

National Updates

text about it

50808



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Live-saving, innovative 24/7 text service launches in Ireland

A new text-based mental health service funded by the HSE launched yesterday (Tuesday, 16th June). '50808' is a first of its kind for Ireland, a free 24/7 text service, providing everything from a calming chat to immediate support for people going through mental health or emotional crisis. Doireann Garrihy launched the service via a Zoom event with Simon Harris TD, Minister for Health, Jim Daly, Minister for Mental Health and Anne O'Connor, Chief Operations Officer HSE. Since the service began its pilot in September last year, it has provided support to 3,801 people through 6,694 conversations. It is expected that '50808' will support over 50,000 people each year once fully operational. See the full HSE press release [here](#)

My Mind Counselling - Covid 19 project

From this week, MyMind (Sláintecare and HSE Counselling and Psychotherapy Project) is providing fully subsidised counselling appointments for people affected by Covid-19 and front-line workers. A substantial grant has been awarded by the Department of Health - Sláintecare to support this. These online counselling appointments are available over the next three months through MyMind's bespoke digital platform. Where there is no internet access, therapists will provide support over the phone. For more information, they have put together a short [video](#) or you can visit their site [here](#)

Wellbeing 'In This Together'

This joint Department of Health and HSE campaign continues to give mental health and wellbeing advice across the country and local authorities through Healthy Ireland are also rolling it out on a regional basis. New videos covering the following topics have been added:

- [Tips when visiting your GP, Dr John O'Brien, GP](#)
- [Tips for the traveller community, Patrick Reilly](#)
- [Staying safe in your home - Sgt Graham Kavanagh, An Garda Síochana](#)
- [Managing Sleep Difficulties, Daniel Flynn, HSE](#)





Use of face masks by the general public

The HSE Health Protection Surveillance Centre has issued guidance on the use of face masks for the general public. This guide was written to give people information about the use of face coverings in everyday life. The guidance is not for healthcare settings. There is separate guidance for the healthcare setting on the [HPSC website](#).

The guidelines include information such as how Covid19 is spread and how to stop the spread, different types of masks and when they should be used, general do's and don'ts for mask wearing and they can be downloaded [here](#). There is also a handy poster on how to use a face mask which can be downloaded [here](#)

DRAFT | Covid-19: Guidance for Food Service Businesses

Draft guidelines issued by the Health Protection Surveillance Centre (HPSC) have indicated that restaurants and pubs that serve food may be able to reduce the two-metre physical distancing restriction to one metre in certain circumstances when they reopen later this month. But it is understood that those circumstances include limiting the length of stay in the pub or restaurant to a maximum of 90 minutes, while customers would also have to pre-book before making a visit. Read more [here](#)



Asthma Society of Ireland | Community Response Forums

The Asthma Society worked closely with the Community Call initiative from the beginning of the pandemic. With support and in conjunction with the GAA, the Asthma Society created resources designed to guide and inform Community Call volunteers supporting people with severe asthma or severe COPD cocooning during the COVID-19 pandemic.

They are delighted to see such a positive response from their booklets ([available to view here](#)) and have since expanded their resources to further support vulnerable people as we move into Phase Two.

Their latest resources include:

- [A guide on going shopping for those who have been cocooning](#)
- [A resource to support vulnerable people hosting visitors/going visiting for the first time since the outbreak](#)
- [A printable poster designed to remind visitors/guests of the vulnerability of the homeowner in light of COVID-19](#)
- [And a guide to wearing face coverings](#)



An Roinn Gnóthaí Fostaíochta agus Coimíre Sóisialaí
Department of Employment Affairs and Social Protection

Warning issued to social welfare recipients in Ireland over text scam about pandemic payment

A warning has been issued to the public over a text scam which tells the recipient they're entitled to the Covid-19 payment. The unknown number urges you to click on a link provided and to fill out personal bank details. The Department of Employment Affairs and Social Protection has issued a statement telling the public to ignore the message and do not click on the link. It also advised social welfare recipients to never disclose bank details by phone or social media.

Local Updates



@clairemurphyart · Artist

Portraits of Cocooning | Collaboration Between Older Voices Kildare and Claire Murphy Art

Older Voices Kildare (OVK) is a Social Inclusion Initiative building the confidence and capacity of older people in Kildare and working to ensure older people are included and empowered within a vibrant community. OVK was contacted by artist Claire Murphy who volunteered to create a series of portraits of people cocooning. Participants emailed in favourite photographs of themselves and Claire sketched their portraits in pencil. The resulting artwork has brought joy to many and has highlighted those united by the experience of undergoing cocooning in Co. Kildare. You can check out some of the fabulous sketches on the Claire Murphy Art [Facebook page](#). If you would like to have your portrait sketched by Claire you can send a head and shoulders photo, with your name and an address for posting, by email to oldervoiceskildare@gmail.com (please be aware that sending a photo implies consent to have your image used as part of any future exhibition and to be profiled on the artists social media pages as a record of her work)



Dalkey Creates Writing Festival | The Dalkey Writing Prizes 2020

The 2020 festival has been cancelled but the competitions are going ahead and are open for entry. Do you fancy a challenge this Wednesday? The Short Story competition is in full swing, you can enter as many times as you wish until Midnight on the 2nd of August 2020! Have you got a prize-winning poem or short story up your sleeve? €1000 Short Story Prize, €1000 Poetry Prize - with online publication in Books Ireland Magazine. Click [here](#) to enter or for more details.



Temporary one-way system for Kilkenny city centre

A temporary one-way system is being introduced in Kilkenny city centre from next week to allow for social distancing for pedestrians. The scheme will come into effect on Rose Inn Street, High Street and Ormonde Street following consultation between Kilkenny County Council and the City Centre Task Force. As well as the one-way system for cars and other vehicles, there will be additional pedestrian areas on St Kieran's Street and James's Street. According to the council, the measure is being introduced to ensure people can safely and easily visit the city while adhering to public health requirements on social distancing. Mayor of the Kilkenny municipal district, Cllr John Coonan said it is important to work with local businesses "to ensure that we minimise the risk of infection to the public and all our visitors while at the same time ensuring these same businesses are viable and are facilitated to operate safely". Read more [here](#)

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



IKEA to return state aid received during Covid crisis

Furniture giant IKEA said today that it would return subsidies it received from nine countries, including Ireland, at the height of the coronavirus crisis, as its financial situation was not as strained as feared. IKEA said it received aid from Belgium, Croatia, the Czech Republic, Ireland, Portugal, Romania, Serbia, Spain and the United States but did not disclose the sums. Read more [here](#)



UK scientists | successful clinical trial

The Director General of the World Health Organisation (WHO), Tedros Ghebreyesus, has praised the UK scientists behind the first successful clinical trial of a treatment for coronavirus. Writing on Twitter, he said they had made a "lifesaving breakthrough" with their discovery that Dexamethasone, a low-cost anti-inflammatory drug, can save lives and be used immediately to treat patients. He added it was important that governments continue to track, trace and isolate every case and quarantine every contact.

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.dfa.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 your hands well and often to avoid contamination	Cover your mouth and nose with a tissue or elbow when coughing or sneezing and discard used tissue	Avoid sharing cups, mugs or mouth with uncleaned hands	Clean and disinfect frequently touched objects and surfaces	Stop shaking hands or hugging when leaving public places	Distance stand at least 2 metres/6 feet away from other people, especially those who might be unwell

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) COVID-19
www.hse.ie/covid19



Riann na Mídeanna
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	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 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