

National Updates



HSE, Health & Wellbeing are offering a **Stress Control** Online programme, which commenced yesterday, the 13th April 2020, via Stresscontrol.org. This is a free 3-week programme delivered by Dr. Jim White, Consultant Clinical Psychologist, Stress Control Ltd. There are six free sessions available to the public. Session one commenced on the 13th April (Session one will repeat on Tuesday 14th April). Each session will play twice a day (at 2pm and repeated at 8.30 pm) on Mondays and Thursdays. Participants can join at any stage for one or more session. To find out more or to join in click [here](#)

The **HSE & Drugs.ie** have also put together a list of resources for people living in the community who are living with **addiction issues** and are no longer able to attend support group meetings. You can access this information [here](#)

You can also use the [HSE drinks calculator](#) to find out how your drinking affects your health, wallet and weight or [here](#) for some useful tips on how to make your health & home life a priority during COVID19

The national number for the **HSE Alcohol and Drug helpline** is **1800 459459**



The **Family Addiction Support Network (FASN)** are changing how they operate and are developing new and innovative ways of supporting families affected by a loved one's substance misuse during COVID19. You can contact their 24/7 Helpline on **087 9046405** or find out more [here](#)



An Roinn Dlí agus Cirt
agus Comhionannais
Department of Justice
and Equality

On Friday, the 10th of April the **Department of Justice & Equality** launched a campaign to reassure victims of domestic abuse that support is still available, despite COVID19. This campaign has been developed between Government and frontline services, and a dedicated [website](#) has been launched.

 <p>Safeguarding IRELAND Promoting the rights of vulnerable adults</p>	<p>Safeguarding Ireland this morning issued a new release regarding Financial Abuse risks during the Covid-19. They are highlighting the need for public vigilance to guard against increased financial abuse at this time. For the full news release click here</p>
 <p>Peter McVerry Trust Opening doors for homeless people</p>	<p>The Peter McVerry Trust, national housing and homeless charity is responding to COVID19. From isolation rooms & cocooning apartments, to social care supports for people in direct provision who've been placed in hotels. Click here to learn more about their emergency response to #COVID19 as they support vulnerable people at risk at this time</p>
 <p>Aware Your supporting light through depression</p>	<p>Many thanks to Barbara Condon, Senior Administrator with Aware for sending us information on the supports and resources being offered by Aware during COVID19, including their support line, support mail and virtual life skills programme. For more information click here</p>
 <p>2KM from Home</p>	<p>How far is 2km from your home? A handy tool made by an Irish software developer can calculate how far 2km is from your home so you can abide by government regulations. See more here</p>
 <p>look good feel better</p>	<p>Look Good Feel Better is a registered charity who are offering free one to one skincare and makeup makeovers given by professional makeup artists by videocall for women going through cancer treatment. These provide a lifeline to women going through cancer treatment who may be isolated at this time, giving them joy, happiness and some tips and techniques on dealing with the physical side effects of cancer treatment. You can sign up to avail of this service here</p>
	<p>Kate Kerrigan, Irish author, Irish Mail columnist and regular contributor to RTE's Sunday Miscellany, is producing a personal newsletter to try and help keep cocooned citizens connected and entertained through COVID19. It is A4 printable, quick and easy to download and print off. There is a large type version too, plus Kate will be posting links to podcasts, live chats and other integrated material for anyone needs a bit of light entertainment. You can check out her website here</p>

Local Updates



Knocknagoshel Women's Group and Over 55s Club in Knocknagoshel, Co. Kerry are delivering hot meals and groceries six days a week to anyone cocooning or self-isolating (including families) in the following areas: Knocknagoshel, Lyreacrompane, Duagh, Abbeyfeale, Brosna, Cordal and parts of Castleisland. The group deliver in excess of 700 meals weekly. They have also delivered milk donated by Food Share Kerry and an Easter goody bag sponsored by Cara Credit Union as well as COVID 19 Information packs. They collect and deliver laundry which is washed and ironed in the Community laundry and they also offer phone support if you require a reassuring chat or information. Phone **Mary** on **0871269270** (with your Eircode if you have it to hand) to discuss your requirements to help you to stay safe and supported in your own home during this crisis. Further information including daily menus (kiddies menus also available) can be found on our Facebook page [Meals on Wheels Knocknagoshel](#). Well done to all – what fantastic community spirit!



Many thanks to Declan Cahill from [Near.fm](#) who sent us on a podcast of a radio programme which aired last year about Irish Showbands. The show runs for over two hours. So, it could help to pass the time while cocooning and bring back some fond memories. Why not get in some physical activity and get up and have a dance while you listen. Click [here](#) to tune in.



Meath Local Sports Partnership is hosting a Nutrition for Health & Wellbeing Webinar with Daniel Davey (Nutritionist for Leinster Rugby & Dublin Senior Football Team) Tomorrow, Wednesday 15th April at 7pm on Zoom! To register email Ruairi on rmurphy@meathcoco.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!



Many thanks to Kitty Hughes, Chair of Longford Older Peoples Council for sending us on a poem by Pam Ayres, widely renowned comedic writer. [‘Time for the Girls’](#) is a light-hearted rhyme that gave us a good giggle so thanks Kitty for the welcome distraction!

International Updates



The **International Federation on Ageing** will host another online seminar, this Friday 17 April 2020 at **11:00 (GMT)** on COVID-19 and Older People: The Urgency in Low and Middle-Income Countries, featuring President of the International Longevity Centre Brazil and co-President of the Global Alliance of International Longevity Centre’s, Mr Alexandre Kalache. Click [here](#) to register

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](#)

How to Prevent

Wash your hands well and often to avoid contamination	Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and dispose and discard	Avoid touching eyes, nose, or mouth with unwashed hands	Clean and disinfect frequently touched objects and surfaces	Stop sharing utensils or drinking vessels with other people, especially those who might be unwell	Distance stand at least 2 metres (6 feet) away from other people, especially those who might be unwell

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**

Symptoms

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

For daily updates visit

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

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: reavy@meathcoco.ie

HSE Advice Line: Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday