

National Updates

Wishing you all a safe and happy Halloween from Age Friendly Ireland



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Public Health Measures

Ireland is now at Level 5. [You can see all of the measures that are in place at Level 5 here.](#)

Self-isolation and Restricting your Movements

You can find the most up to date [information on self-isolation here](#), including a new video on how to self-isolate from the Chief Medical Officer, Dr Tony Holohan.

You can watch also a new video from the Deputy Chief Medical Officer, Dr Heather Burns on what it means to [restrict your movements here](#).

COVID-19 Guidance for Older People and Others at Risk of Severe Disease on Reducing Risk of COVID-19 Infection

The guide, developed in consultation with Alone, SAGE and the National Care Alliance, is for people who live in the community and for those who help them if and when they need help. You can [download the guide here](#).

COVID-19 Guidance on Visitations to Long Term Residential Care Facilities

This guidance is for visiting people who live in residential care facilities such as nursing homes, HSE long term facilities etc. You can [download the guide here](#).

COVID-19 Guidance on Visitations to Inpatient Areas of Acute Hospitals including Children’s Hospitals, Rehabilitation Services and Other Healthcare Settings Providing a Similar Intensity of Care

This guidance is for visiting inpatients in acute services. You can [download the guide here](#).

COVID-19 Guidance on Visits to and from Community Housing Units for People with Disabilities

This new guidance outlines an approach based on a risk assessment to address visiting residents and also visits from residents to their family homes (or similar setting). You can [download the guide here](#).

Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>.



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An Taoiseach, Minister for Health and Minister for Public Health, Wellbeing and the National Drugs Strategy Launch “Keep Well” Campaign

An Taoiseach, Micheál Martin T.D, the Minister for Health, Stephen Donnelly T.D, and Minister of State for the Department of Health, with responsibility for Public Health, Well Being and the National Drugs Strategy, Frank Feighan T.D., yesterday launched the “Keep Well” campaign which aims to support people and communities to mind their physical and mental health over the coming months.

The Government Plan for Living with COVID-19: Resilience and Recovery 2020-2021 highlights the important role that individual and community resilience will play in contributing to our ongoing response to COVID-19.

Yesterday’s launch was a call to action to everyone across our society. It is an invitation to individuals, communities, voluntary groups, sporting organisations, those involved in creativity and the arts, local heritage and history, businesses, as well as local and national government to find ways to support everyone to discover new activities and routines that will do us good.

The “Keep Well” campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. It will provide guidelines, information, and tips on things that will help us keep well through the coming months. All of this will be available on gov.ie/healthyireland

Yesterday's launch includes the allocation of funding from Sláintecare to support a number of initiatives through the Healthy Ireland Fund that will be rolled out over the coming months. Information about local resources and initiatives will also be available through Ireland's Local Authorities. This launch builds on the "In This Together" campaign which happened earlier in the year. The "Keep Well" campaign is focussed on five main themes:

- **Keeping active**
- **Staying connected**
- **Switching off and being creative**
- **Eating well**
- **Minding your mood**

Age Friendly Ireland are delighted to be a delivery partner of this, continuing to deliver health and well-being initiatives for Older People through our 31 Age Friendly Cities and Counties programmes nationally.



Accessibility of Public Transport Survey

The National Transport Authority are asking you to help to provide feedback on how accessible you find the public transport system in your own area. The NTA operate the public transport system by contracts with Dublin Bus, Bus Eireann, Irish Rail, Luas, Go Ahead and Local Link. They also provide licences to taxi's and private buses and coaches. They have created a [survey on Accessibility on Public Transport](#) to hear people's views and concerns. They would be very grateful if you could take the time to fill it out online or by emailing or posting them before Thursday December 3, 2020.

There are three ways you can complete the survey:

You can fill in the survey [online](#)

You can type in your answers to the Word document or editable PDF and email it to us at to accessibility@nationaltransport.ie

You can print out the survey and return it to us by post to: Transport Accessibility Manager, Dún Scéine, Iveagh Court, Harcourt Lane, Dublin 2, D02 WT20.

