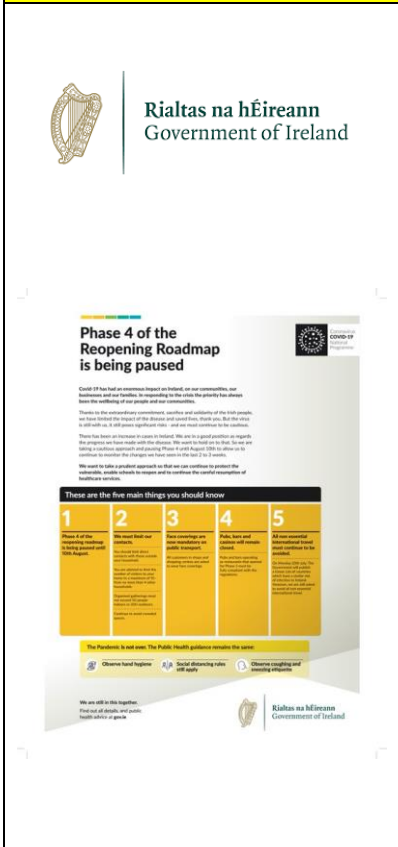


National Updates



Rialtas na hÉireann
Government of Ireland

Phase 4 of the Reopening Roadmap is being paused

There is to be no progression to phase 4 of the reopening roadmap until the 10th of August. This is due to the current health measures on Covid-19 which remain in place until the 10th of August. The Government has agreed to pause phase 4 of the reopening roadmap until the 10th of August. This is due to the current health measures on Covid-19 which remain in place until the 10th of August. The Government has agreed to pause phase 4 of the reopening roadmap until the 10th of August.

These are the five main things you should know

1. Phase 4 of the reopening roadmap is being paused until the 10th of August.
2. Face coverings must be worn in all shops and retail settings and shopping centres.
3. Pubs, bars, hotel bars, nightclubs and casinos will remain closed until the 10th of August.
4. Social visits to people's homes should be limited to a max of ten people from no more than four different households.
5. Current restrictions of 50 people in indoor gatherings, 200 at outdoor gatherings is being extended until the 10th of August.

The Taoiseach has said: "The Public Health measures remain the same."

Observe hand hygiene, Social distancing rules, Observe coughing and sneezing etiquette.

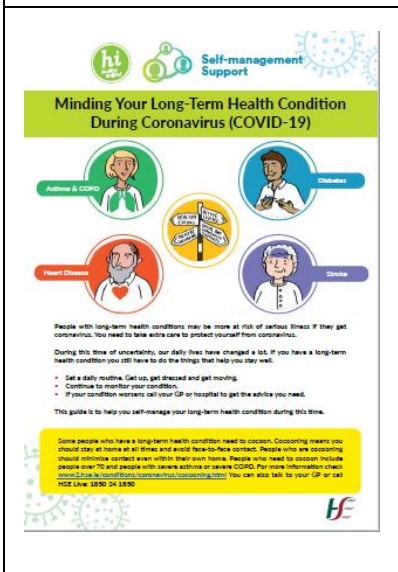
We are all in this together. Put out all hands and join the health care team.

Rialtas na hÉireann
Government of Ireland

Phase 4 deferred as Covid reproductive rate rises

The Taoiseach announced yesterday evening that Ireland will not progress to Phase 4 of the roadmap on reopening as planned next week. Micheál Martin said that Cabinet has agreed that current health measures on Covid-19 should remain in place until the 10th of August. Speaking at a press conference following a Cabinet meeting at Dublin Castle, Mr Martin said that the Government identified five key priority areas:

- Face coverings must be worn in all shops and retail settings and shopping centres. Retail staff will also be required to wear them unless there is a partition in place or there is a space of 2 metres between them and customers.
- Pubs, bars, hotel bars, nightclubs and casinos will remain closed until the 10th of August. Pubs currently serving food can remain open.
- Social visits to people's homes should be limited to a max of ten people from no more than four different households.
- Current restrictions of 50 people in indoor gatherings, 200 at outdoor gatherings is being extended until the 10th of August.
- It is continuing to advise against all non-essential travel.



Self-management Support

Minding Your Long-Term Health Condition During Coronavirus (COVID-19)

Diabetes, Heart Disease, Asthma & COPD, Stroke

People with long-term health conditions may be more at risk of serious illness if they get coronavirus. You need to take extra care to protect yourself from coronavirus.

During this time of uncertainty, our daily lives have changed a lot. If you have a long-term health condition you still have to do the things that help you stay well.

- Set a daily routine. Get up, get dressed and get moving.
- Continue to monitor your condition.
- If your condition worsens call your GP or hospital to get the advice you need.

This guide is to help you self-manage your long-term health condition during this time.

Some people who have a long-term health condition need to cough. Coughing means you should stay at home as often as possible and avoid face-to-face contact. People who are coughing should minimise contact even within their own home. People who need to cough include people over 70 and people with severe asthma or severe COPD. For more information check www2.hse.ie/longterm/condition/coughing.htm. You can also talk to your GP or call HSE helpline on 1850.

