

National Updates



BEREAVEMENT SUPPORT LINE

COVID-19 restrictions have changed the traditional ways we mark our grief. For the moment, it is not possible to come together like we did traditionally. This means many people are facing bereavement in isolation. The **Irish Hospice Foundation** in partnership with the **HSE** are operating a Bereavement Support Line. This new dedicated National Phone Line is there to support those grieving in these exceptional times. Dial freephone **1800 80 70 77**



Seirbhís Phríosúin
na hÉireann
Irish Prison Service



World Health
Organization

Irish Prison Service submits best practice paper to WHO

The Irish Prison Service has submitted a paper to the World Health Organization as a model of best practice for keeping Covid-19 out of prisons. Currently there are 3,705 prisoners nationwide and no detainee that has been screened and tested has had a positive Covid-19 result. Prisons in Northern Ireland, England and South America have been in contact with the Infection Control Team for advice on how it managed to keep Covid out of prisons. The World Health Organization's prison programme has also been in touch. The WHO is particularly interested in the contact tracing model for other countries that are trying to ease restrictions. It is expected to publish a paper submitted by the IPS on its methods soon. In the meantime, a health risk assessment is under way to allow footfall to increase at prisons once again. The prison service is hopeful that it will be able to announce a timetable around safe visits in the coming weeks.

Read the full story [here](#)



Athlone IT Providing New Initiative to Re-Skill Workers Unemployed Due to Covid-19

A Dean in Athlone Institute of Technology is hopeful a government initiative will prove key in re-skilling and re-training those who've become unemployed due to covid-19. Michael Tobin says AIT has recommended 64 courses to be considered for springboard funding next year. Courses funded under this project are free for people on social welfare up to Level 7, at which point they pay 10% of the usual yearly fee. The Dean of the Faculty of Continuing, Professional, Online and Distance Learning says it also offers opportunities to recent graduates. Check out AIT's [courses](#) here



Dawn Chorus Ireland | Sing Ireland | An update from Phase 1

Many thanks to Bea Kelleher from Creative Ageing International for sending us on the below update –

A few weeks ago, we swung the focus from everyone, to more particularly isolated individuals and people in care homes. With this in mind, we sent out information on [songs](#) which had been given to us by [Folklore Ireland](#) that are suitable for parents, children and grandparents to sing together.


All songs have a video to sing along with, a sheet of lyrics you can print off, and we'll add the notes shortly for the more musical amongst you. In that callout, we asked people in care homes to share with us how they were getting on and we had a great response. It is really brilliant to see the imagination, caring and connection. We wanted to particularly call out the **Riverdale House Nursing Home** who have given us permission to share some [footage](#) of a joyous singalong residents and staff hold regularly.

We also want to show you a [song](#) which [Brian Twomey](#) wrote for lockdown for singalongs particularly in care homes or for people cocooning which he has also kindly allowed us to share. The possibilities for writing your own song to sing about the trials and the triumphs, the reflections and the connections are endless. Give it a go and share the results with us by email, YouTube, Facebook, Twitter [#dawnchorusireland](#)



Irish Paralympic hopeful goes to great lengths to keep training on track

Irish Paralympic hopeful Leo Hynes went to great lengths to ensure his training stayed on track during lockdown by building a swimming pool in his front garden in Tuam, Co Galway. Mr Hynes had hoped to qualify for the 2020 Paralympics in Tokyo, which have now been postponed to next year due to the coronavirus. He aims to qualify to compete in the triathlon event at the tournament. After being diagnosed with age-related macular degeneration in 2009, Mr Hynes is now legally blind. After Covid-19 restrictions meant swimming pools were closed, and the two-metre distancing advice ruled out open water swimming as that involves being tethered to a guide, he went in search of another way to keep on top of his swimming training. When he came across a Canadian parathlete Danielle Kisser's homemade pool made from wooden pallets, he decided to give that a try with the help of his brothers. Read more [here](#)

	<p>10 calming hobbies to take up now according to RTÉ Lifestyle</p> <p>Keeping yourself busy is easier said than done at the moment. After the umpteenth week staring slack-jawed at Netflix, taking part in repetitive Zoom quizzes and idly tapping through everyone else’s Instagram Stories, things can start to feel a bit ‘Groundhog Day’. What you really need is a hobby – and a calming one at that. While there’s a time and place for playing adrenaline-soaked video games, throwing yourself into high-intensity exercise and putting yourself on a deadline to write your first book, all of these high-pressure pursuits can add to the current stress and anxiety, which isn’t what you need right now. Click here for 10 super-calming hobbies that won’t test your patience. Try one of these ideas for soothing your nervous system, relieving tension and improving your mental health.</p>
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Local Updates

	<p>In this Together Tipperary Newsletter campaign</p> <p>On Monday, 8th of June Tipperary Community Response launched their ‘Tipp – In This Together’ newsletter which compliments the National In This Together campaign (issue one available here). The newsletter is prepared by staff from Tipperary County Council and the HSE and has been provided with content by partners in the Community Response for Tipperary and also showcases some of the community projects that have taken place to date in County Tipperary. The newsletter will be produced on a fortnightly basis and will issue online through the various partners. Printed copies will also be available for circulation.</p> <p>The newsletter is part of an overall campaign which looks at the national themes of Looking after our Mental Health, Coping at Home, Let’s Play Ireland, Staying Active, Healthy Eating, Cocooning, Helping in our Community and Local Resources.</p> <p>Complimenting the newsletter issue on Monday, Tipperary Public Participation Network, (PPN) launched their new website. This contains a new hub with links and resources for families and communities and a Tipperary Community YouTube channel which can be used by all to share the great work and community effort being undertaken during this challenging period.</p> <p>Any community groups who would like to provide a contact for the newsletter can email inthistgether@tipperarycoco.ie or contact a member of the community team on 0761 06 5000</p>
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Leitrim County Council's Creative Ireland programme Update – 3rd June 2020

Current active community engagement initiatives developed under Leitrim County Council's Creative Ireland programme including ongoing projects planned early this year, those projects reimaged and new project following a new call post lockdown.

