advice will be to take normal precautions and people arriving to Ireland from these countries will not have to restrict their movements for 14 days. The countries are Malta, Finland, Norway, Italy, Hungary, Estonia, Latvia, Lithuania, Cyprus, Slovakia, Greece, Greenland, Gibraltar, Monaco and San Marino and all have a similar or lower level of Covid-19 to Ireland. Read more [here](#)

Restricting your movements after arriving in Ireland: What you need to know

People who arrive in Ireland from countries that are not on the 'green list' have been asked to restrict their movements for 14 days, but what does that mean? The HSE has issued [guidance](#) for people arriving in Ireland from another country. Restricting your movements means staying at home and avoiding contact with other people and social situations as much as possible.



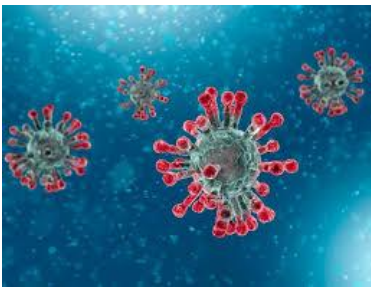

Do not:

- use public transport
- visit others
- meet face-to-face with anyone who is at higher risk from coronavirus
- go to the shop unless absolutely necessary - wear a face covering if you do

The only people who do not need to restrict their movements are those who are:

- arriving in the State from Northern Ireland
- arriving in the State from a 'green list' country
- aircraft crew, including pilots, in Ireland as part of their work duties
- holders of a Certificate for International Transport Workers, or drivers of heavy goods vehicles, who are in Ireland for this work
- ship crew, including the maritime master, in the course of performing their duties

Read more [here](#)

  <p>Feidhmeannacht na Seirbhíse Sláinte Health Service Executive</p>	<p>COVID-19 Guidance on visitations to Residential Care Facilities</p> <p>The COVID-19 Guidance on visitations to Residential Care Facilities has been updated by the Health Protection Surveillance Centre and the HSE. The guidance comes into effect from 29th July.</p> <p>Changes from previous version</p> <ul style="list-style-type: none"> • General changes to reflect the importance of visiting for residents and the lack of evidence that managed visiting is associated with major risks • Removal of requirement to limit number of people nominated as visitors to 2 • Some flexibility around number of visitors to a resident at one time • Change to the order in which some elements of advice are presented • Reference to use of cloth face coverings for use by visitors • Change in restriction on duration of visits to 1 hour • Some visits by children facilitated with appropriate supervision • Facilitation of visiting during an outbreak with controls • Removal from section 1.2 of material duplicated from section 1.1 <p>Full document available here</p>
	<p>Health Protection Surveillance Centre AMRIC Team Infection Prevention and Control Webinar</p> <p>Topic: COVID-19 Update on Infection prevention and Control in Residential Care Facilities Date: Friday, 24th July from 12-1pm Presented by:</p> <ul style="list-style-type: none"> • Prof Martin Cormican, National HCAI AMR Clinical Lead • Mary Mc Kenna, Infection Prevention and Control Asst. Director of Nursing <p>Pre-register for the event here and follow the instructions. When you join the webinar, you can view the slides and listen to the webinar over the computer, sound quality may be better over the phone.</p> <p>For telephone access use the following: Irish dial in number: 015260058 Access code: 163 213 5055</p>
 <p>An Roinn Gnóthaí Fostaíochta agus Coimíre Sóisialaí Department of Employment Affairs and Social Protection</p>	<p>Pandemic payment to be extended until April 2021</p> <p>The Pandemic Unemployment Payment is to be extended until next April but will be gradually reduced to €203 per week over that period based on the pre-pandemic earnings of the claimant. The scheme will close to new applicants from 17 September, but for those already on it, there will be three rates of payment instead of two. Full details here</p>



DCU Launch Research Study on Covid-19 in Residential Care Settings for Older People

Dublin City University has launched a new research study to examine the impact of Covid-19 in residential care settings for older people in Ireland, which were disproportionately affected during the pandemic. Researchers want to hear from individuals who were working in this sector during the pandemic, such as owners, managers, nursing staff, medical staff, health care attendants and support staff. The views and experiences of residents themselves and their family members are also sought as part of the study. The research team will conduct interviews with relevant stakeholders from the Health Service Executive (HSE) and the Department of Health. Read more [here](#). To take part in the online anonymous survey click [here](#)



Age & Opportunity | Spirituality



Age & Opportunity’s Spirituality course is designed to invite participants to explore spirituality from the perspective of their life experience. The course takes place online with five one-hour sessions over five weeks (on Zoom): 11am -12 noon on Wednesdays

- 29th July
- 5th August
- 12th August
- 19th August
- 26th August

The facilitator will be Brian Dooney from the Engage Team at Age & Opportunity. The course uses art, music, poetry and story to explore spirituality. The course is suitable for anyone who is interested in exploring their own spirituality. Once off special introductory offer of €50 per person for the 5-week programme.