Assistance: If you would like someone to assist you over the phone to complete the survey, you can ring 01 879 8300 and request a call from Accessibility or email your contact details to accessibility@nationaltransport.ie and they can arrange this for you.

Bus Connects Network Redesign - H Spine

In other transport news as you may be aware it is planned to roll out the Bus Connects Network Redesign to improve the bus services in the Greater Dublin Area. It will be in 11 phases and will take at least four years to complete. The first phase is the H Spine which will happen in March 2021 and the C Spine will be in September 2021. The H Spine is the Howth-Malahide-Sutton-Clarehall-Clontarf-Drumcondra-City Centre and incorporates the existing bus routes 29, 31 and 32.



	<p>Here are the links to the local areas that the H Spines go through.</p> <p>Malahide area map Sutton area map Clarehall-Donaghmede area map Clontarf area map Drumcondra area map City Centre area map</p> <p>The NTA are presently working with Dublin Bus in providing more route information for customers. If you are still unsure of your new route for the H Spine you can avail of the Travel Assistance Scheme whose team can help people relearn their route closer to the time. If you contact accessibility@nationaltransport.ie or the Travel Assistance Scheme can be contacted at customercomment@dublinbus.ie or Phone 01 7033204.</p>
	<p>Ministers McEntee and Browne relaunch TV and Radio Ads as part of the Still Here Campaign</p> <p>Minister for Justice Helen McEntee and Minister of State for Law Reform James Browne announced earlier this week that the TV and radio ads for the 'Still Here' domestic abuse campaign will recommence. The 'Still Here' campaign, which began in April in response to the restrictions on movement, is about getting the message out that supports and services continue to be available to victims of domestic abuse and sexual violence. It is also about getting the message out that travel restrictions do not apply in the case of domestic violence or to escape a risk of harm, whether to the person or to another person. Information on services and supports for victims is available on the campaign website.</p>
 	<p>A Message from Third Age SeniorLine</p> <p>SeniorLine, a national programme of Third Age, is a confidential listening service for older people provided by trained older volunteers. Established in 1998, the service has grown incrementally every year since. The line is open every day of the year from 10am to 10pm. The service supports older people who may be lonely, isolated, ill, bereaved, experiencing family conflict, elder abuse or have suicide ideation. SeniorLine also provides information to callers on a range of services that could help them. Many people phone regularly, and others receive ongoing support if going through periods of crisis. SeniorLine volunteers are trained to listen effectively, to give time and space to each caller and to help them explore any future options.</p> <p>Since the advent of Covid-19, calls to SeniorLine have doubled, and we confidently expect to receive over 17,000 calls in 2020. Many new callers need guidance on how keep themselves safe during this time. Many callers may be frightened, isolated, separated from family and friends, and need conversation, compassion and companionship.</p> <p>SeniorLine volunteers are trained to answer practical questions, and to support callers to maximise their emotional resilience and mental health. Many older people volunteer for SeniorLine when transitioning into retirement. They receive training, mentoring, ongoing supervision and</p>

invariably find their role very fulfilling, knowing they are learning new skills, doing something worthwhile, helping their more vulnerable peers and making new friends at a later stage of life. SeniorLine is one of the few charities in Ireland to have received an Invest in Volunteer award in recognition of the way we work with and value our volunteers.



