

**National Updates**

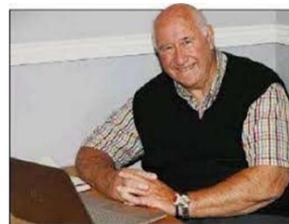


**National Network of Older People's Councils | Chairperson Elections 2020**

Following a very successful virtual election, held last Monday, the 2<sup>nd</sup> November the following positions have been filled:



Incoming **Chairperson** of the National Network of Older People's Councils is **Kitty Hughes, Chair of Longford Older People's Council**



Incoming **Vice-Chairperson** of the National Network of Older People's Councils is **Kevin Molloy, Chair of Wexford Older People's Council**

We would like to take this opportunity to congratulate both Kitty and Kevin on their new roles and to sincerely thank all of the wonderful nominees for their participation in the election. Thank you also to outgoing Chairperson Mary Cronin, Chair of Limerick Older People's Council for her hard work and dedication over the last 2 years.



Rialtas na hÉireann  
Government of Ireland







Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**Reminder | Keep Well Campaign**

The "Keep Well" campaign aims to support people and communities to mind their physical and mental health over the coming months.

We're having quite a year, and we all need a little help to get us through. Starting with a plan to do one small thing that will keep you well is a great way to look after your mental health and wellbeing.



	<p>The five key messages in the #KeepWell campaign are:</p> <ol style="list-style-type: none"> <li>1. Keeping active</li> <li>2. Staying connected</li> <li>3. Switching off and getting creative</li> <li>4. Eating well</li> <li>5. Minding your mood</li> </ol> <p>See <a href="#">here</a> for more information.</p> <p><b>Be Winter Ready Campaign Launched</b></p>  <p>“be prepared, stay safe and know where to get help should you need it”.</p> <p>The purpose of the Be Winter Ready campaign is to provide advice and information to help the public be better prepared to deal with a period of severe weather. A website <a href="http://www.winterready.ie">www.winterready.ie</a> is available to provide practical advice and contact details of the main services that can provide help in extreme weather-related emergencies. The campaign is also to inform and reassure people that the Government has made preparations for the winter.</p>
 <p>An Roinn Gnóthaí Fostaíochta agus Coimirce Sóisialaí Department of Employment Affairs and Social Protection</p> 	<p><b>Minister Humphreys announces the Establishment of the Pensions Commission</b></p> <p>The Minister for Social Protection, Heather Humphreys, T.D., on Tuesday announced secured Government approval to establish the Commission on Pensions. The Commission, which will be chaired by Ms Josephine Feehily, will examine sustainability and eligibility issues in respect of State Pension arrangements and will outline options for Government to address issues such as qualifying age, contribution rates, total contributions and eligibility requirements. The membership of the Commission reflects the wide range of expertise and stakeholder representation necessary to examine the complex public and social policy issues involved. This includes representation of workers, employers, civil society, academics and those with technical and policy expertise. Read the <a href="#">full press release</a> for more information. We welcome the appointment of Jack Keyes, our Principal Advisor on Housing and former Chief Executive of Cavan County Council, to the Commission. Congratulations on your new role Jack.</p>
 <p>NTA Údarás Náisiúnta Iompair National Transport Authority</p>	<p><b>BusConnects Dublin - Launch of Third Round of Public Consultation for Core Bus Corridors (Bus Priority &amp; Cycle Lanes/Tracks)</b></p> <p>On Wednesday, the National Transport Authority (NTA) announced details of the third round of public consultation, of Preferred Route Options for the 16 Core Bus Corridors of BusConnects Dublin. The Core Bus Corridors aims to deliver 230km of bus priority and 200km of cycle lanes/tracks. The consultation period will run from Wednesday 04th November until Wednesday 16th December 2020.</p> <p>A second round of public consultation on the Preferred Route options commenced in March 2020 and continued until mid-April 2020. Due to the</p>





pandemic and Government restrictions, it was decided by the NTA in March that an additional third round of public consultation would take place later in the year to provide further opportunities for the public to review and submit feedback to the latest set of designs.

These proposals are subject to a third non-statutory round of public consultation, and subsequent design refinement and environmental impact assessment, before a formal statutory application will be made by the NTA to An Bord Pleanála for approval during the first quarter of 2021.

Due to the ongoing Covid-19 restrictions, this public consultation will take place using virtual and online facilities. However, potentially impacted property owners will be contacted directly by BusConnects and offered one to one phone calls with design team members.

