

National Updates



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

The National Public Health Emergency Team (NPHE) has recommended restricting the number of visitors to households nationwide, which the Government has accepted. NPHE has recommended that a **maximum of six people** only from a **single household** should be allowed visit another home **nationwide**. This rule currently applies in Dublin and Donegal because they are on Level 3 restrictions, but it now applies to every City and County. NPHE has also recommended that no counties are to see a change in their restrictions level this week, meaning no other counties will be elevated to Level 3.

**HSE | Stress Control Timetable | October and November**

**YOU DO NOT NEED TO REGISTER OR LOG IN.** Classes will live stream at 2pm and 8:30pm on Mondays and Thursdays with a live interactive chat where you can talk to your fellow participants and a member of the Stress Control team (there is no requirement to participate). The 8:30pm class will then remain on demand on YouTube for 48 hours. To find out more about Stress Control click [here](#).

**TAKE CONTROL WITH STRESS CONTROL**

OCTOBER: Commencing Monday 5th October

	What is Stress?	<b>Monday 05/10/2020</b> 2pm and 8:30pm
	Controlling your Body	<b>Thursday 08/10/2020</b> 2pm and 8:30pm
	Controlling your Thoughts	<b>Monday 12/10/2020</b> 2pm and 8:30pm
	Controlling your Actions	<b>Thursday 15/10/2020</b> 2pm and 8:30pm
	Controlling Panicky Feelings and Getting a Good Night's Sleep	<b>Monday 19/10/2020</b> 2pm and 8:30pm
	Controlling your Future	<b>Thursday 22/10/2020</b> 2pm and 8:30pm



## TAKE CONTROL WITH STRESS CONTROL

NOVEMBER: Commencing Monday 2nd November

	What is Stress?	Monday 02/11/2020 2pm and 8:30pm
	Controlling your Body	Thursday 05/11/2020 2pm and 8:30pm
	Controlling your Thoughts	Monday 09/11/2020 2pm and 8:30pm
	Controlling your Actions	Thursday 12/11/2020 2pm and 8:30pm
	Controlling Panicky Feelings and Getting a Good Night's Sleep	Monday 16/11/2020 2pm and 8:30pm
	Controlling your Future	Thursday 19/11/2020 2pm and 8:30pm



To continue to support mental health and resilience, the HSE are also finalising a series of 20-minute positive mental health videos called Minding Your Wellbeing based on a face to face, evidence-based training programme that was delivered in recent years. They plan to launch this on World Mental Health Day 10<sup>th</sup> of October.

### **HSE | The role of advocacy in supporting decision-making, particularly during COVID-19**

The HSE National Office for Human Rights and Equality Policy in the National Quality Improvement Team was established to support health and social care services to prepare for the commencement of the Assisted Decision-Making (Capacity) Act 2015 and to oversee the HSE National Consent Policy. It also provides guidance and support in relation to universal access and other human rights and equality issues.

The 2020 autumn webinar series will focus on Consent, Assisted Decision Making and tools for practice. Sessions will examine what is valid and informed consent, provide detailed guidance on supported decision making, will explore the application of consent in pregnancy and maternity services and will consider the role of advocacy in supporting decision making.

Webinar 3 in the series will cover the role of advocacy in supporting decision-making, particularly during COVID-19

**Date and time: Thursday 8th October 2020 11am - 1pm**

[Please click here to pre-register for the event.](#) Questions must be submitted in advance of the seminar to [adm@hse.ie](mailto:adm@hse.ie).

The webinar will be recorded and uploaded to

[www.assisteddecisionmaking.ie](http://www.assisteddecisionmaking.ie). This event is organised by the HSE National Office of Human Rights and Equality Policy and the HSE National Quality Improvement Team.



### Inspire Wellbeing | World Mental Health Day 2020

World Mental Health Day takes place on Saturday 10<sup>th</sup> October, when we come together to raise awareness of mental health issues. Now more than ever, it's important that we consider the positive choices that we can make to look after our mental health.

Inspire Wellbeing have produced [5 Steps to Wellbeing](#) – steps that we can all take to help improve our wellbeing.

