

Age Friendly Ireland Weekly Newsletter

07 May 2021

National Updates

	Public Health Measures		
Rialtas na hÉireann Government of Ireland	<u>From 10 May</u> Activity	Guidance	
	Travel	You can travel between counties in Ireland	
	Visitors to your garden	Maximum of 3 households or 6 people from any number of households	
--	Outdoor gatherings	Maximum 15 people	
Feidhmeannacht na Seirbhíse Sláinte	Outdoor training	Maximum 15 people	
Health Service Executive	Retail	Click and collect, in-store by appointment only, and outdoor retail can recommence from 10 May	
	Personal services (hairdressers, barbers, beauticians)	Can reopen for customers with appointments only	
OTD 50 Victorie	Galleries, museums, libraries and other cultural attractions	Can reopen	
	Funerals	Maximum 50 mourners at service. No other events to take place	
	Weddings	Maximum 50 guests at service. Maximum 6 guests at indoor reception or 15 outdoors	
	Public transport	Public transport will run at 50 percent capacity	
	Property viewings	By appointment only with licensed Property Service Providers	
	Stationary mobile homes and caravans	You can travel between counties in Ireland to your stationary mobile home or caravan if you are the owner of the mobile home or caravan	







Vaccine bonus	If you are vaccinated - you can visit other	
	households indoors	
COVID-19 Vac	COVID-19 Vaccination Programme	
	The vaccination programme continues to be rolled out nationwide. As of	
4 th May, 1,655	,866 vaccines have been administered in Ireland. People	
aged 50 – 59 w	aged 50 – 59 will be invited to register from next week.	
	If you're aged 57-69 and you haven't registered yet, please register for your COVID-19 vaccine online or on the phone.	
Online registra	ation – information for patients and service users	
People who are	e registering online will need:	
· their Pers	sonal Public Service Number (PPSN),	
· their Eirc		
· an email	address or a mobile phone number.	
A friend or fam	nily member can help. If someone is finding it difficult to go	
	ister or they can ring HSELive for support on 1850 24 1850	
or 01 240 8787	7 from 8am to 8pm, 7 days.	
	esn't have a PPSN they can register on the phone with	
	erson is deaf or hard of hearing, they can text HSELive 61 to register for your vaccination. You can <u>find more</u> ere.	
Once a person	has registered, the HSE will send appointment details by	
SMS text mess	age, 3 to 7 days before their vaccination is due to take	
	in this group will be vaccinated during April or May at one cination centres around the country.	
Data Security		
-	s a priority for the HSE. The Vaccination Information	
-	en designed to ensure only necessary information is stored securely in line with HSE data retention policies. All	
	encrypted in transit and at rest.	
	created on registration use two factor authentication,	
email and mob	bile phone number, to provide people with secure access	
to their own in	formation about their vaccination.	
	lout for information about registration. ning registration is available here	
	be/v1JoC010mgc	

We all need to keep doing the things which we know protect us and the people we love from COVID-19:

- Keep our distance and stay 2 metres away from each other
- Wear masks when it is not possible to keep socially distant
- Wash our hands









	Call the GP as soon as you notice any possible COVID-19 symptoms
	 Where to find 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 <u>hse.ie/covid19vaccine</u> for information about the vaccine, information on this page is updated regularly Find the vaccine information materials at <u>www.hse.ie/covid19vaccinematerials</u> Details on getting the COVID-19 vaccine is updated regularly <u>here</u> Details on COVID-19 vaccines administered are available <u>here</u> Read the <u>full COVID-19 Vaccine Allocation Strategy</u> Read the <u>National Immunisation Advisory Committee Chapter about COVID-19 vaccine</u> COVID-19 vaccine information for health professionals
	COVID-19 Vaccine Centres Videos with information about how the vaccination centres will operate are <u>available here</u> . Public Health Information As always, for the most up to date information and advice on Coronavirus, please go to: <u>https://www.gov.ie/en/campaigns/c36c85- covid-19-coronavirus/</u> and <u>https://www.hpsc.ie/a- z/respiratory/coronavirus/novelcoronavirus/</u> . Please also check the Healthy Ireland site <u>here</u> with further resources and information on the Keep Well campaign. Ireland's COVID-19 Data Hub is <u>available here</u> .
Project	PROJECT ECHO Adult Vaccination Mentorship Program
	The International Federation on Ageing (IFA) is proud to announce the first ever Project ECHO Adult Vaccination mentorship program. This multi-session learning cycle will help improve skills to educate, promote and talk about adult immunization, through the lens of prevention, access and equity. The end goal is to improve rates of adult vaccination uptake. The program is a safe environment to share knowledge and be

