


National Updates

	<p><b>Age Friendly Ireland Newsletter Now Issuing Once a Week</b> Just a reminder that from this week the Age Friendly Ireland newsletter will issue once a week on Fridays. All back editions are on <a href="http://www.agefriendlyireland.ie">www.agefriendlyireland.ie</a></p>
	<p><b>Roadmap for the full Return to School: Package of Supports Announced to Facilitate School Reopening</b> Pupils will not be required to wear face masks in class under public health guidelines issued to schools this week. While face coverings are not regarded as suitable at primary level, secondary school students will have the option of wearing them if they wish in cases where physical distancing is difficult to maintain. Similarly, teachers will not be required to wear face masks. However, they may be used in cases where physical distancing is not possible in classrooms or where a teacher is involved in prolonged close contact with pupils. The recommendations are contained in public health guidance for the State's 4,000 primary and secondary schools issued following a Cabinet meeting on Monday. Minister for Education Norma Foley announced a financial package in excess of €350 million aimed at fully opening all schools on a full-time basis from late August. The package will include hundreds of additional teachers and alterations to classrooms, along with administrative support for principals and additional guidance counsellors and psychologists to support pupils' wellbeing.</p>
	<p><b>Caring and Coping with Dementia in Covid 19</b> The Alzheimer's Society of Ireland held a webinar on 28<sup>th</sup> July to present their latest research on 'Caring and Coping with Dementia in Covid19'. The findings point to the growing vulnerability arising from the cessation of services and supports to people with dementia and their carers. Significant challenges include the cancellation or postponement of medical appointments, the loss of routine, loneliness, boredom and anxiety, and increasing stress resulting from workload for carers. The report is available on their website <a href="http://alzheimer.ie/wp-content/uploads/2020/07/ASI-Follow-Up-Covid-Report-Final.pdf">alzheimer.ie/wp-content/uploads/2020/07/ASI-Follow-Up-Covid-Report-Final.pdf</a></p>
	<p><b>Guidelines for the Safe Return of Older People to Recreational Sport and Physical Activity</b> Age &amp; Opportunity worked with Sport Ireland to develop guidelines for older people in relation to returning to sport and physical activity. Age</p>

and Opportunity noted that there has been a significant reduction in physical activity by older people during the pandemic period. The guidance suggests that older people should prioritise outdoor activities such as walking and cycling, choose times that are designated for older people, opt for small group sizes, and use ‘Bring Your Own’ options. The publication encourages the use of a buddy system and reorientation events to welcome people back to physical activity.



### July Stimulus Grant Aid for Transport to Address Climate Change

The July Jobs Stimulus Plan announced by the government includes €115 million for active travel, public transport and renewal of transport infrastructure. The Stimulus focuses on six areas key relating to the Department of Transport, Tourism and Sport:

- €40 million for improving accessibility and pedestrian infrastructure
- €42 million to support urban and rural cyclists
- €21 million towards improving rail journeys
- €10 million for the adaptation of the road network to protect it in respect of climate change (including repairs to damaged roads as a result of severe weather events)
- €2 million for new and expanded local bus services
- €0.25 million to support the transition of local link services to zero-emission vehicles in areas of rural Ireland





Further information is available on [www.gov.ie](http://www.gov.ie)

Age Friendly Ireland welcomes this investment particularly because climate action objectives are closely aligned with Age Friendly principles, focusing on the accessibility and sustainability of our communities.






### National Heritage Week 15-23 August 2020

National Heritage Week celebrates all things heritage. It brings together communities, families, organisations, cultural institutions, academics and enthusiasts to build awareness about the value of heritage. Due to COVID-19-related restrictions on social gatherings, this year, rather than inviting communities to host Heritage Week events, the Heritage Council is inviting communities around the country to undertake projects that explore a topic associated with this year’s theme – ‘Heritage and Education: Learning from our Heritage’. The new approach is designed to promote the sharing of experience and knowledge. Projects can comprise researching an aspect of heritage on your doorstep, sharing or re-learning a heritage skill, or exploring an aspect of Ireland’s educational heritage. The results of projects should be presented in a format that can be shared widely, for example an online talk or exhibition; a video; podcast or oral history recordings; a PowerPoint presentation, newsletter, dedicated website or blog; or via an interview with a local radio station or newspaper. A newly opened – and moderated – social media account could also be included as part of project outputs.