If you are interested, please contact: nollaig.fahy@ageandopportunitiy.ie or phone [01 805 7798](tel:018057798)



Here we go again: Abba will release new music in 2020

After a number of false dawns, Abba have confirmed that they will release their first new songs since 1982. The Swedish group, who ruled the charts in the seventies and eighties, returned to the studio in 2018 and were scheduled to release new material later that year but nothing materialised. However, speaking to CNBC, Abba's Bjorn Ulvaeus confirmed his band mate Benny Andersson’s statements earlier this year that songs were due in 2020. Read the full story [here](#)

Local Updates



Comhairle Chontae Liatroma
Leitrim County Council



Age Friendly Leitrim | Modern Day Mummers: Edwina Guckian, Fionnuala Maxwell & Brian Mostyn

In early June dancer Edwina Guckian, singer Fionnuala Maxwell and musician Brian Mostyn went to 32 houses in Drumsna, Leitrim village and Carrick on Shannon, visiting cocooners, re-enacting a mumming tradition, once popular but now rare and most often only performed by children. The houses were identified in collaboration with Meals on Wheels services and was in part action/research on the broader theme of mumming as cultural heritage and its relevance today.

Coinciding with the current pandemic, this action/research provided a unique and important opportunity to break the social isolation experienced by many older people in Leitrim. It also pointed to the need and appetite to expand the project. The plan is to further develop this work reaching different locations over five days. What a wonderful idea – well done to all involved!

RAY'S OF SUNSHINE

Last week my doorbell rang, I went to answer my phone, not being used to having that sound for the past few months. There at my door were three angels, aka wren boys/girls. One danced, one sang and one played the accordion and what did I do? I burst into tears, but these were tears of happiness and joy to think that these wonderful people came out to entertain us, when I'm sure each one of them could have been doing something else. Thank you so much Edwina Guckian, Fionnuala Maxwell and Brian Mostyn. There was also an invisible Sean Nos Dancer with them who was dancing from Heaven.



Age Friendly Longford | Creative Ireland Initiatives

Longford was successful in applying for funding under the recently announced Creative Ireland Positive Ageing and Creative Well Being Challenge fund. Longford Age Friendly Alliance in partnership with Creative Ireland Longford applied for two creative projects which will be delivered before the end of this year. The first project is engaging an artist/musician to work with individual clients from three local nursing homes. They will work on a creative project together based on their interest in music, art, nature etc and the projects will be shared with all their fellow residents. The second project is the establishment of an Intergenerational choir engaging with local primary schools and members of Longford Older Persons Council, Age friendly Alliance and Active Retirement groups in the county. This project will commence in September. Well done Age Friendly Longford – we can't wait to see these initiatives progress.



Age Friendly South Dublin | Mindful Chair Yoga with Sally Dunne via Zoom

Join yoga therapist Sally Dunne online for this class of gentle but thorough yoga, including mindful stretching, breath-work and relaxation. Booking opens 31 July @ 11am. First session Wed, 5th August 2020, 11:00 – 12:15.

The inclusive class is done seated, using easy, accessible poses. Our aim is to increase flexibility in the spine and the joints with careful and safe movements which are adaptable to everyone. Yoga can increase our range of movement, help muscle and joint flexibility and calm the mind. All you need to participate is a PC, Mac or smart device with a mic and webcam and a broadband connection. Your email will be passed on to the facilitator in order to register you for the session. A link and password will be sent to you on the morning. Please note: each class is a once off session and not a series of classes. More info [here](#)



Age Friendly Mayo | Mayo.ie

Mayo.ie wants to hear about your favourite place or aspect of your heritage that is important to you. Enter the 'My Mayo' competition by sharing your favourite place, feature or tradition through photo/video/poem or any means that you choose. More info [here](#).



Prizes will be awarded in 3 categories: Under 10; Age 10 to 17; and 18+. Entries will be showcased during Heritage Week, and a selection will be chosen for inclusion in a publication entitled 'My Mayo'. Send your entries along with the completed entry form to heritage@mayococo.ie by Wednesday 5th August 2020. Download the entry form [HERE](#)

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



Launch of COVID-19 and Ageing Society dialogues

The World Economic Forum's [Global Future Council on Longevity](#), in collaboration with American Association of Retired Persons ([AARP](#)) and the [National Academy of Medicine](#), has been running a five-part dialogue series about COVID-19 and ageing societies. Five webinars during June and July bringing together experts from government, academia, civil society, foundations and the private sector to consider key issues faced by older adults and highlight opportunities for action on ageing and health. COVID-19 and

Ageing Society: Part One

The first webinar, focused on Challenges for Long-Term Care Facilities, was moderated by [Sue Peschin](#), President and Chief Executive Officer, Alliance for Aging and Research; and [Jisella Dolan](#), Chief Strategy Officer, Home Instead Senior Care.

Click [here](#) for updates from the dialogue series.

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

Infographic courtesy of [Coronavirus COVID-19](#)



Riann na Mídeanna
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	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