The program is a safe environment to share knowledge and be part of an online learning community of patient and ageing







organizations, through guided practice, peer learning and collaborative problem solving. The program seeks to build the capacity and capability of patient and ageing organizations as champions of adult immunization.

About the IFA

The IFA is an international non-governmental organization (NGO) whose members are government, NGOs, academia, industry, and individuals in nearly 80 countries. The IFA's mission is to drive the agenda of the world's ageing populations and be the global point of connection and networks of experts and expertise to influence and shape age-related policy. Immunization is one of the most effective public health interventions of our time, yet vaccination rates are suboptimal in the most at-risk populations of older people and those with underlying chronic conditions around the world. The IFA, across almost a decade, and through the <u>Vaccines4Life</u> program, has worked alongside committed organizations to address barriers to improve adult vaccination rates in the context of healthy ageing.

The ECHO Model as a vehicle for mentorship

The ECHO ModelTM, with more than 860 ECHO networks in 44 countries and training more than 148,000 learners in more than 30,000 organizations, has been leveraged across many fields including education and social justice. Building online learning communities through guided practice, peer learning and collaborative problem solving is at the heart of creating change at a community level as well as influencing vaccination policy. The hub-and-spoke model connects organizations (the "spokes") with a group of experts (the "hub") and involves a didactic component from subject matter experts followed by case presentations from learners to facilitate practical learning.

The IFA is seeking feedback from interested learners on topics to be included in this multi-session cycle which will be held in English every month for a 5-month period.

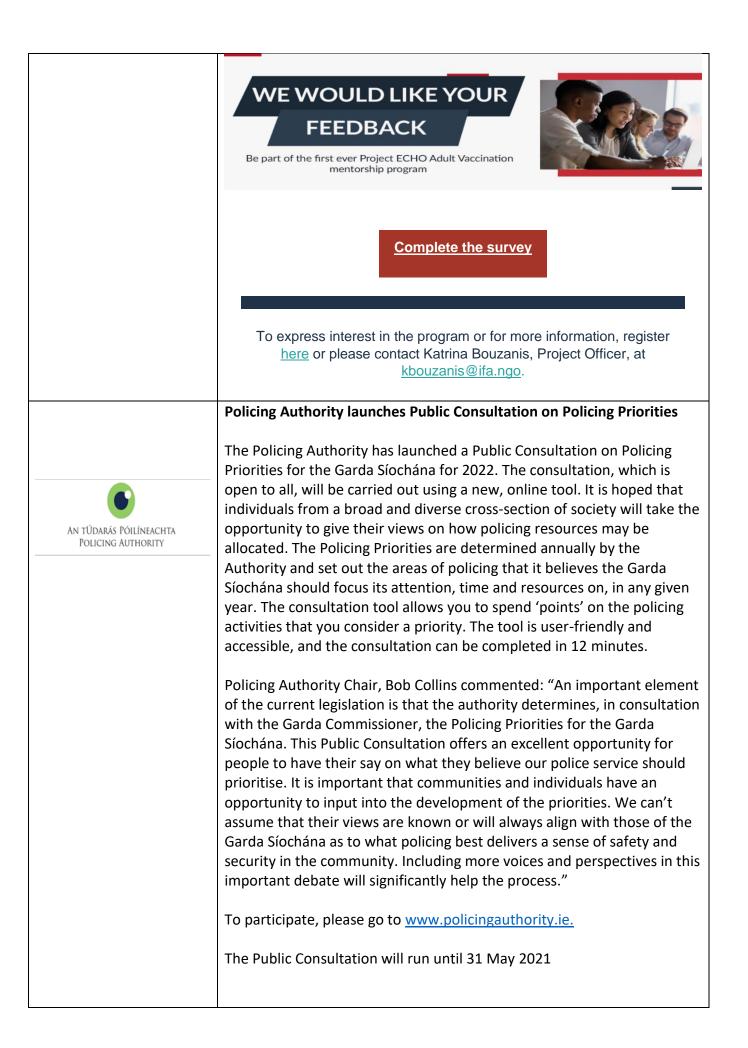
IFA would like to know what your organization needs to learn about adult vaccination. Please take this one-question survey to help inform session topics.