To mark World Mental Health Day, their charity partners in Inspire will be hosting a very special Facebook Live event:

The Wellbeing Sessions. For more, visit:

[inspirewellbeing.org/news/2020/september/world-mental-health-day-2020](https://inspirewellbeing.org/news/2020/september/world-mental-health-day-2020). The event will take place on the Inspire Wellbeing charity [Facebook page](#) from 9am. The Inspire Support Hub also provides a wide range of resources and information to support your wellbeing. Visit: [www.inspiresupporthub.org](http://www.inspiresupporthub.org)



### Irish Computer Society | Accessible Digital Content

Universal Design is about creating great customer communications that can be accessed, understood, and used to the greatest extent possible by all people, regardless of their age, size, or disability.

The [EU Web Accessibility Directive 2016/2102](#), soon to be transposed into Irish Law, requires public bodies to ensure their websites and apps are accessible to persons with disabilities. In light of this, The Irish Computer Society, in collaboration with The Centre for Excellence in Universal Design (CEUD) has developed a new course for those who have a role in creating digital content. It will help you make your content easier to understand and use for as many people as possible. In this course, you will learn to create and manage accessible digital documents using Microsoft Word, Powerpoint, and PDFs. The course will run for 2 morning on the 27<sup>th</sup> and 28<sup>th</sup> of October. For more information or to register for the course click [here](#)



### Join us live on Facebook

**Monday 5th**

**Wednesday 7th**

**and Friday 9th**

**at 11am for**

**Age & Opportunity  
Movement Minutes**



#AgeandOpportunity  
Facebook: @AgeandOpportunity

Sessions can be watched live on their Facebook page

[www.facebook.com/ageandopportunity](https://www.facebook.com/ageandopportunity) or afterwards on their

YouTube page [www.youtube.com/ageandopportunity](https://www.youtube.com/ageandopportunity) where a playlist of all Movement Minutes sessions to date can be viewed

## Local Updates



comhairle chontae na mí  
meath county council



### Meath County Council | Sustainable Development Goals

On the 25<sup>th</sup> of September Meath County Council as an organisation made the move to align with the Sustainable Development Goals (SDG's). The Sustainable Development Goals are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including poverty, inequality, climate change, environmental degradation, peace and justice. There are parallels between the ethos of the SDGs and the additional Covid services MCC have undertaken, the togetherness and coming together to protect and include those most vulnerable. Chief Executive Jackie Maguire stated "now is the time for us, as an organization, to embrace the SDGs and embed them into our services, projects and actions, and to include them in policy making going forward. There are parallels between Covid, the SDGs and the services we now provide as a result of Covid, as we remain #InThisTogether we strive to protect and help the most vulnerable and create a resilient and inclusive environment. As an organization we can actively promote the SDGs to our many customers and citizens, to lead by example".



The United Nations on their 75<sup>th</sup> anniversary and the 5<sup>th</sup> anniversary of the adoption of the Sustainable Development Goals have released a [30 minute video](#) which tells the story of the world as it is, as it was, and as it could be. Directed by renowned film maker Richard Curtis and produced by the documentary film company 72 Films, "Nations United" presents the facts, data, and opportunities we have as a human family to reimagine and reshape the future.



comhairle chontae na mí  
meath county council





Cork  
County Council  
Comhairle Contae Chorcaí



## Cork County Council | Positive Ageing Week and International Day of Older People

To celebrate Positive Ageing Week and International Day of Older People, Cork County Council's Age Friendly Office has brought together a range of contributors to share their experiences of life during COVID-19 and to share their advice for looking ahead with positivity and confidence. "Embracing the Autumn with confidence" captures the heart-warming stories of older people as well as practical advice on available supports from Cork County Council, the HSE, An Garda Síochána and other agencies. Working closely with Cork County Older People's Council, the Council recognized the need to provide messages of reassurance and confidence to the older and more vulnerable members of our communities. In the absence of traditional social gatherings and events, we have worked with VE Studio Cork to produce a curated series of inspiring interviews and discussions that address the impacts of the pandemic on older people and provide practical advice and information on available supports.