For the general public there will be a range of public consultation facilities:

- Virtual Public Information Rooms – A virtual information room has been created for each of the 16 Core Bus Corridors. These can be accessed on the website [www.busconnects.ie](http://www.busconnects.ie) and will remain open for a six-week period. Each virtual room provides details of the Preferred Route Option for each of the corridors including maps and supporting documentation. There is also an Audio option available for the virtual information room.
- Website – Updated versions of the 16 Core Bus Corridor Brochures as well as additional supporting documentation are available to view and download on [www.busconnects.ie](http://www.busconnects.ie). The brochures are also available in HTML, PDF and Audio versions on the website.
- Community Forums – The NTA is fully committed to working with all interested parties in the development of the Core Bus Corridors Project. They want to keep everyone on the proposed bus corridors fully in the picture at all times. As such, Community Forums have been established for each corridor. The aim is to create a two-way communication with local communities allowing information and feedback to be relayed clearly, quickly and accurately. There will be an online webinar for Community Forum meetings via Zoom. Community Forum members will receive an email a week in advance of their meeting with a link to register. Membership of each forum comprises of a single representative from resident and community associations, disability and special interest groups and business organisations on the corridors, along with local public representatives. As places are limited, only one representative per group can be accepted. Queries can be sent to [cbc@busconnects.ie](mailto:cbc@busconnects.ie)
- General queries and Submissions – Submissions and general queries can be sent to [cbc@busconnects.ie](mailto:cbc@busconnects.ie) or to the NTA postal address. If there are queries that cannot be answered through the information on the website or at the Community Forums, there is a Freephone number 1800 303 653.

 <p>International Foundation for Integrated Care IFIC Ireland</p>	<p><b>International Foundation for Integrated Care   Autumn Newsletter</b></p> <p>The <a href="#">Autumn 2020 edition of the IFIC Ireland newsletter</a> is now available. They have updates on IFIC Ireland and IFIC activities over the past number of months, ValueCare project, partners and steering group members along with some upcoming events and links of interest.</p>
	<p><b>Ireland's Leading On-Line Repair Directory</b></p> <p><a href="#">RepairMyStuff.ie</a> is an online directory of over 800 authorised repair professionals across Ireland who can repair everything from watches to washing machines, mowers to mobile phones. The directory aims to make the whole process of repair and reuse easier by connecting consumers with repair businesses. People can search the Repairmystuff.ie website by category to find repair businesses in their area, as well as the business's website and contact details. Waste Electrical and Electronic Equipment WEEE Ireland, in conjunction with the White Goods Association, is supporting the initiative with a new 2020 drive to register more authorised repair engineers for popular electrical brands used every day in households across Ireland. As well as electrical products like PCs, mobile phones and appliances, RepairMyStuff.ie lists repair professionals for clothing and shoes, furniture and upholstery, watches and jewellery, musical instruments, garden equipment, sports and bicycle repairs.</p>
 <p>Ageing Voices</p> <p><b>CREATIVE AGING INTERNATIONAL</b> <i>We celebrate Aging</i></p>  <p>SING IRELAND</p>  <p>Clár Éire Ildánach Creative Ireland Programme 2017–2022</p>	<p><b>Ageing Voices Age Friendly Network</b></p> <p>Singing groups are critical to many Age Friendly communities. Sing Ireland, the national singing development agency and <a href="#">Creative Aging International</a>, are developing Ageing Voices to encourage singing for health and well-being amongst adults, whether they live in the community or in care. Singing is fun, therapeutic, social, and stimulating. Older adults who sing might be fit as a fiddle or challenged by illness. Great innovation in connecting singing with care is happening across Ireland. Inspiring and appropriate pandemic responses are being led by singing groups.</p> <p><a href="#">Ageing Voices</a></p> <p>Lunchtime discussions from 1-2pm, Monday 9<sup>th</sup> to Thursday 11<sup>th</sup> November are a must for anyone interested in ageing, health, social care, wellbeing and its connection with group singing:</p> <ul style="list-style-type: none"> <li>• “The Ageing Voice” as an instrument. <a href="#">Monday 9th</a></li> <li>• “Special Interest Choirs” friendly to and made with people living with conditions like Alzheimer's or Parkinson's <a href="#">Tuesday 10th</a></li> <li>• “Community Connections” where cultural leadership connect organisations in pursuit of community care <a href="#">Wednesday 11th</a></li> <li>• “Singing For Care” shares examples of singing in healthcare settings <a href="#">Thursday 12th</a></li> </ul> <p>Each session features accessible expertise made from practical experience. They showcase great examples of singing groups for ageing voices, care and well-being and highlight tools and training opportunities. <a href="#">more details here</a> or click through to register for each session.</p>