- We have developed a programme to work with Active Age Groups, Men's Sheds and other isolated groups, coordinating readings and workshops with leading authors as a means of stimulating creativity and maintaining group contact and cohesion. Brian Leyden and Michael Harding have agreed to participate.
- Magnetise, A Call for Home, is a collaborative intergenerational performance project between six internationally based professional dance artists and two local community groups, WILL (Women Living Independently in Leitrim) and Creative Current Youth Dance.
- Drumsna Community Resource Centre Senior Citizens Group have developed a project "Back to the Future" with singer Fionnuala Maxwell. Through Memories and Songs, the project aims to bring together a community who would have very little knowledge of technology and who normally meet face-to-face for a conversation by bringing them on a journey back through their childhood through songs, rhymes and stories.
- Ballinamore Living Archive Project is a collaborative project with the Leitrim Library service, Solas Art Gallery and Artist Vanya Lambrecht-Ward. Conceived as an idea to bring together the local library as a keeper of story and the Art Gallery as a stimulus for ideas and nurtured by the belief that 'everybody has a story to tell'. With this in mind they to hope record, make, find, archive and celebrate the unique history of residents' lives and sense of place of Ballinamore and surrounding area.
- Helena Golden Willow Woman is now working online with Carrick Tidy Towns and ICA. The restrictions of 2020 have meant that established groups are no longer meeting and are losing their momentum. By participating in The Willow Weavers Project, group members are engaging with each other, keeping in touch, learning a new skill and having some fun.



Gavin James announced as first in a series of drive-in gigs to take place in Limerick

Dolans Presents in association with Limerick City and County Council and Cooper Developments provide details of new innovative entertainment experience. A first of its kind for Limerick, Live at the Drive-in will bring a series of big-name acts to Limerick at a time when the entertainment industry has been brought to a standstill. Irish singer-songwriter Gavin James will kick off the series of gigs when he plays Live at the Drive-in on the 24th of July at a specially prepared site on the Dock Road in Limerick. The concept will see concert attendees watch the gig from the comfort of their cars. A maximum of four people per vehicle will be permitted into the venue. Check out Dolans.ie for more info.

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!



Age Friendly Ireland | National Network of Older People's Council

We would like to thank all of the Chairs of the Older People's Councils across the country who participated in our first Zoom meeting of the National Network this week. It was really wonderful to hear about all the fantastic community support and Age Friendly initiatives happening across the country in response to COVID19.



International Updates



IFA Virtual Town Hall | COVID-19 and Older People: Grandparenting in a Pandemic | Friday 12th June @12noon

COVID-19 has brought with it many unprecedented challenges, particularly regarding the impacts on older people. It has also presented an opportunity for many societies to reevaluate grandparenting roles, and to identify practices that protect the well-being of grandparents, grandchildren and their families. This Town Hall will explore political and public health strategies that affect grandparents and grandparenting during the ongoing pandemic. Dr. Peggy Edwards, writer, activist and co-founder of the Grandmothers Advocacy Network, will in her opening remarks address how grandparents are maintaining resilience and finding ways to connect with their grandchildren despite challenges posed by the pandemic. Click [here](#) to register. Should you be unable to participate in this meeting, a recording will be available [here](#). Please note that this town hall will also be recorded and streamed live on [Facebook](#).



Ode To Joy - Óid don Lúcháire | A Nation Performs | Sunday June 21 2020 at 6pm

Launching from the steps of the National Concert Hall, Dublin at 6pm. Calling all musicians, singers, poets, and dancers. Every adult and child across all ages and genres is invited to participate. Perform Ode to Joy with us on your own doorstep or in your green or park! Come play and help us say... Thank you! Help us pay tribute to our frontline crew on World Music Day & European Music Day. The doctors, the nurses, the dedicated carers, and all of our service workers.

If your organisation is planning on participating in the event, please let us know by sending a quick email to info@odetojoy.ie. Please feel free to live stream your own performance on 21 June on your own [Facebook Live](#) and [Instagram Live](#)! Use the hashtag #OdeToJoyIE. You can find a guide to Facebook Live [here](#) and a guide to Instagram Live [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

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 <small>your hands well and often to avoid contamination</small>	Cover <small>your mouth and nose with a tissue or elbow when coughing or sneezing and discard and clean</small>	Avoid <small>sharing cups, pens or mouth with un-washed hands</small>	Clean <small>and disinfect frequently touched objects and surfaces</small>	Stop <small>shaking hands or hugging when staying 10ft or avoiding other people</small>	Distance <small>stand at least 2 metres (6 feet) away from other people, especially those who might be unwell</small>

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)



Riann na Mídeanna
Government of Ireland

Useful Contacts

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

Carlow County Council
Cavan County Council
Clare County Council
Cork City Council
Cork County Council
Donegal County Council
Dublin City 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

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 500 000
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