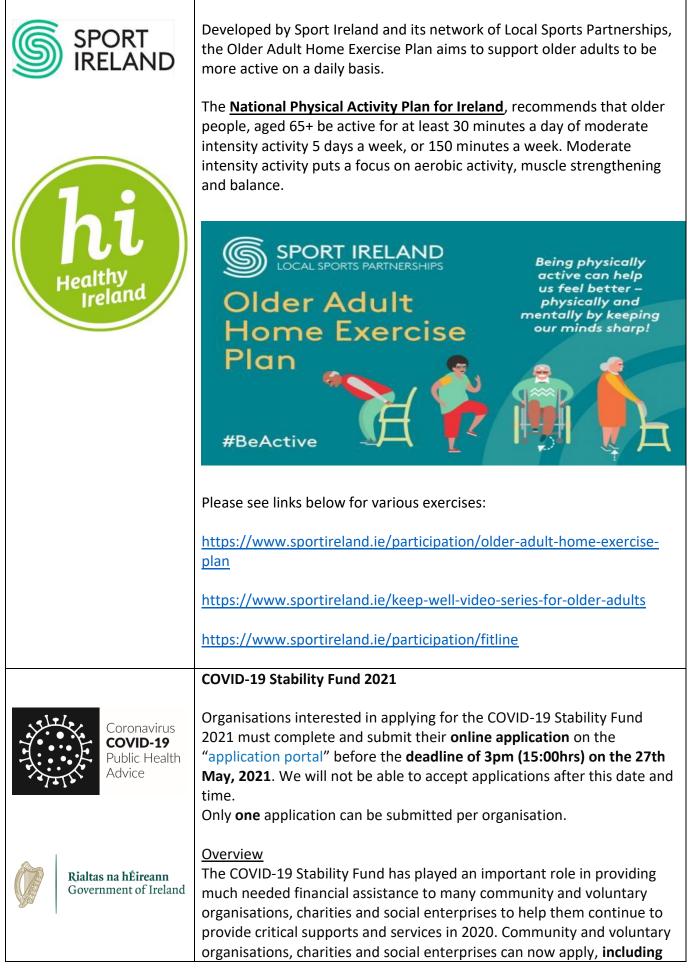








National Physical Activity Plan for Ireland











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An Roinn Forbartha Tuaithe agus Pobail Department of Rural and Community Development



ciste na gcuntas díomhaoin the dormant accounts fund **those who were successful in the previous rounds** of the COVID-19 Stability Scheme in 2020.

Priority will be given to applicants who have not previously received support under the 2020 Stability Scheme or from other Public (State) resources to address the impact of COVID-19 on their **operations i.e. the applicant has not received any financial support from Government departments or public bodies since the onset of the pandemic.** Consideration will only be given to previous successful applicants of the

Stability Scheme 2020 where all funding has been fully expended in line with the Scheme conditions and there is a clear and urgent need for additional funding.