**Join us live on Facebook  
Monday 9th  
Wednesday 11th  
and Friday 13th**



**at 11am for  
Age & Opportunity  
Movement Minutes**

**#AgeandOpportunity**

Sessions can be watched live on their Facebook page [www.facebook.com/ageandopportunity](http://www.facebook.com/ageandopportunity) or afterwards on their YouTube page [www.youtube.com/ageandopportunity](http://www.youtube.com/ageandopportunity) where a playlist of all Movement Minutes sessions to date can be viewed



### **How to access unlimited mobile data for your smartphone**

Some of you may know that the mobile phone networks have committed themselves to giving affordable unlimited mobile data packages to anyone who is studying at the moment. Many students working remotely are stretching their mobile data to its limit and beyond. Ireland's National Adult Learning Organisation AONTAS has produced an [accessible guide](#) showing how to avail of this facility. Given the recent nationwide level 5 restrictions Announced, mobile providers have confirmed they will continue to provide learners with affordable unlimited mobile data packages during this time. All you need to do is contact your mobile provider and say you want to move to an unlimited data plan. [This guide](#) explains more.

Many thanks to Fingal Alliance for sharing this information with us.

## Local Updates



Clár Éire Ildánach  
Creative Ireland  
Programme  
2017–2022

### Conversations in Portrait in Roscommon

Roscommon, Sligo, Leitrim and Donegal Local Authorities are engaging with sixteen people this Autumn for a Creative Ireland Creativity in Older Age Virtual Portrait Project. A call went out for people in each county, over age 70 in a nursing home or cocooning at home, missing their cultural activities and interested in making new connections at this time. Over three zoom sessions, artist Andy Parsons will paint their portrait, while talking and getting to know each person and how they have responded to the last few months of Covid. In return for their time, the art will be delivered to the sitters who will hang it in their home and invite a small number of close family, friends and staff to view the portrait, depending on Covid restrictions at the time.

Pictured here are Maisie & Noel from County Roscommon.



Maisie was the first of the four Roscommon portraits, a 97-year-old lady who resides in Sonas Nursing Home Cloverhill. During the Covid-19 pandemic, Maisie has consistently kept up to date on all the news, maintaining a positive outlook on the situation, all the time maintaining her faith, and praying for better times to come. Artist Andy Parsons

described her as a truly inspirational lady. The portrait now has pride of place on Maisie's wall.



The next portrait has been recently delivered to Noel Higgins, Boyle. Noel has had to cocoon since March following a quadruple bi pass and a broken back and has still managed to stay positive throughout all. Noel is delighted with his portrait and really enjoyed the process.

Portraits will be exhibited on the Local Authority and Age & Opportunity's Bealtaine Festival websites and Facebook pages at the end of 2020 and in a touring exhibition as part of Bealtaine Festival 2021. The initiative has been managed by Roscommon Arts Office together with artist Andy Parsons, and is a partnership project by Roscommon, Sligo, Leitrim and Donegal Local Authorities and Age & Opportunity as part of the Creative Ireland Creativity in Older Age.



Active Age for All  
Donabate –Portrane



### Through the Lens Photography Club 2021 calendar

Through the Lens Photography Club are happy to announce that they will be selling their limited-edition calendar for 2021 on Saturday 14th November at a location in or near the Donabate shopping mall. The calendar has enjoyed great popularity over the last few years; it makes an ideal gift to send to loved ones who live abroad, or indeed a welcome Christmas present anywhere. The calendar is the clubs' only fund-raising activity for the year and this year they will be donating €500 from the proceeds to the local St Vincent de Paul society. Given the present pandemic situation they fully understand that some people are reluctant to venture out too much, so if anyone would like to order a calendar, they will gladly deliver. For orders please contact Carolyn Smith 0879284307 or 0894072523. Payment, €10/calendar, can be made remotely and securely on their Sum Up App. They want to wish all of their sponsors and supporters a very Happy Christmas and a bright and healthy New Year.

Age Friendly Fingal are delighted to support the members of Active Age for All and all the individuals who take part in the Donabate Photography club with this event each year and wish them the best of luck in their fundraising during these difficult times.