	<p><b>Culture Night / Oíche Chultúir a Athshamhlú, Friday 18<sup>th</sup> September</b></p> <p>This year's Culture Night falls on Friday 18<sup>th</sup> September. This will be a 're-imagined' programme with many events taking place online / digitally. There will be some Covid-safe physical events. We encourage you to put the date in your diary now and to get involved in this memorable night.</p>
<p>Health Protection Surveillance Centre Lárionad Faire um Chosaint Sláinte</p> 	<p><b>New Guidelines on Visiting in Nursing homes</b></p> <p>Nursing homes and other residential care settings no longer have to restrict the number of nominated visitors for residents. New guidelines from the Health Protection Surveillance Centre (HPSC) apply to acute mental health facilities and community housing units for people with disabilities as well as nursing homes. Visits may be limited to an hour with some flexibility on compassionate grounds. The guidelines allow for visits, even during an outbreak if the situation permits, although an ongoing outbreak may result in a temporary suspension of visits. The limit on the number of people nominated as visitors for residents has been removed. The recommended number of visitors at any one time is two, but there can be some flexibility around this number. Visits by children can now be facilitated as long as they have appropriate supervision. Age Friendly Ireland welcomes this news which is bound to impact positively on the emotional wellbeing of many older people.</p>
	<p><b>Pedestrianisation of Dublin streets increased business by up to 100%</b></p> <p>RTE's John Kilrane reports that the trial pedestrianisation of streets around Grafton Street led to increases of up to 100% in business according to a Dublin City council survey. The hours of the weekend pedestrianisation are now being extended to 11pm for the Bank Holiday weekend. The first of four weekend pedestrianisations led to increased takings of between 40% and 100%, according to a survey of 292 businesses. The trial pedestrianisations are running for a total of four weekends and were introduced to boost economic recovery in the Grafton Street area.</p>
	<p><b>Siel Bleu at Home Live Schedule 1st - 7th August</b></p> <p>Siel Bleu at Home is back this week with another full list of exercise classes for you. Why not join Paul on Saturday morning for a Mobility &amp; Stretch session or James on Friday for our award winning Exercise, COPD &amp; Me class. It's designed for people living with lung conditions, but everyone is welcome to join and can benefit also!</p> <p>Here is the full list of classes coming up. Join us on <a href="#">Facebook</a> or <a href="#">YouTube</a> to watch the videos.</p>

## Local Updates

	<p><b>Consultation with Older People in South Dublin</b></p> <p>South Dublin County Council is undertaking a public consultation with older people and their representative groups in the county as part of the Council's new Age Friendly Strategy. This Age Friendly Strategy will seek to:</p> <ul style="list-style-type: none"> <li>• Promote opportunities improve the health and well-being of older people in the County</li> <li>• Encourage older people to take an active part in the social, economic, and cultural life of the community</li> <li>• Enhance partnerships between the Council, local statutory, private and voluntary organisations in identifying key issues and appropriate responses to the needs of older people</li> </ul> <p>The South Dublin Age Friendly County questionnaire will be available on-line at <a href="http://www.sdcc.ie">www.sdcc.ie</a> from Wednesday 29 July to Friday 14 August.</p>
 <p><b>DUBLIN CITY COUNCIL CULTURE COMPANY</b></p>	<p><b>Culture Connects classes</b></p> <p>The <i>Culture Connects</i> programme of Dublin City Council Culture Company is back and in full swing with a new set of classes for you to try out at Richmond Barracks. We've had singing in the gym, dancing in the garden, young adventurers making pollinator plans in the garden and our writing and painting classes are returning in the coming weeks too. These classes are free of charge but booking is essential and no prior experience is necessary, so why not come along and try something. <a href="http://www.dublincitycouncilculturecompany.ie">www.dublincitycouncilculturecompany.ie</a></p>
	<p><b>Talented Craftsmen Make Seating for Older People in Midleton</b></p> <p>Liz Maddox, Chair of Cork County Older People's Council, had a vision for Midleton to provide new Age Friendly seating in the town. This vision will soon become a reality. Two beautiful wheelchair-friendly benches will soon be in situ to create happy moments in Midleton, County Cork. These were handcrafted by the very talented Paki O'Mahony from Killeagh. Thanks to the support of Cork County Council through the Town Teams Committee, Midleton Support Team and Cork County Age Friendly Programme.</p>



