

National Updates



This week marks the 1st Anniversary of our Age Friendly Newsletter & we would like to thank all of our readers for all the positive feedback we have received and to all of our colleagues and friends who have sent us their wonderful stories and updates to share we are so very grateful. We couldn't do it without you!



Riátas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Public Health Measures

Ireland remains at level 5 restrictions. You can see the [measures in place here](#).

Visiting people in Long Term Care Facilities

Updated guidance has been agreed for nursing homes and long-term care facilities where most people have been vaccinated, allowing for more frequent visiting arrangements. This will provide support to people in our community who have endured a difficult year, with separation from friends and family. The [updated guidance is available here](#).

COVID Tracker app: update and translated videos

The COVID Tracker app now includes the ability to set a reminder to check-in with how you're feeling every day. The app supports contact tracing and helps to find close contacts you might have forgotten or who are unknown to you, like when you are shopping or on public transport. Using the check-in tool is a helpful reminder if you develop symptoms so you have a record of when you started to feel unwell.

The COVID Tracker app is available in a number of languages. To support the uptake of the COVID Tracker app, the HSE has developed translated videos. You can access the videos in Arabic, French, Latvian, Lithuanian, Polish and Portuguese [on YouTube](#).

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide, and more than 632,359 vaccines have been administered as of the 16th March 2021. Vaccination of Group 2 (frontline healthcare workers) and Group 3



(those aged 70 and over) continue, and the HSE have also begun to vaccinate Group 4 (people with certain health conditions that put them at very high risk). Hospital and healthcare teams continue to work to identify and plan for contacting people in Group 4. For now, people in these groups don't need to take any action.

COVID-19 Vaccine Centres

Videos with information about how the vaccination centres will operate are [available here](#).

Isolation quick guide: adults and children from their 13th birthday

This [guidance is available here](#).

Isolation quick guide: greater than 3 months and up to 13th birthday

This [guidance is available here](#).

COVID-19 Religious settings guidance

This [guidance is available here](#).

HSE COVID-19 Vaccination information videos for Travellers

These videos were produced in partnership with Pavee point, HSE National Social Inclusion office, National Immunisation Office and HSE Communications.

[HSE Traveller COVID-19 Vaccine Information Video Part 1](#)

- Are the COVID-19 vaccines safe for me?
- Why is it important to get the COVID-19 vaccine?
- If I've already had COVID-19, do I still need the vaccine?
- Can I still get COVID-19 after getting the vaccine?
- Where can I get more information about the COVID-19 vaccines - Information I can trust?

[HSE Traveller COVID-19 Vaccine Information Video Part 2](#)

- When can I get the COVID-19 vaccine?
- Consent
- What are the side effects of COVID-19 vaccine?

COVID-19 Vaccine AstraZeneca® safety update

The European Medicines Agency (EMA) has recommended the AstraZeneca COVID-19 vaccine as safe and effective, whose benefits outweigh the risks, following a review of potential side effects carried out this week.

The National Immunisation Advisory Committee (NIAC), which is the expert group that advises on vaccination in Ireland, has recommended that vaccination with COVID-19 vaccine AstraZeneca should recommence. The HSE will now resume using the AstraZeneca vaccine within their ongoing COVID-19 vaccination programme. Hospitals, CHOs, service providers and clinicians will be supporting colleagues and patients who will now be invited for their vaccine. Please find attached a document with further information. [Further information here](#).



Support the Quit Leaders

Smoking increases your risk of acute respiratory infections like COVID-19 by damaging the natural barriers in your airways and lungs that help prevent infections. Thankfully, many people are giving up smoking because of the risk posed by COVID-19 and with the support of the HSE Quit programme, they have a much better chance of success. The HSE have recruited 10 would-be quitters to tell their stories and help inspire others to join them on the journey towards becoming smoke-free. Please see [the Quit 2021 pack](#) to find out more about how you can follow their journey to inspire even more people to Quit.