We welcome calls from older people throughout Ireland, and we would ask you to inform your local networks of our service. Our number is Freephone 1800 80 45 91, we are open every day of the year from 10am to 10pm and would be glad to provide any further information you need. Please contact our Communications Manager on 087-7450721



**Join us live on Facebook
Monday 2nd
Wednesday 4th
and Friday 6th**

**at 11am for
Age & Opportunity
Movement Minutes**



#AgeandOpportunity

Sessions can be watched live on their Facebook page www.facebook.com/ageandopportunity or afterwards on their YouTube page www.youtube.com/ageandopportunity where a playlist of all Movement Minutes sessions to date can be viewed



dementia
understand together



Dementia: Understand Together update October

The Dementia: Understand Together campaign recently partnered with IRS local radio stations. Twenty interviews took place across ten stations with people living with dementia, carers and people working to support them. This year has been a particularly difficult one for people living with dementia and their carers, family and friends, as many may have been cocooning to stay safe from Covid – 19, missing social connections or support services. The winter months, with shorter days, darker evenings and colder weather will present new challenges for people to engage in their communities, go for walks or see a much-missed friend.

We want to help ensure that people with dementia and their families know that they are not forgotten and continue to raise awareness in communities about the ways we can reach out, support and engage. You can listen back to the interviews [here](#)

Virtual 12th International Dementia Conference - Transforming Care & Communities

Engaging Dementia's Virtual 12th International Dementia Conference is taking place on the 2nd and 3rd of November 2020. This conference is well established as the leading annual dementia event in Ireland. 2020 has been an extraordinarily challenging year for people living with dementia and those who care for them. COVID-19 has brought hardships, put pressure on the care infrastructure, and highlighted gaps in our support systems. However, it has also resulted in innovation, as well as new ways of providing supports to people in their own homes. Click here to book tickets and view the full programme: <https://engagingdementia.ie/what-we-do/training/international-dementia-conference/>

As part of the conference, a Policy & Practice Forum is taking place on November 4th from 2pm-3.30pm. The theme is Dementia Post-Diagnostic Supports: A Changing Landscape. The forum is free to attend – to book a place, click on the link: <https://engagingdementia.ie/what-we-do/training/international-dementia-conference/>

Dawn Chorus and Sing Ireland are hosting a series of lunchtime discussions

These sessions which take place Monday 9th to Thursday 11th November between 1-2pm are for anyone interested in ageing, health, social care, wellbeing and its connection with group singing.

Over the 4 days they will focus on:

- "The Ageing Voice" as an instrument
- "Special Interest Choirs" friendly to and made with people living with conditions like Alzheimer's or Parkinson's
- "Community Connections" where cultural leadership connected organisations in pursuit of care
- "Singing for Care" shares examples of singing in healthcare setting.

Each session features accessible expertise made from practical experience. A showcase of great examples of singing groups for ageing voices, care and well-being which highlights tools and training opportunities. You can [Register here](#)

Local Updates



Understand Together Tipperary & Cavan

You are invited to attend the Learn Listen Link Dementia Awareness training programme. This programme will take place online on The Alzheimer Society of Ireland's Moodle Workplace site. To be eligible for the course you need to: live in Thurles, Templemore, Roscrea area, have access to a personal computer (preferably with a camera and microphone), or laptop computer or mobile device with a good internet connection. During the course we will look at the symptoms of dementia, explore how to support someone with dementia and examine what practical steps you can take to create a more dementia inclusive community in your locality. The course is open for one week, and will begin with an Introductory Video Meeting on **Monday 16th November 2020**. During the Introductory Video Meeting you will be guided and shown how to get the most from the course. You will have your own dedicated, friendly tutor to give you support and advice, and will take you about 4 hours to complete. And because the course is online you will be able to access materials and complete coursework at any time that suits you. The course is FREE, and to secure your place please email learninganddevelopment@alzheimer.ie with your name and email address. Funded by Tipperary County Council and Healthy Ireland. For informal enquiries contact Fiona Crotty on 0761 06 6223. Note over the coming months this will also be offered in Clonmel Borough District, Carrick on Suir Municipal District, Tipperary Cahir Cashel Municipal District.