### Age Friendly Wicklow

The development of Age Friendly amenities in Aughrim, County Wicklow has started, part-funded through town and village grants. The community will soon be able to avail of new facilities including tennis court and bowling green



### New Contact and Collect Window in Tullamore Library

Tullamore Library Service have a new Contact and Collect collection window. Just walk into the car park to the left of the front door and collect your pre-arranged books from their helpful staff. To arrange books, call (057) 934 6832 or email Offaly Library Service at tullamorelibrary@offalycoco.ie



### Offaly Libraries Contact and Collect Service



### Community Wellbeing Initiative


Meath County Council are running a Community Wellbeing Initiative to recognise the wonderful work that community groups have undertaken in direct response to supporting their communities during the Covid-19 health crisis. They want to acknowledge the local wellbeing initiatives, small and large scale, that demonstrate how groups looked after the physical and mental wellbeing of the people in their area. The initiative is open to Community Groups including Tidy Towns / Village Committees, Residents Associations and other community organisations in Meath. The categories are:

- Social Inclusion (youth, age friendly, people with disabilities)
- Wellbeing project (physical and mental)
- Entertainment (e.g. bingo nights, quiz nights)





	<ul style="list-style-type: none"> <li>• Innovative project</li> </ul> <p>Groups must be a member of Meath Public Participation Network (PPN). Application forms and further details from <a href="mailto:community@meathcoco.ie">community@meathcoco.ie</a> The closing date for applications is <b>5pm Friday 31st July 2020.</b></p> <p>We would like to congratulate Meath County Council for rolling out this initiative as a way to acknowledge the incredible work undertaken by Community &amp; Voluntary groups in Covid-19.</p>
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## Your Voice

	<p>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 <a href="mailto:rleavy@meathcoco.ie">rleavy@meathcoco.ie</a> Information is one thing we can share right now!</p>
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## International Updates

  	<p><b>Decade of Healthy Ageing 2020-2030</b></p> <p>The World Health Organization webinar on 'Older Persons and Covid-19: Strengthening Health and Rights through Collective Action' took place on Tuesday 28<sup>th</sup> July. Speakers included WHO Director-General Dr Tedros Adhanom Ghebreye and Dr Natalia Kanem, Executive Director. Listening to the voices of older people from around the world was emphasised and there were strong messages around the important role of a rights based approach to ageing.</p> <p>Recording is available on <a href="https://www.youtube.com/watch?v=QEuGXJVJ8GI">www.youtube.com/watch?v=QEuGXJVJ8GI</a></p>
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	<p><b>International Federation on Ageing Town Hall</b></p> <p>The International Federation on Ageing held a Town Hall event called 'A Conversation on Global COVID-19: Emergency and the Experience of Older People, Rethinking Humanitarian Settings' on Thursday 30 July 2020. A recording of this event will be available on the Federation's website <a href="https://ifa.ngo/">https://ifa.ngo/</a></p> 
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## 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 monitor 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](#)



## Useful Contacts

**Age Friendly Ireland Shared Service Office** T: 046 9097413 E: [reavy@meathcoco.ie](mailto:reavy@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

### 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  
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

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