

National Updates



The HSE now have a dedicated page for **older people and their mental health**. The website covers everything from the challenge of staying at home, potential isolation and loneliness associated, minding your mental health, info on services and supports and guidance on supporting an older person. Check out the website [here](#)

They have also launched a self-management resource which aims to **support people living with long-term conditions** during COVID19. Click [here](#) to view.



Did you see **The One World: Together At Home** online concert over the weekend? The global event raised \$127.9 million (about €118 million) for Covid-19 relief efforts, organisers have said. The project was staged in conjunction with [Global Citizen](#) and the [World Health Organisation](#). Curated by **Lady Gaga**, the event attracted some of the biggest names in music, performing from their homes. It was broadcast on Saturday, April 18<sup>th</sup>, on all the major networks, including RTÉ, BBC and networks across the United States. You can watch the full broadcast again [here](#).



You may remember from a previous newsletter we mentioned that **ExWell Medical** had launched a new home exercise programme called **ExWell@Home** to temporarily replace the group exercise classes. A sample class is now available [here](#) if you wish to check it out.

**Noel McCaffrey**, Medical Director, says, “while the ExWell programme is aimed at helping people with illness to improve their physical activity levels, improve strength, mobility and confidence, anyone interested in trying home exercise at this time is welcome to give it a try”.

Further details about ExWell@Home are available [here](#)



Community  
Law & Mediation

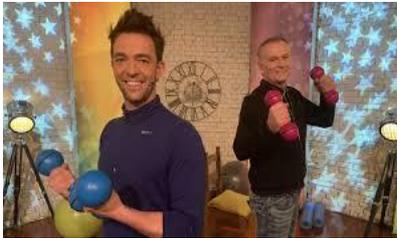


INCLUSION IRELAND

In response to the increased need for legal information and advice arising from the COVID-19 emergency, [Community Law & Mediation](#) is running new [Free Legal Advice Clinics](#) which people will be able to access by phone. The clinics primarily cater for employment, social welfare, debt and housing law queries, but general queries are also welcome. Appointments for phone consultations can be booked on **01 847 7804 / 061 536 100**.

In partnership with [Inclusion Ireland](#), they are also running a new free legal advice clinic on disability issues related to children. Appointments can be booked by contacting **01 855 9891** or emailing [info@inclusionireland.ie](mailto:info@inclusionireland.ie).

Many thanks to Elizabeth Devine, Communications Manager from Community Law & Mediation for sending this on.



A new daily fitness show '**Ray & O' Se's Fitness 15'** from **Ray Lally**, the Today Show fitness expert, and **Dáithí Ó Sé** is starting on RTÉ One today.

According to Ray Lally "the show is being launched to directly address the concerns of viewers who are in self-isolation or cocooning and will offer tips especially for older viewers on how to keep healthy and happy".

Check it out weekdays from 2.20pm on RTÉ One.



**One Family** is a family support organisation working specifically with people parenting alone, sharing parenting and separating. They have moved all services to telephone and online and their national 'askonefamily' helpline provides listening support to those in distress, information on a wide range of topics and local signposting. They are offering advice on difficult issues such as managing access visits during this crisis, contingency planning in case you become ill and temporary guardianship as well as social welfare queries.

One Family can be contacted on **016629212 | 1890662212** | [info@onefamily.ie](mailto:info@onefamily.ie) Check out their [website](#) and [Facebook](#) page for more info.

If you know anybody who would benefit from this service, please pass on the information. Many thanks to Karen Kiernan, CEO of One Family for sending this on.

## Local Updates



Many thanks to **Bernie Bradley**, Programme Manager in **Monaghan** for putting together some easy to ready [information on collecting your pension during COVID19](#) and how to nominate a temporary agent if necessary. The An Post temporary agent form can be accessed [here](#)



Many thanks to **Derek Ryan**, Station Officer in **Dunlavin Fire Station** who emailed us to let us now that they are available to make deliveries of food and medication in their area. To date they have made over 230 deliveries. Local shops are taking phone orders, processing payments over the phone, crating the orders and ringing the station once the delivery is ready to go. Wicklow county fire service has allowed the use of their van to make these deliveries. The local shops participating are:

- Centra Dunlavin **045 401613**
- Doyle's Butchers **045 401217**
- Whelans Pharmacy **045 401319**
- Hughes grocery **045 401152**

Well done to all involved – a wonderful resource for those who are unable to get out and about.

## 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 [reavy@meathcoco.ie](mailto:reavy@meathcoco.ie) Information is one thing we can share right now!



Many thanks to **Kitty Hughes (Chair of Longford Older People's Council & Vice Chair of the National Network of Older People's Councils)** for sending us a '[Postcard from a Cocoon](#)' where Kitty in her own inimitable style captures the ups and downs of staying "cocooned". We really enjoyed this so well-done Kitty and if anyone else would like to send us a postcard documenting their experience of cocooning, we would be delighted to share it here too.

## International Updates



A new **WHO** interactive chatbot on Viber aims to get accurate information about COVID-19 to people in multiple languages (for those of us who aren't tech experts this is simply a messenger system that works with text or voice command). The partnership with Viber gives WHO the potential to reach over 1 billion people in their local language directly through their mobile phones. Join the WHO Viber service [here](#)



Some good news in **Germany** as they take first steps back towards normality, with smaller shops in some regions opening up for the first time in a month after politicians declared the coronavirus "under control". From florists to fashion stores, the majority of shops smaller than 800 square metres will be allowed to welcome customers again, in a first wave of relaxations to strict curbs on public life introduced last month. For more see [here](#)



Food suppliers in **Johannesburg, South Africa** have donated provisions to put together food parcels for people unable to work amid lockdown conditions put in place to contain the coronavirus. Those receiving the essential packages included self-employed waste pickers who scour the city's rubbish for recyclables and are paid for the amount they collect. They are key to South Africa's recycling rate and helping local authorities save on landfill costs. For more see [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 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



**Wash**  
your hands well and often to avoid contamination



**Cover**  
your mouth and nose with tissue or elbow when coughing or sneezing and discard and dispose



**Avoid**  
touching eyes, nose or mouth with unwashed hands



**Clean**  
and disinfect frequently touched objects and surfaces



**Stop**  
shaking hands or hugging once leaving public spaces or greeting other people



**Distance**  
yourself at least 2 metres (about 6 feet) from other people, especially those who might be unwell

### 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)

Infected: graphic design: design  
[www.hse.ie/health-covid-19](http://www.hse.ie/health-covid-19)



Riadas na hÉireann  
Government of Ireland

## 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	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