Contributors such as Dr. Con Murphy, retired medical doctor and well known GAA personality and Bibi Baskin, wellness advocate and former television presenter, relayed their experiences of the COVID-19 Pandemic alongside representatives of An Garda Síochána, the HSE and Cork County Fire Services providing practical advice and information on available supports. The overarching message to older people is to focus each day on the positives - positive thinking, positive achievements, positive outlook, - these are the key ingredients that will help us all, young and old, to cope with the challenges and uncertainty of the period ahead. The full video can be viewed [here](#) and it has also been shared on the Council's Facebook and Twitter accounts.

## 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](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



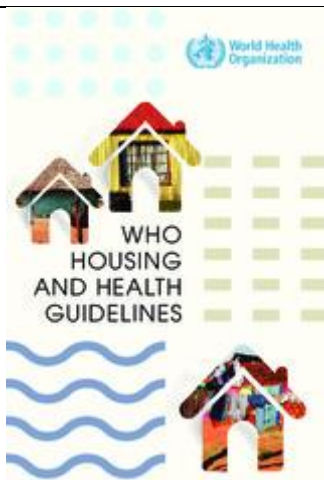
### International Federation on Ageing | Town Hall

The International Federation on Ageing held a Town Hall event called 'COVID-19 and Older People: Addressing Inequalities of Older LGBTQ People in the Global North' earlier today. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



### International Federation on Ageing | 2020 Virtual Annual Members Meeting

The Board of the International Federation on Ageing, in accordance with the corporation bylaws, welcomes full members to the Annual Members Meeting held virtually on the 11th November 2020 commencing at 7:00am EST. Join with members from around the world in driving the agenda of the world's ageing population where the rights of older people are both protected and respected.



### WHO | Housing & Health Guidelines

The WHO Housing and health guidelines bring together the most recent evidence to provide practical recommendations to reduce the health burden due to unsafe and substandard housing. Based on newly commissioned systematic reviews, the guidelines provide recommendations relevant to inadequate living space (crowding), low and high indoor temperatures, injury hazards in the home, and accessibility of housing for people with functional impairments. In addition, the guidelines identify and summarize existing WHO guidelines and recommendations related to housing, with respect to water quality, air quality, neighbourhood noise, asbestos, lead, tobacco smoke and radon. The guidelines take a comprehensive, intersectoral perspective on the issue of housing and health and highlight co-benefits of interventions addressing several risk factors at the same time. For more information and to access the guidelines click [here](#)



## Centre for Ageing Better UK | Contributing to the Decade's vision through the UK Network of Age-friendly Communities and work on healthy ageing and ageism

Since 2014 the World Health Organisation (WHO) has led the development of a global strategy and action plan on ageing and health which includes a Decade of Healthy Ageing, from 2020 to 2030. The Decade aims to foster healthy ageing and improve the lives of older people and their families and communities by addressing four areas for action:

- Change how we think, feel and act towards age and ageing
- Ensure that communities foster the abilities of older people
- Deliver person-centred integrated care and primary health services responsive to older people
- Provide access to long-term care for older people who need it

The Centre for Ageing Better UK have released a new [video](#) introducing the decade and incorporating the UK Network's common messages on how places will contribute to its success. They have also released a second [video](#) describing what an Age-friendly Community is and introducing the UK Network. Alongside this, a new webpage to communicate what the Centre for Ageing Better is doing as part of the decade. See [Decade of Healthy Ageing webpage](#)

## 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** Public Health Advice

**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 good contamination
- Cover** your mouth and nose with a tissue or elbow when coughing or sneezing and discard used tissue
- Avoid** touching eyes, nose, or mouth with unwashed hands
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands or hugging when using lifts or greeting other people
- Distance** yourself at least 2 metres 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.hse.ie](#)

Infected, avoid contact with infected people  
HSE | [hse.ie](#) | [gov.ie](#) | [gov.uk](#) | [gov.ie](#) | [gov.uk](#)

Éilias na hÉireann  
Government of Ireland

## 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**

<b>Local Authority</b>	<b>Community Response Number</b>
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