Medical Cards for patients with Terminal Illnesses

The Government introduced a measure on Feb 9th 2021 that will enable individuals, who have been certified by their treating consultant as having a prognosis of less than 24 months to live, to be awarded a medical card without undergoing a means test. The measure is being introduced on an administrative basis pending legislative change. From 12th March 2021, a medical card can be awarded (without a means test) to an individual who has been certified by their treating consultant as having a prognosis of 24 months or less and the updated information is available on the HSE website [here](#).

EU Web Survey to explore current drug trends in Ireland is open for Irish participation

HSE in collaboration with the Health Research Board and the EU drugs agency (EMCDDA) are asking adults in Ireland who use drugs to complete this survey to help shape the future of drug policies and interventions. The survey is anonymous and is open to adults aged 18 and over. The survey is open from yesterday for a 6-week period.

[The survey is available here](#).

For information and support relating to your own or someone else's drug use, go to www.drugs.ie or Freephone the HSE Helpline on 1800 459 459 Monday – Friday 9:30 – 5:30 or email helpline@drugs.ie

Grow It Forward 2021 initiative

This was recently launched, as part of the Government's Keep Well campaign and funded by Sláintecare, through the Healthy Ireland fund. The Grow It Forward 2021 initiative, in partnership with Healthy Ireland and Libraries Ireland, is designed to help the nation's wellbeing by inspiring and supporting people to grow some of their own food and plants at home while connecting with friends and family to join them. Evidence shows the positive effects of outdoors and gardening on mental wellbeing. Through this initiative, 50,000 seed packs will be given away, and participants asked to use the kits to share the experience with ten people, enabling half a million people across Ireland to enjoy the wide range of benefits that come from growing food at home. You are invited to claim a Grow it Forward pack. Register here <https://bit.ly/3twwQuz> or by contacting your local library (all 330 branches nationwide are helping to drive the effort).



Where to find ongoing COVID-19 Vaccination Information

We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check [gov.ie/covid19vaccine](https://www.gov.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at www.hse.ie/covid19vaccinematerials
- Details on getting the COVID-19 vaccine is updated regularly [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)

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/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign.
Ireland's COVID-19 Data Hub is [available here](#).



Cork/Kerry Community Healthcare Occupational Therapists

A new webpage developed by Cork Kerry Community Healthcare Occupational Therapists aims to assist people to continue to live safely and independently in their own homes. COVID-19 has meant that the occupational therapists working in Primary Care Adult Services had to reconsider how they deliver their services leading to the formation of the webpage. The web page includes useful resources, tips and strategies such as;

- Falls prevention
- Tips to help your memory
- Fatigue management.
- Checklist for buying a supportive armchair
- Buying and installing grab rails
- Mindfulness
- Pain Management Advice
- Occupations and Wellness

These practical suggestions can assist a person to continue engage in meaningful activities and live safely and independently in their own home. The development of the webpage was a collaborative effort involving OT colleagues, HSE digital team, graphic designers and the communications department.

Their website can be found at www.hse.ie/corkkerry/ot-for-adults/



Climate change in the Republic of Ireland:
Societal health Impacts and Solutions

CRISIS Project Online Survey

The CRISIS Project are inviting you to participate in the 8 minutes CRISIS online survey (<https://www.surveymonkey.com/r/JTQWZHP>).

The CRISIS project is funded by the Environmental Protection Agency (EPA) and is led by staff based at University College Cork (UCC).

The online survey aims to gain insights into past experiences associated with Extreme Weather Events among the Irish public. Please see survey link for additional information. Participation in the survey will provide you with the opportunity to enter a prize draw for a chance to win one €50 One4All gift cards.

SOLAS
learning works



FREE ECDL/ICDL Training

[SOLAS](#), the Further Education and Training Authority, has made ECDL/ICDL resources available for free on the SOLAS online learning service.

The aim of the European Computer Driving Licence (ECDL) certification is to give learners the skills to use a computer competently and confidently. The ECDL is one of the most recognised computer user certifications in the world.

eCollege offers 10 different ECDL Modules - 4 Core Modules and 6 Optional. To obtain the ECDL Certificate a learner needs to complete 4 Core modules and 3 of the optional modules.