HSE

Minding Your Long-Term Health Condition During Covid19

HSE Health & Wellbeing for Dublin South, Kildare & West Wicklow has developed a 4-page information guide to support self-management of diabetes, heart disease, and other long-term conditions during COVID 19. People with long-term health conditions may be more at risk of serious illness if they get coronavirus. You need to take extra care to protect yourself from coronavirus. If you have a long-term health condition you still have to do the things that help you to stay well. Set a daily routine. Get up, get dressed and get moving. Continue to monitor your condition. If your condition worsens call your GP or hospital to get advice.

Download the full guide [here](#)

dementia

under stand together

A Note from Dementia: Understand Together

On July 8th, stakeholders from various businesses, charities and community groups joined us for our first Virtual Partner Event “Living with Dementia in times of COVID - 19 - Shaping inclusive communities together”. Our three guest speakers were, Susan Crampton and Maire-Anne Doyle, members of the Dementia Carers Campaign Network, and Kevin Quaid, Vice Chair of the Irish Dementia Working Group. Their words were inspirational and their very practical suggestions of how organisations and individuals can support a person with dementia and their families resonated with many participants. This is the link to the 1 hour long event <https://youtu.be/68W1swcwkWc>
If you are interested in getting involved in the campaign or taking on the role of a Community Champion and making your community dementia inclusive you can contact us at fiona.foley1@hse.ie or visit www.understandtogether.ie/get-involved for more information and supports.



Rialtas na hÉireann
Government of Ireland



High compliance with rule making face coverings mandatory on public transport

Members of the public are broadly complying with new rules that have made the wearing of face coverings on public transport mandatory, the National Transport Authority (NTA) has said. Figures from the transport body show levels of compliance of between 70 and 95 per cent on buses, trains and trams with the measures, introduced to slow the spread of Covid-19.

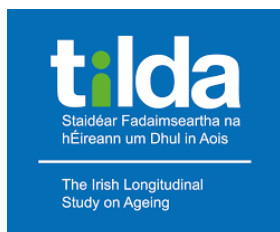
Those found not to be wearing face coverings on public transport can, since Monday, face fines of up to €2,500 as well as a possible jail sentence of six months for refusing to wear coverings.

Drivers can request people wear a face covering, can refuse people entry or order them to leave and Gardaí could also be called to deal with any issues. Although compliance rates are encouraging, Dermot O'Leary, General Secretary of the National Bus and Rail Union, says "There is confusion now in relation to who's going to be policing this".



Chime, the National Charity for Deafness and Hearing Loss, has raised its concerns with the National Public Health Emergency Team (NPHE) and is seeking to allow transparent face-shields to be used instead of face coverings. **“The use of face masks, in particular, creates significant communication challenges for people who are Deaf and hard of hearing,”** said Brendan Lennon, Head of Advocacy at Chime.

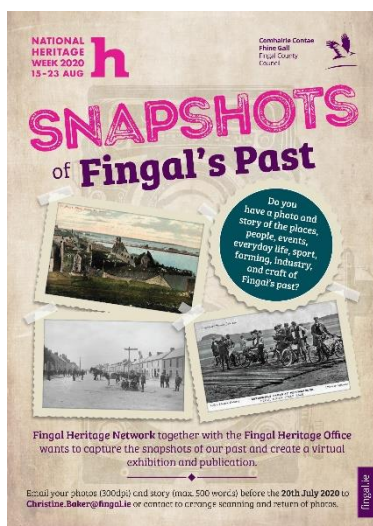
	<p>Championship behind closed doors a possibility, admits GAA commercial director Peter McKenna</p> <p>GAA commercial director Peter McKenna admits a behind closed doors championship is the "least preferential" scenario as they seek to play off this year's competition within the calendar year. Provincial championships are due to start in October, with no certainty around what number of spectators can attend games. Yesterday's decision to halt entry to Phase 4 of the Covid-19 roadmap means less than 200 people can attend outdoor events into mid-August. Halting the spread of the virus will be crucial for allowing competitions to take place and if any fans can be present. Read more here</p>
	<p>Friends of the Elderly Ireland Friendly Call Service</p> <p>Do you like to chat? Can you spare 2 hours a week? Friends of the Elderly Ireland NEEDS YOU!!! Join their team of friendly call volunteers - who are making a huge difference to those older people who are living in loneliness and isolation. Email info@friendsoftheelderly.ie or telephone Rachel on 01-8731855.</p> <p>Becoming a Friends of the Elderly volunteer is one of the most rewarding things you can do. By giving you receive the benefits of a new friendships and the knowledge that you are having a meaningful impact on an older person's life. There are lots of ways to get involved in Friends of the Elderly and as a volunteer-based organisation, the success of all our programmes depend on the goodwill of our volunteers. Check out all our various volunteering roles and complete an volunteer application form here.</p>
	<p>Follow the #SunSmart 5S's if you're heading out today to protect your skin.</p>  <ul style="list-style-type: none">  Slip on clothing  Slop on sunscreen  Slap on a wide brimmed hat  Seek shade  Slide on sunglasses