Dementia Training is also taking place in County Cavan, and if you or representatives of your organisation/group are based in the county do join. Cavan County Council is embarking on the journey of making its towns inclusive. You are invited to participate in the online dementia awareness training for members of the community, businesses and other organisations. Central to the course are two 'live video meetings' which you are encouraged to attend. They will take place at **10am on Monday 23rd and Friday 27th November 2020**. You will have your own dedicated, friendly tutor to give you support and advice. The course is FREE and is provided through the Alzheimer Society of Ireland's Moodle Workplace site. To secure your place please email learninganddevelopment@alzheimer.ie with your name and email address.



South West Regional Drugs and Alcohol Task Force | "Scare to Stay In" – activity booklet

South West Regional Drugs and Alcohol Task Force (S WRDATF) Safer Celbridge and Safer Maynooth groups have worked on the attached Halloween Activity pack promoting #StayAtHome message for a Safer Halloween, it is filled with competitions and activities to keep the little and big ones entertained – Fun for all.

The pack can be downloaded [here](#)





World Health Organisation | World Cities Day | Limerick Case Study

The United Nations General Assembly has designated the 31st of October as World Cities Day, by its [resolution 68/239](#). The Day is expected to greatly promote the international community's interest in global urbanization, push forward cooperation among countries in meeting opportunities and addressing challenges of urbanization, and contributing to sustainable urban development around the world. This year's theme is **Valuing Our Communities and Cities**. The impact of COVID-19 has re-shaped urban life around the world. Local communities have played a key role in contributing to keeping people safe and maintaining some economic activities.

This year we are very proud to let you know that the World Health Organisation has chosen to highlight Limerick's COVID-19 Community Response for World Cities Day. You can check out the [full article on the World Health Organisation's website](#).



EUREKA



Eureka wins Garda National Youth Award for 'Never Home Alone' project

Chief Superintendent of the Meath Garda Division, Fergus Healy, was on hand at Eureka to present the trophy award to class reps Nora Barry and Emma Gorman. The 10-week Programme saw students take part in various activities with older people to help connect the generations and address the issue of loneliness and associated mental health problems in the local community. 'Each week students met with the group of senior citizens and did a range of activities; ranging from us teaching senior citizens how to use the Internet; dancing, Arts n' Crafts, Music bingo, to the senior citizens teaching us students how to cook!' Nora Barry, student project manager continued: 'We would like to sincerely thank the Senior Citizens involved and acknowledge the support of our Principal Caroline O'Reilly, Catherine McGuigan of Age Friendly Ireland; Meath County Council; Sergeant Dean Kerins, members of the Meath Older Persons Council, Shane Carolan of Prosper Meath, Aine Brady of Third Age and all our local Public Representatives. We really enjoyed the project and learned so much from the experience.'



This is the second time that Eureka has won this prestigious award. In 2018 our Transition Year students, under the guidance of Mr. Devine, won it for 'Social Media Through the Generations'.

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!



Mary Cronin, Chair of Limerick Older People's Council and the National Network of Older People's Councils featured in a recent article in the Limerick Leader, '[The first Limerick Ladies Senior Cross Country Championships](#)' Mary is living proof the age is no barrier to sporting excellence. Well done Mary!!



International Updates



The International Federation on Ageing held a Town Hall event called 'COVID-19 and Older People: The Humanity of Death and Bereavement' earlier today. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



The Centre for Ageing Better in the UK have just published a superb new, online [resource library](#) which brings together a searchable catalogue of 100s of reports, studies and infographics covering healthy and active ageing, which can be browsed and searched for by themes such as social connection, physical activity, housing and more.

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.dfa.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 Line 1850 24 1850

How to Prevent

Wash <small>your hands well and often to avoid contamination</small>	Cover <small>your mouth and nose with a tissue or elbow when coughing or sneezing, and discard used tissue</small>	Avoid <small>large crowds, meet or meet with, crowded buses</small>	Clean <small>and disinfect frequently touched objects and surfaces</small>	Stop <small>shaking hands or hugging when visiting others, avoiding other people</small>	Distance <small>keep 2m distance or staying 2m away from other people, especially those who might be sick</small>

Symptoms

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

For daily updates visit

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

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Kailes na Míreanna
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: 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