The 4 Core Modules are

- Computer Essentials
- Online Essentials
- Word Processing
- Excel Spread sheets

The Optional modules include

- IT Security
- Online Collaboration
- Presentations
- Image Editing
- Web Editing
- Project Planning

The course is delivered online and candidates have 6 months to complete the modules. This is a self-paced learning course.

To register and apply to complete the ECDL Course click on the following link and follow the instructions:

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=230138>

“Your support gave me strength, every step of the way”

— Louise, breast cancer patient

PLEASE SUPPORT DAFFODIL DAY, 26 MARCH 2021

CallSave 1850 60 60 60
www.cancer.ie



Use the **QR code** or
go to **www.cancer.ie**
to donate

← Donate through JustGiving



IN PARTNERSHIP WITH



comhairle chontae na mí
meath county council





LIVE EXERCISE CLASSES TO STAY ACTIVE

@SIELBLEUIRELAND

| | CIRCUIT CLASS | STRENGTH & BALANCE | MOBILITY & STRETCH | CHAIR GYM |
|----------|------------------------|------------------------------|---------------------|------------------------|
| MON 29TH | CIRCUIT WITH JAMES | STRENGTH & BALANCE WITH PAUL | CIRCUIT WITH CORMAC | CHAIR GYM WITH MICHAEL |
| TUE 30TH | CHAIR GYM WITH MICHAEL | CHAIR GYM WITH MICHELLE | CHAIR GYM WITH MATT | CHAIR GYM WITH SHANE |
| WED 31ST | CHAIR GYM WITH MICHAEL | CHAIR GYM WITH MICHELLE | CHAIR GYM WITH MATT | CHAIR GYM WITH SHANE |
| THU 1ST | CHAIR GYM WITH MICHAEL | CHAIR GYM WITH MICHELLE | CHAIR GYM WITH MATT | CHAIR GYM WITH SHANE |
| FRI 2ND | CHAIR GYM WITH MICHAEL | CHAIR GYM WITH MICHELLE | CHAIR GYM WITH MATT | CHAIR GYM WITH SHANE |
| SAT 3RD | CHAIR GYM WITH MICHAEL | CHAIR GYM WITH MICHELLE | CHAIR GYM WITH MATT | CHAIR GYM WITH SHANE |

11AM

2PM

DISCLAIMER: SIEL BLEU IRELAND STRONGLY RECOMMENDS THAT YOU CONSULT WITH YOUR GP/PHYSIOTHERAPIST BEFORE BEGINNING ANY EXERCISE PROGRAMME. THESE EXERCISE VIDEOS SHOULD ONLY BE ATTEMPTED IF YOU ARE IN GOOD HEALTH AND ARE PHYSICALLY ABLE TO PARTICIPATE. IF YOU FEEL ANY PAIN OR DISCOMFORT STOP EXERCISING IMMEDIATELY AND CONSULT YOUR GP. IF YOU ENGAGE WITH THESE EXERCISE VIDEOS YOU DO SO AT YOUR OWN RISK.

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.



Join us live on Facebook
Monday 29th
Wednesday 31st
and Friday 2nd

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.

Local Updates



South Dublin Age Friendly | 5,700 Booklets of Hope are delivered to over-55 community

More than 5,700 Booklets of Hope have been delivered to people over the age of 55 living in South Dublin County, providing information, activities, support and connection. Developed by South Dublin County Partnership (SDCP), the 24-page booklet has been created with input from members of the local over-55 community, after a need for off-line support was identified. The colourful booklet contains useful services, numbers, self-care advice, mindfulness, songs, gratitude and physio exercises, local walks, cookery, growing veg and flowers, crosswords and more. If you would like a copy of the Booklet of Hope email Catherine at Catherine.Mooney@sdcpartnership.ie or call the South Dublin County Partnership on (01) 4649300. To read the booklet online, visit www.sdcpartnership.ie



Thos McDermot (SDSP), Catherine Mooney (Snr Health & Wellbeing Manager SDCP), Larry O'Neill (SDCP), Paula Donovan (Board Member SDCP) and Jonathan Hayden (SDCC Healthy Ireland)



ExWell Medical & NEIC (Dublin's North-East Inner-City Programme) Presents: Medically Referred Exercise Classes for Free

ExWell Medical are delighted to announce their collaboration with the NEIC - Dublin's North-East Inner-City programme. Together, they hope to provide medically referred exercise classes for free to those in the surrounding area. Classes will take place to the right of Our Lady of Lourdes Catholic Church on Sean McDermott street. For further details or to access the referral form visit <https://www.exwell.ie/north-inner-city>



Dementia Adviser Service in Meath

The Alzheimer Society of Ireland received funding from the HSE & Sláintecare to expand their Dementia Adviser Service. They are working closely with the National Dementia Office to deliver this service nationwide.

The Alzheimer Society of Ireland (ASI) has recently appointed Sarah Monahan as the Dementia Adviser in Meath.

Your local Dementia Adviser (DA) will work with people with dementia and their families including:

- Provision of individualised post diagnostic support, structured and responsive information and signposting
- Focus on the individual and their needs to facilitate them to live well with dementia

The DA service seeks to:

- Reach new people with a diagnosis of dementia (not already receiving a service)
- Empower the person living with dementia to access the information they need, promoting self-help, wellbeing, choice and control.
- Make connections and build relationships with other health and social care professionals as part of an integrated dementia care service pathway.
- Promote understanding and address stigma by working with community organisations and groups.

Due to COVID 19 restrictions they are currently providing a virtual service. If you have any queries or would like to discuss the Dementia Adviser service contact sarah.monahan@alzheimer.ie or phone 087 947 5037





THE DONEGAL AGE FRIENDLY PROGRAMME ARE SEEKING FAMILIES TO TAKE PART IN A UNIQUE ONLINE PROGRAMME

Do you have a family member who doesn't use zoom?
 Would they be interested in online activity?
 Could we help you get them online?



A SIX WEEK PROGRAMME OF ACTIVITY

An hour online twice a week / Local interest activity through zoom / Interesting and fun / Aimed at older people / Younger people supporting older family members / Simple to use

For further information and to register contact:

Charles Sweeney, Donegal County Council, 074 91 53900 charles.sweeney@donegalcoco.ie



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



IFA Global Cafe | In Conversation with Dr Marie Beaulieu "Plans of action to counter elder abuse and mistreatment"



The International Federation on Ageing held a Global Cafe event earlier today called 'In Conversation with Dr Marie Beaulieu "Plans of action to counter elder abuse and mistreatment"'. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



Did you miss last week's launch of the UN Global report on ageism?

The online launch of the first UN Global report on ageism took place last week. The event was a massive success and sparked a truly global conversation on ageism. There were more than 3,200 event registrations and over 2,000 people attended the event live, which also reached more than 1,300 views of the event's recording in just a few hours!



[The recorded session of the event is now available.](#) You can auto-translate the event and enable captions in your own language, which will facilitate greater access to the global conversation.

You can also access the full Report and its executive summary, the film screened at the beginning of the event, the toolkit, and all other available resources related to the Global Campaign to Combat Ageism on the [Global report on ageism hub \(English, French, Spanish\)](#).

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 Public Health Advice

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 a tissue or elbow when coughing or sneezing and discard used tissue
- Avoid** touching eyes, nose or mouth with unwashed hands
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands, coughing, sneezing, hugging or kissing others or greeting others in person
- Distance** yourself at least 2 metres from any 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](#)
[www.hse.ie](#)

WASH HANDS TO STOP THE SPREAD OF CORONAVIRUS COVID-19
[www.nhs.uk/coronavirus](#)

HSE HÍO RIAIS NA MÍDEONAN
 Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413
 Or Email: leavy@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 326 522 |
| 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 |