New Research Highlights Increased Loneliness In Over-70s During COVID-19 Pandemic

A joint report published by researchers at the Irish Longitudinal Study on Ageing (TILDA) and ALONE examines issues of loneliness and social isolation in older adults. The report offers fresh insight into the experiences of those over 70 who were advised to ‘cocoon’ as part of public health measures to curtail the spread of the COVID-19 virus. New data from ALONE which documents increased feelings of loneliness, anxiety and isolation in older adults throughout the pandemic, is compared with experiences of loneliness and isolation in older adults before the COVID-19 outbreak. Download the report [here](#)

Local Updates



Snapshots of Fingal's Past – Fingal Heritage Office wants to hear from you!

Do you have photographs of Fingal's places, people, events, everyday life, sport, farming, industry and crafts? The Fingal Heritage Network together with the Fingal Heritage Office wants to capture the snapshots of our past and the stories that they tell, for a virtual exhibition.

‘Originally planned as a live event we have had to adjust to the current situation’ said Fingal Heritage Officer, Christine Baker ‘As a project for National Heritage Week 15-23 August, we will tell the stories of our past through a virtual exhibition on the Fingal County Council website’.

To take part we need your photographs and a short paragraph of no more than 500 words telling the story behind the ‘snapshot’.

You can email your photographs directly to the Heritage Officer at Christine.baker@fingal.ie. We can also arrange to have your photographs scanned and returned to you. The deadline for submission is 20th July 2020. This is an opportunity to record and share those fleeting stories caught on camera for the future and to remind people of events of the past that make Fingal such a special place to live.

Contact Christine Baker, Heritage Officer, Fingal County Council, email Christine.baker@fingal.ie phone **086-7784669**



Transnational Cultural Heritage Archive

Limerick City and County Council in collaboration with Place EE has created a transnational cultural archive which contains a wide range of material relating to life and history of Limerick residents in Newcastle West. The Archive was created by intergenerational teams working in the four PLACE-EE project areas – Northern Ireland, Republic of Ireland, Iceland and Sweden. It contains a wide range of material relating to life years ago – traditions, crafts, song, music, employment, history, and household life. It also holds material documenting how the older and younger generations worked together to create the archive.

There is a [test version of the Archive website](#) available now with an opportunity to give your suggestions and feedback by email to place-ee@ulster.ac.uk The final site will be made available in September 2020.

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!



ODE TO THE FRONTLINERS by Bob Gilbert

Many thanks to Chair of Cavan Older People's Council, Bob Gilbert for sending us in another wonderful poem. This is Bob's 'way of saying thanks to those who risked and gave their lives to keep us safe'

**We were invaded in 2020, by a foe that couldn't be seen
And we gave that foe a name, we called it COVID-19.**

**This invader became a pandemic, throughout the land it raged,
Attacking those who were vulnerable, particularly the weak and the aged.**

**This invader needed repelling but where could we make a start.
We would constantly keep washing our hands and staying two meters apart.**

**Remain indoors – cocoon, and not go out on the town,
The virus could be kept at bay, by going into total lockdown.**

**Our front liners took up the battle, against the invisible foe,
And just like the heroes of yore, they went where the brave dare not go.**

Though at times ill-equipped for the battle, they bravely stuck to their task,

Sometimes without PPE, sometimes without a face mask.

**Along with fighting the virus, they must battle the idiots too,
Who say that the virus is fake news and it's only a bit of a flu.
Those idiots are selfish and foolish, thinking only of their own pleasure**

While those who battle to save us cannot find any time for leisure.

So, here's to the nurses and doctors, the deliverers, fire people and guards,

And those people in our communities who helped us and sought no rewards.

**So, here's to those gallant heroes, they richly deserve our applause,
But let us remember and pray for those who gave their lives for the cause.**

International Updates



International Federation on Ageing

IFA #Agequality

In these unprecedented pandemic times, ageism in a variety of forms has become a matter of life and death. The IFA has begun gathering [stories of strength and resilience](#). This collection of images and stories aims to break down stereotypes of older people by showing their resilience, strength and tenacity throughout COVID-19 and beyond. Have a story to share? Use #Agequality and tag @IntFedAgeing

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 notify 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 [hae.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 sleeve when coughing or sneezing and discard used tissue</small>	Avoid <small>touching eyes, nose or mouth with unwashed hands</small>	Clean <small>and disinfect frequently touched objects and surfaces</small>	Stop <small>shaking hands or hugging which may help to spread the virus</small>	Distance <small>yourself 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](#)

Irish and Scottish governments support



Rialtas 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

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
1800 459 059
1800 400 150
1800 928 894
1800 807 009



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

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