











National Updates

 <p>Feidhmeannacht na Seirbhíse Sláinte Health Service Executive</p>  <p>National Cancer Control Programme</p>	<p>The NCCP is encouraging people with signs and symptoms of cancer to call their GP</p> <p>The National Cancer Control Programme is encouraging anyone with potential signs or symptoms of cancer to telephone their GP to check them out. The number of patients being referred to cancer diagnostic services has decreased since the onset of the COVID-19 pandemic. This is a cause of concern for the NCCP as it indicates that people with symptoms of cancer are delaying seeking medical advice. In order to address this, they have made a promotional video featuring Dr Una Kennedy, GP advisor to NCCP and Prof Arnie Hill, Professor of Surgery RCSI and Surgical Advisor, National Cancer Control Programme reaffirming that services are operational and advising patients to telephone their GP. Check out the full press release here.</p>
 <p>THE Alzheimer SOCIETY OF IRELAND</p>  <p>DEMENTIA SERVICES INFORMATION AND DEVELOPMENT CENTRE</p>	<p>Helping People with dementia stay active & involved</p> <p>Activities can enhance our self-esteem, help us to engage with the world around us and give meaning to our lives. The Alzheimer Society of Ireland and Dementia Information Services Development Centre have a number of factsheets for ideas and tips for people with dementia to keep active and involved. For more information check out the website links below:</p> <ul style="list-style-type: none"> • The Alzheimer Society of Ireland • Dementia Information Services Development Centre
 <p>SHAPE-ID Shaping interdisciplinary practices in Europe</p>	<p>SHAPE-ID Webinar 14th May Interdisciplinarity in Times of Crisis: Why the Arts, Humanities and Social Sciences Matter</p> <p>SHAPE-ID are developing a series of webinars to run over the coming months to engage a wider audience in discussions around the integration of Arts, Humanities and Social Sciences in inter- and transdisciplinary research. Webinars will be hosted on Zoom and will take the form of short presentations from panellists followed by an interactive Q&A session with the Zoom audience. The first webinar will take place on Thursday 14th May and will address the following topic: Interdisciplinarity in Times of Crisis: Why the Arts, Humanities and Social Sciences Matter. You can register online here</p>

 <p>volunteer ireland obair dheonach éireann</p>	<p>Volunteering during COVID-19</p> <p>Ireland has seen an outpouring of support from people across the country wanting to help those in need of support during COVID-19. This is fantastic and exactly what we have come to expect from the people of Ireland. It is important though to make sure you are well enough to volunteer, and you can volunteer in a safe way. If you want to volunteer you can sign up at www.i-vol.ie, download the smartphone app I-VOL (Apple Store or Google Play) or contact your local Volunteer Centre. Click here for advice and resources for those who wish to volunteer in response to COVID-19.</p>
 	<p>Galway researchers develop app to aid with social distancing</p> <p>A new smartphone app to assist with social distancing has been developed by researchers in Galway. The 'SPACER' social distancing app triggers a vibration alarm if users are less than two metres away from each other for more than a minute. Developed by the Health Innovation via Engineering (HIVE) lab at NUI Galway, the app uses Bluetooth connectivity to detect other users with the software installed on their phones. It is not designed for contact tracing and does not gather personal or location data from users. The technology is being evaluated and tested at University Hospital Galway at present and will be made available for download in the coming days. See the full story here</p>
 	<p>Parts of Dublin City Centre to be pedestrianised post Covid-19</p> <p>As Covid-19 restrictions are lifted, there are plans to restrict cars in Dublin City Centre and to pedestrianise College Green. A new report says motorised vehicles would be banned after 11am in a number of locations, creating more space for tables and chairs for reopening businesses and also for waiting areas. A joint report from Dublin City Council and the National Transport Authority is due in the next two weeks - with any changes expected to take effect within the next three to six months. See more here</p>
	<p>The Down Syndrome Centre North East, a non-profit organisation which provides subsidised, essential services for the Down Syndrome Community in the North East region covering counties Cavan, Monaghan, Louth & Meath has released the most beautiful video to say thanks you to all the frontline workers from the children, their families and all the staff at the centre for keeping them all safe during COVID19. You can give it a watch on their Facebook page.</p>

Local Updates



Waterford businesses go online!!