Please note that Community Centres providing social services are eligible to apply.

Stability Fund Aim

The primary aim of the Stability Fund is to help organisations which are suffering financially due to a reduction in their fundraising or traded income so that they can continue to deliver eligible critical services to vulnerable people in their community.

€10m has been made available by the Department of Rural and Community Development.

The eligibility criteria and guidance for applicants has been updated for 2021. Download our applicant guidelines below or click on the eligible criteria or **Frequently Asked Questions** for more information. We are anticipating a high demand for this funding. **Meeting the eligibility criteria and submitting an application is no guarantee of funding**. The level of funding awarded will be subject to the level of demand and individual grant awards are likely to be significantly less than those awarded in 2020.

Priority will be given to organisations that:

- Are experiencing a significant reduction in their fundraising or traded income i.e. private income in 2020 and/or 2021 when compared with 2019 income.
- Receive limited or no other public (state) funding e.g. from Government Departments or Statutory/Public Bodies including EU Funding for their day to day operations and services.
- Have not/are not in receipt of any COVID-19 State Supports from the Government.

We highly recommend that **you click** on **Organisation Eligibility** and **Eligible Services** and **Stability Fund Criteria** before starting the application process.

If your organisation is not eligible for the Stability Fund **please note** that the Department of Rural and Community Development (DRCD) intends to launch the **2021 Community Enhancement Programme** (CEP) over the coming days. This programme is relevant for smaller community and voluntary groups.









Please continue to check the DRCE information in the coming days.	website or this website for more
Register on our Application Portal	Thursday 6th May to Tuesday 25th May
Help and Support	Thursday 6th May to Thursday 27th May
Online Application Form Opens	Thursday 20th May to Thursday 27th May
Online Application Form Closes	Thursday 27th May @3pm (15:00 hrs)





PUBLIC AWARENESS May 10-23

Understanding of Coercive Control & urgency for broader legislation

Safeguarding Ireland's upcoming Public Awareness campaign (May 2021) is on coercive control. What is coercive control and how do we understand it better and have strong laws to prevent and stop it.

A Safeguarding Ireland led **PUBLIC AWARENESS** campaign on **COERCIVE CONTROL** will take place for two weeks starting next week, Monday May 10.

This is in follow on to our March campaign and will be on increasing public understanding of coercive control and a call for wider legislation to recognise this form of abuse in all relevant adult relationships, including vulnerable adults.

See more information www.safeguardingireland.org.





















Celebrate In(ter)dependence at Bealtaine 2021!

This year the Bealtaine festival has moved online, reinvigorate their belief in the power of the arts to renew themselves, using new ways to celebrate.

Marking the month of May, the month that signals the arrival of Spring, with all the fun, togetherness and most of all, hope for the future that it represents in this unique year.

For Bealtaine 2021, therefore, we wish to consider the theme of In(ter)dependence. *Bealtaine In(ter)dependence* will celebrate the fortitude, endurance, as well as stoicism of older people in surviving Covid-19, as well as marking the lives of those who weren't so lucky. It will celebrate our human interconnectedness, the delicate ecosystem that makes strong supportive societies and that again, marks our *interdependence*. Through the festival, we will take issues and pointers from both concepts of independence and interdependence to explore and celebrate our lives.

Please see below a list of events happening over the next week, but for more information please visit <u>bealtaine.ie</u>

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Saturday 1st – 31 May	VISUAL ART	Roots & Shoots: IMMA – Tracing Memories Online Podcast Series
Saturday 1st, Throughout May	DISCUSSION	Roots & Shoots: Creative Conversations – Roscommon County Council
Sunday 2nd	MUSIC	Dawn Chorus – taster video
Sunday 2nd, 7.30pm	LITERATURE	Paula Meehan interview on RTÉ Radio One
Tuesday 4th, 3pm	MUSIC	Intergenerational Folk Choir Workshop with Liz Clark – WS 1
Wednesday 5th	DANCE	As If Trying Not To Own The Earth – New video released
Wednesday 5th, 2pm	LITERATURE	Starting Out with Nessa O'Mahony – Writing Workshops
Wednesday 5th, 3pm	DISCUSSION	Bealtaine Discussion Series: The Cultures of Ageing
Thursday 6th	DANCE	As If Trying Not To Own The Earth – New video released
Friday 7th, 11am	VISUAL ARTS	Re:Generation – Visual Arts Masterclass with Ciara Harrison
Friday 7th, 7pm	MUSIC	This is Happiness – Niall Williams and Christy McNamara
Saturday 8th, 7pm	VISUAL ARTS	LIVESTOCK: Viral 1 – Day Magee
Monday 10th, 11am	VISUAL ARTS	Wild Gatherings – Visual Art Workshops with Joanna Hopkins
Tuesday 11th, 11am	VISUAL ARTS	Roots & Shoots: Butler Gallery – Portraits of Myself in May
Tuesday 11th, 2pm	VISUAL ARTS	Roots & Shoots: IMMA – Armchair Azure
Tuesday 11th, 3pm	MUSIC	Intergenerational Folk Choir Workshop with Liz Clark – WS 2
Wednesday 12th	DANCE	As If Trying Not To Own The Earth – New video released
Wednesday 12th, 2pm	LITERATURE	Starting Out with Nessa O'Mahony – Writing Workshops
Thursday 13th, 4pm	VISUAL ARTS	Roots & Shoots: Chester Beatty Library – Botanical Workshop with Ida Mitrar
Thursday 13th	DANCE	As If Trying Not To Own The Earth – New video released
Thursday 13th, 3pm	DISCUSSION	Bealtaine Discussion Series: Care
Thursday 13th, 8pm	MUSIC	Little John Nee on his Telephone
Saturday 15th, 7pm	VISUAL ARTS	LIVESTOCK: Viral 2 – Olivia Hassett (Reconnect)
Monday 17th, 11am	VISUAL ARTS	Wild Gatherings – Visual Art Workshops with Joanna Hopkins
Monday 17th, 2.30pm	VISUAL ARTS	Roots & Shoots: Glor – Foraging for Bio-colour with artist Kari Cahill
Tuesday 18th, 11am	VISUAL ARTS	Roots & Shoots: IMMA – Talking Art
Tuesday 18th, 11am	VISUAL ARTS	Roots & Shoots: Butler Gallery – Portraits of Myself in May Art & Writing
Tuesday 18th, 3pm	MUSIC	Intergenerational Folk Choir Workshop with Liz Clark – WS 3
Wednesday 19th	DANCE	As If Trying Not To Own The Earth – New video released









HEALTH & WELLBEING/HEALTH PROMOTION DUBLIN SOUTH, KILDARE & WEST WICKLOW invites you to participate in a free online		
Stress Control Programme Delivered by Dr Jim White, Consultant Clinical Psychologist		
All of our lives are being impacted by Covid 19. It's normal to feel worried or stressed but there are things we can do to mind our mental health.		
HSE are streaming Stress Control classes free-of-charge.		
The next programme will start on Monday 3rd May 2021 . There are 6 sessions, each session lasts approximately 90 minutes. Each session will be available to watch during the times below.		
Session 1 Monday 3rd May, 9am until Wednesday 5th May, 11pm		
Session 2 Thursday 6th May, 9am until Sunday 9th May, 11pm		
Session 3 Monday 10th May, 9am until Wednesday 12th May, 11pm		
Session 4 Thursday 13th May, 9am until Sunday 16th May, 11pm		
Session 5 Monday 17th May, 9am until Wednesday 19th May, 11pm		
Session 6 Thursday 20th May, 9am until Sunday 23rd May, 11pm		
Watch the sessions, read the booklets and try out some of the breathing and mindfulness exercises. Friends and family can join in too.		
There is no registration required.		
Everything you need can be found at <u>www.stresscontrol.ie</u>		
Connecting for Life		











THE GREEN SOCIAL ECONOMY OF ECOSYSTEM SERVICES PAYMENT



Co-funded by the COSME programme of the European Union

WE LOOK

FORWARD TO

WELCOMING YOU!

