

National Updates



Many thanks again to **Fiona Foley** from the **Understand Together Campaign** who sent us the below suite of ideas and helpful resources for things to do together with your loved ones living with Dementia as we are spending our days at home, with traditional routines and activities changed. **Emma O'Brien**, Occupational Therapist at the **Memory Technology Resource Room** compiled many fun and meaningful activities for people with dementia and their families, which can be adapted for everyone's abilities. See the full booklet [here](#)






Many thanks to **Professor Rose Anne Kenny** in **TILDA (The Irish Longitudinal Study on Ageing)** for providing us with their new suite of reports on our ageing population, which they have produced to help inform evolving policy on Ireland's Covid19 response. These reports highlight high-risk factors for COVID-19 such as comorbidities, frailty, lack of Vitamin D, as well as healthcare utilisation patterns. They are a fabulous resource and include county by county statistics and a suite of [infographics](#). The reports can be accessed [here](#)





Volunteer Ireland have launched a new campaign – **#volunteerfromhome** – to help people find volunteering opportunities they can carry out from home and to support organisations to engage their volunteers virtually. Volunteering from home isn't new but since the COVID-19 emergency began even more organisations are thinking about how they can engage volunteers based at home. Volunteer Ireland have outlined a few different ways that you can help out from home. See more [here](#)



Air pollution levels have dropped dramatically in parts of Ireland following travel restrictions introduced to curb the spread of coronavirus, the State's environmental watchdog has said. The **Environmental Protection Agency (EPA)** is reporting decreases of up to 50 per cent in nitrogen-dioxide (NO2) at its air quality stations around the country. For more see [here](#)

	<p>The Community Foundation for Ireland has established a Covid-19 Community Fund which is aimed at the immediate needs of organisations impacted by Covid-19. It is the expectation that the funding will support organisations to continue to provide services over the next one to six months and help in adapting services and methods of delivery. Applications can be made to continue or adapt existing work or to pilot new work that will support those most vulnerable as a result of Covid-19. For more information click here</p>
	<p>Congratulations to the GAA who have launched the wonderful Digital Archive at Croke Park providing free access to 113 All-Ireland and provincial finals since 1961 and much more. This is a really good resource for people interested in the GAA who are cocooning or in self-isolation – a little trip down memory lane to pass the days. You can find out more here</p>
	<p>Joe Wicks has claimed a Guinness World Record after one of his online fitness classes was watched by nearly a million people. The Body Coach’s class on March 24th was broadcast to a global audience of 955,158, which was enough for Guinness to hand him the record for most viewers for a workout live stream on YouTube. Joe has released a range of home workout videos specially designed for seniors, with gentle exercises to get everyone moving, no matter their age or range of mobility. You can view Joe’s YouTube Channel here</p>

Local Updates

	<p>Don’t forget that each Local Authority is operating a dedicated COVID19 Community Response Helpline. We have included all numbers at the bottom of our newsletter going forward and we urge people to share their local number with anyone in need of support.</p>
	<p>Wexford Public Participation Network are linking in with the North Wexford Society for Protection of Cruelty to Animals, Carlow Volunteer Centre and the Community Support Helpline and offering volunteers to carry out dog walking for older people cocooning and vulnerable people who are self-isolating. This is especially beneficial to people during the recent days of fine weather and reduces the risk of either of these groups leaving their homes unnecessarily. Well done to all – what a great idea and thanks to Ann Marie Laffan for sending this on to us.</p>



Cork
County Council
Comhairle Contae Chorcaí

Many thanks to **Barbara O'Connell** from **County Cork** who emailed to tell us about the excellent service being offered by libraries in Cork. An employee from the library in Skibbereen rang Barbara and they had a lovely chat about what books and authors Barbara likes, while she walked through the library and picked out similar books that Barbara might like to read. She then put 12 books into a pack, and it was delivered to Barbara's front door. When she has read them all the library will collect this pack and drop off another. What a lovely initiative and congratulations to County Cork libraries. Click [here](#) for more information, user guides and video tutorials for using eLibrary resources.

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 rlavy@meathcoco.ie Information is one thing we can share right now!

International Updates



Northern Ireland blood banks are well stocked despite coronavirus pressures, with donors "literally going the extra mile" to keep making their lifesaving contribution to the NHS. Giving blood is considered an 'essential journey' under government guidelines which have restricted travel. Paul McIlkerney of the Northern Ireland Blood Transfusion Service (NIBTS) said regular donors have adapted willingly to changes brought in to help stop the spread of the deadly Covid-19 virus.



A number of schools in **Denmark** have reopened after a month-long closure over the coronavirus pandemic. The Nordic country is the first in Europe to start opening up nurseries, kindergartens and primary schools after they were closed on 12 March in an effort to curb the Covid-19 epidemic. All are expected to reopen by 20 April. See more [here](#)



World War Two veteran **Ermando Piveta**, aged 99, became the oldest **Brazilian** to recover from the coronavirus on Tuesday. Wearing an army cap and saluting from his wheelchair, Piveta left the Armed Forces Hospital in Brasilia to an ovation from medical staff and a soldier's trumpet homage. See more [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](#)

How to Prevent



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

Health Service Executive (HSE) logo and Government of Ireland logo.

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: 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

Carlow County Council
Cavan County Council
Clare County Council
Cork City Council
Cork County Council
Donegal County Council
Dublin City Council
DLR County Council
Fingal County Council
Galway City Council
Galway County Council
Kerry County Council
Kildare County Council
Kilkenny County Council
Laois County Council

Community Response Number

1800 814 300
1800 300 404
1890 252 943
1800 222 226
1800 805 819
1800 928 982
01 222 8555
01 271 3199
01 890 5000
1800 400 150
1800 928 894 and 091 509 390
1800 807 009
1800 300 174
1800 500 000
1800 832 010

Leitrim County Council	071 965 0473
Limerick City and County Council	1800 852 389
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