A new online shop (eWaterford.com) has been set up for all businesses in Waterford by HelloWorld.ie. Retailers can upload their products and consumers can purchase in one location ensuring local business is supported. This initiative is supported by **Waterford Chamber of Commerce**. Any Waterford business is now free to sign-up and add their products and services to eWaterford.com. Customers' orders are sent to the local businesses for processing. Customers indicate in their order whether they would like a local collection or a quote for delivery. Check it out or register your business [here](#)



Fingal Libraries launch service specifically aimed at cocooners

Fingal Libraries e-Services are thriving, and the borrowing of e-Books, e-Magazines and eLearning services has increased dramatically. But they know that not everyone has access to or wants to use online services, so in response they are now offering a delivery service specifically aimed at people who are cocooning in Fingal. So if you are cocooning and have read everything on your bookshelf or are looking for some new reading material to whittle away the hours, Fingal libraries is happy to help (see [full details](#) here). If you or someone you know is cocooning and would like a fresh supply of library books, talking books or DVDs contact them now on **1800 459 059** or **01 8905000** or email cocooning.library@fingal.ie



Also, Fingal's Activity Booklet '**Cocooning**' developed by **Age Friendly Fingal** and **Fingal County Council Community Department** has been updated. This collection of activities for those cocooning or self-isolating during Covid 19 is a wonderful resource. The updated version is available [here](#) and if you would like a hard copy of the booklet you can contact Fingal Community Response Forum on **1800 459 059** or **01 8905000** or email covidsupport@fingal.ie



Home Life Meath are open for business!!

[Home Life](#) Meath have advised that they are open throughout the current crisis. All their services are operating with regard for HSE guidelines. Check out their [brochure](#) for information on the services they provide. Home Life Meath can be contacted directly by phoning **046-9437282**.



Comhairle Cathrach Chorcaí
Cork City Council

Libraries | Leabharlanna



'Plan B for Bealtaine'

Cork City Libraries are working with the **Cork City Age Friendly Programme** to issue a weekly newsletter 'Plan B for Bealtaine' each Friday in May. The Bealtaine festival is a very important one to older people many of whom are cocooning and self-isolating at this time. This newsletter is reaching out, promoting arts and creativity in place of the usual programme of personal gatherings.

The 1st newsletter is now available in hardcopy, [digital](#) and [audio](#) formats. Over 1500 newsletters will be distributed each week for the month of May by Cork City Libraries and in partnership with Cork City Council Community Response Team. It will also be available on their [Facebook](#) & [Twitter](#). If you would like to take part in a future issue – please forward articles, poetry, or anything you would like to see included to patricia_looney@corkcity.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



Sir David Attenborough celebrates his 94th birthday

Sir David Attenborough celebrates his 94th birthday today, after appearing on our screens for the first time more than 60 years ago. The revered broadcaster and environmentalist made his TV debut in 1954, on a black and white programme called Zoo Quest. See the full story [here](#)

Happy birthday David from the Age Friendly Ireland family 😊



Belfast laboratory to begin testing next week

A laboratory which promises to significantly increase **Northern Ireland's** Covid-19 testing capacity is now expected to begin work next week. The facility near Stormont, was visited by two executive ministers on 14 April, for a media launch. At the time the health minister said he hoped it would get through 1,000 tests daily within two-to-three weeks. 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



Wash

your hands well and often to avoid contamination

Cover

your mouth and nose with tissue or sleeve when coughing or sneezing and dispose of used tissue

Avoid

touching eyes, nose or mouth with unwashed hands

Clean

and disinfect frequently touched objects and surfaces

Stop

shaking hands or hugging since leaving home or greeting other people

Distance

yourself at least 2 metres (about 6 feet) 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.hpsc.ie

ireland: supporting communities through
www.hpsc.ie/covid19



Riadas na hÉireann
Government of Ireland

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
Leitrim County Council
Limerick City and County Council
Longford County Council
Louth County Council
Mayo County Council
Meath County Council
Monaghan County Council
Offaly County Council

Community Response Number

1800 814 300
1800 300 404
1800 203 600
1800 222 226
1800 805 819
1800 928 982
01 222 8555
1800 804 535
01 890 5000
1800 400 150
1800 928 894
1800 807 009
1800 300 174
1800 500 000
1800 832 010
1800 852 389
1800 832 005
1800 300 122
1800 805 817
094 906 4660
1800 808 809
1800 804 158
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