LAUNCHING PUT A VALUE ON NATURE 1ST GECO SOCIAL ECONOMY MISSION WORKSHOP

Thursday 13th of May 15.00pm - 17.00pm **Online Event**

To participate to the

live event, click here

Connect up to 40 min prior to the event to check your video and

audio with our staff!

To complete our questionnaire, click here

This online event will feature: Institutional welcome by Comune di Buti, Project Leader

Video presentation: the Social Economy of Payment for Ecosystem Services (PES)

Short experts' seminars:

Introduction: What are PES? The problem of degradation of natural resources and possible options to promote conservation (by Alessandro Paletto, CREA)

"Dealing with the providers". The importance of social and institutional issues during the design of a PES scheme are highlighted in this module (by Alessandro Paletto, CREA)

Introduction to PES Best Practices: examples of successful PES schemes & Introduction to the economics of PES schemes (by Catherine Keena, Teagasc Kildalton)

Round table: panel discussion and Q&A session moderated by Isabella De Meo, CREA























Clare







Rialtas na hÉireann Government of Ireland



"One Good Club, One Good Community and

One Good County Council"

Liscannor Ladies Football Club have been selected to represent Clare in Lidl's "One Good Club" national campaign. Only 25 clubs were chosen out of over 900 nominations received from local communities.

Lidl's "One Good Club" is a five-step youth mental health awareness programme for local clubs, developed in partnership with the Ladies Gaelic Football Association (LGFA) and Jigsaw, the National Centre for Youth Mental Health.

The programme began on 1st March 2021 and the 5 themes were "Connect", "Keep Active", "Take Notice", "Keep Learning" and the final theme was "Give".

For the theme "Give", Liscannor Ladies Football Club partnered with the Clare Age Friendly Programme, Healthy Clare and the national Keep Well Campaign through Clare County Council to deliver this initiative. Young Members of the club delivered "Keep Well packs" to older members of their community.





The young members recognised the huge importance of "giving" to our older communities, particularly in light of the recent difficult times they have experienced during the Covid pandemic.

This was a wonderful intergenerational project where young members of the club were able to interact with older members of their community. That intergenerational interaction between young and old allowed for that feeling of reward that the young people got from the "giving" part but also there was a great feeling of gratitude from the older person upon receiving the pack.

This inevitably has given the whole community a huge boost in terms of their mental wellbeing. Please view this great intergenerational project on https://fb.watch/5jL19loR3V/











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Your Voice

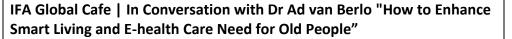


We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at <u>rleavy@meathcoco.ie</u> Information is one thing we can share right now!

International Updates



International Federation on Ageing





The IFA is honored to invite Dr Stuen, as the main United Nations Representative for the International Federation on Ageing, Chair for the UN NGO Committee on Ageing and an expert who advocates for the human rights of older people globally.

Register Here - Register for the IFA Global Cafe

Important Tips Always have your Eircode close by in case of Coronavirus COVID-19 Coronavirus COVID-19 Public Hearth Advice emergency. You can find your Eircode here How to Prevent If you have fever and/or cough you should stay at home regardless of your travel or contact history. 8 Perhaps keep a daily diary to record the -ð people you are in contact with every day, so if you develop symptoms it will be easier to Symptoms All people are advised to: Reduce social interactions Keep a distance of 2m between you and oth Do not shake hands or make close context trace them For daily updates visit retardiseconting sometimes statutes









Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413 Or Email: <u>rleavy@meathcoco.ie</u>

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