### Samhain Food Festival | Virtual Samhain "Recovery Through Food"

Hinterland are delighted to support Boyne Valley Flavours in hosting a virtual festival this year. Possibly a good thing which has come out of this pandemic is that people are more aware of local produce. 'Recovery through Food' is an excellent & timely theme, and should be discussed and debated, not just as an immediate reaction to our current situation, but how in the longer term, food can contribute to our economy's health & growth. A day of conversation, insight & support, curated & co-directed by Olivia Duff and the wonderful GastroGays, Patrick Hanlon & Russell Alford. The digital production will draw on the experience of speakers such as Darina Allen, JP McMahon, Jordan Bailey, John & Sally McKenna, Domini Kemp, Rory O'Connell, Pdraic Óg Gallagher, & more. No pre-registration is required, simply tune into the [Boyne Valley Flavours Facebook](#) page this Sunday, 8<sup>th</sup> Nov 12-5pm, where the events will be live streamed. See the full line up of guests & discussions [here](#)



### Musical Memories in Laois

'Musical Memories' is a Music Generation Laois (MGL) intergenerational Song-Singing project for care-home residents and children & young people. This intergenerational project brings together children and young people and care-home residents, and is piloted with residents of Abbeylex Community Nursing Unit, St Vincent's Community Nursing Unit and St Brigid's Hospital, Shaen and with pupils of Paddock NS, Mountrath, with Lead Musician, Nuala Kelly, MGL Singing and Early Years Music Specialist, and singer in residential care settings/nursing homes. In a changing landscape, technology has come to the fore and is a creative new way for a project such as this to be delivered.



Clár Éire Ildánach  
Creative Ireland  
Programme  
2017–2022



Figure 1 Music Generation Laois Singing and Early Years Music Specialist, Nuala Kelly with pupils from Paddock NS, Mountrath.

A series of sing-along songs have been selected and pre-recorded for the nursing homes to use as often as they need to engage residents in this singing project. Live Zoom sessions with children & young people and nursing home residents are taking place to rehearse the songs. Information on the selected songs and accompanying lyrics sheet are at [www.musicgenerationlaois.ie/musical-memories](http://www.musicgenerationlaois.ie/musical-memories). Supported by the Positive Ageing and Creative Wellbeing Challenge Fund as part of the Creative Ireland Programme (2017-2022) and in collaboration with Laois Age Friendly Alliance and Healthy Ireland.

## 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!



We are very proud to let everyone know that Chair of Cavan Older People's Council, Bob Gilbert has published a book of poetry called '[Hold Firm in Lockdown: Poems, Rhymes Thoughts and Dreams from the Covid19 Lockdown](#)'. We have showcased some of Bob's fabulous poetry in our newsletters over the last few months and we are delighted that everyone now has an opportunity to enjoy his work. Bob's book has been described as 'A Youthful septuagenarian's thoughts, musings, dreams and observations as experienced during the Covid 19 Epidemic. Lockdown. Many of the poems such as Confessions of A One-handed Killer and The Chinese Conspiracy relate a story. Images of exotic locations and history also feature. This is also a commentary on the evolution of nature and some of its creatures. The poems also encourage the reader to question his/her perceptions on numerous issues.' Well done Bob



## International Updates



International Federation on Ageing

The International Federation on Ageing held a Town Hall event called 'COVID-19 and Older People: Lessons on Quality of Care and Building Design in Long-Term Care'. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



### Job Opportunity | Manchester University



Manchester University is advertising two exciting 5-year research positions to work on Urbanisation and Population Ageing, Interdisciplinary Perspectives on Ageing in Place in Cities. The positions start next year and are funded under the Leverhulme research project <https://www.jobs.manchester.ac.uk/displayjob.aspx?isPreview=Yes&jobid=19209>

If you have any questions about the positions contact Dr. Tine Buffel, Senior Lecturer, The University of Manchester, School of Social Sciences, Sociology, Manchester Institute for Collaborative Research on Ageing, on [tine.buffel@manchester.ac.uk](mailto:tine.buffel@manchester.ac.uk)

## 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.**

**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 dispose used tissue.
- Avoid:** touching your face, or reaching into unwashed hands.
- Clean:** avoid contact frequently touched objects and surfaces.
- Stop:** shaking hands or hugging others. Taking lifts or greeting other people.
- Distance:** avoid close contact with 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 [www.gov.ie](http://www.gov.ie) phone HSE Live **1850 24 1850**

**Symptoms**

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

**For daily updates visit**

[www.gov.ie/live/covid-19](http://www.gov.ie/live/covid-19)

www.gov.ie/live/covid-19

HE Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** Telephone: 046 9097413

Or Email: [rleavy@meathcoco.ie](mailto: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**

<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