

National Updates



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



**Public Health Measures**

Ireland remains at Level 5 restrictions. [You can see all of the measures that are in place at Level 5 here.](#)

**Healthy Ireland Resilience and Wellbeing ‘Keep Well’ Campaign**

The next phase of the Healthy Ireland Resilience and Wellbeing campaign will go live on Monday 16<sup>th</sup> November with a national and local advertising campaign.

The Government Plan for Living with COVID-19 - Resilience and Recovery 2020-2021 highlights the important role that individual and community resilience will play in contributing to our ongoing response to COVID-19. The “Keep Well” campaign will signpost to people of all ages about minding their own physical and mental health and wellbeing by adding healthy and helpful habits to their daily and weekly routines. The Healthy Ireland “Keep Well” campaign will provide guidelines, information, and tips on things to help all to keep well through the coming months. This Resilience and Wellbeing information is being added on an ongoing basis on [www.gov.ie/healthyireland](http://www.gov.ie/healthyireland) and under the following sections: Staying Active, Keeping Connected, Switching Off, Eating Well, and Minding Your Mood.

A number of Sláintecare funded initiatives will be delivered through the Healthy Ireland Fund and rolled out over the coming months.

**Invitation to International Men's Day Webinar: Men's Mental Health in these Challenging Times**

An invitation to attend an upcoming webinar on International Men’s Day the 19<sup>th</sup> November focussed on Men’s Mental Health in these Challenging Times in partnership with the Men’s Health Forum in Ireland and the Centre for Men’s Health in IT Carlow. It will highlight recent research and promote important messages for men in relation to their mental health. There will be an exciting line up of speakers on men’s health including inputs on farmers, men who attend men’s sheds and young men as well as a discussion panel with representatives from the GAA, SpunOut, Mental Health Ireland, Healthy Ireland in the Department of Health and the HSE. Please see the link [here](#) for registration.



## New COVID-19 Campaign

The HSE [Bubbles campaign](#) and the [Irish language version of the ad](#) are live. The idea of the Bubble is to create a visual reminder for the protection we share when we follow public health actions, and how easily it can be lost.

## Flu Vaccine Animations

The following animations about the flu vaccine have been developed by the HSE for people in the [Traveller](#) and [Roma](#) communities with support from the Wexford Roma Health Advocacy Project, the Intercultural Health Hub in Waterford and the HSE Traveller Health Office in the South East.

## CPR Training

Due to COVID-19, the Irish Heart Foundation had to cancel its free CPR training programme in communities nationwide, but CPR is still a very important skill. Around 70% of cardiac arrests happen at home, in front of a loved one and performing CPR can double, if not triple, the person's chance of survival. The good news is that performing CPR is relatively simple and the Irish Heart Foundation has developed a new campaign 'The Hard and Fast Rule' to help everyone learn the two key steps in CPR. Take one minute to view this important [video that's available on their website](#).

## New COVID-19 Testing, Self-Isolation and Restricted Movements Ad

This new ad explains that COVID-19 wants to spread from person to person, but there's a lot you can do to stop it reaching someone near you or dear to you. It's important to know when you should self-isolate and when you should restrict your movements. You can [watch the ad here](#). It's currently live on TV, radio, digital and social media.

## Living with COVID-19 Ad

The Living with COVID-19 ad focuses on protective measures and is currently on TV, radio, digital and social media. The [newly updated version of this ad is available here](#).

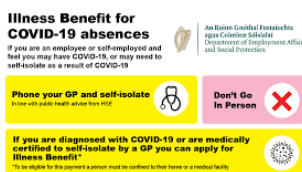
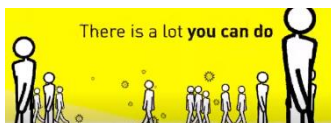
## Enhanced Illness Benefit for COVID-19

Last week, the Department of Social Protection launched a public information campaign to raise awareness of Enhanced Illness Benefit for COVID-19.

Enhanced Illness Benefit for COVID-19 is available to employees or self-employed people who are unable to work due to:

- A diagnosis of COVID-19, or
- An instruction by a doctor or the HSE to self-isolate/restrict their movements.

The payment is €350 per week. To apply, a person will require medical certification and will need to make an application to the Department of Social Protection. The online applications can be made at: [www.mywelfare.ie](http://www.mywelfare.ie)





## START

The START partnership campaign from the HSE, safe food and Healthy Ireland (Department of Health) encourages families with young children to adopt healthier lifestyles. Conscious of the impact of COVID-19 on families and recent research demonstrating that family time is highly valued at the moment, this month they are focussing on “Big wins start with small changes. Make the most of family time by adding a healthy habit.” You can view the TV ad [here](#). If you and your family would like to get more information on healthy habits check out [www.makeastart.ie/](http://www.makeastart.ie/)

## Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to: [www.gov.ie/en/news/7e0924-latest-updates-on-covid-19-coronavirus/](http://www.gov.ie/en/news/7e0924-latest-updates-on-covid-19-coronavirus/) and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

## Minding Your Wellbeing Launch



On Tuesday, 3rd November the HSE Health & Wellbeing division and the Department of Health launched a new free on-line mental health and wellbeing programme at [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie), which is part of the new national ‘Keep Well’

resilience campaign launched by the Government. The [Minding Your Wellbeing programme](#) is an evidenced based programme for the public focusing on the promotion of mental wellbeing which has been adapted from a face-to-face programme into a series of free to view online videos to make it more accessible to the public at this time. You can access the programme at a time that suits you by visiting [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) or go straight to our YouTube playlist of all five videos [here](#). There was a great deal of interest in the webinar with over 800 people in the audience on the day and over 1,300 registering for the event. Here is a link to the recording of the [Launch Webinar](#).

Supports available to public:

- [Yourmentalhealth.ie](http://Yourmentalhealth.ie) for information on different mental health issues, including what to look out for and what you can do to help yourself, or someone you care about
- Freephone 1800 111 888 – you can call this to find out what mental health services are available to you in your own area
- Irish Hospice Foundation National Freephone Service 1800 80 70 77 which is available from 10am to 1pm, Monday to Friday. Any adult who has been impacted by bereavement during the COVID-19 pandemic can call.



## An Update from ExWell Medical | Operating During Covid19

The first lock down led to the suspension of ExWell's group classes and a switch over to an online programme. This was successful but the feedback was that it just wasn't the same as group classes, where meeting people was a key factor in tackling loneliness and bring enjoyment and optimism into so many lives. Nevertheless, the online option is extremely effective in increasing access to the programme and this is very important as we strive to bring ExWell to all parts of Ireland.

In September, group classes resumed, only for Level 3 restrictions to mean that indoor classes had to be suspended again. Instead of closing down, we decided to start outdoor classes in small groups, and this has turned out to be extremely popular. Participants really enjoy the fresh air and feel safer outdoors.

ExWell has been approved to continue operating during Level 5 and it is great to be able to continue offering what is a vital service during the Covid era. The ExWell, programme is operating in Dublin, offering outdoor classes. Our plan is to reopen programmes across Dublin and in Sligo, Kilkenny, Waterford and Clonmel in the coming weeks. For other regions, the online option is available.

For more information and background to the ExWell programme click [here](#) or visit their website <https://www.exwell.ie>



**Join us live on Facebook  
Monday 16th  
Wednesday 18th  
and Friday 29th**



**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



Centre for  
Excellence in  
Universal Design  
**NDA**  
Údarás Náisiúnta Michumais  
National Disability Authority

## Universal Design Grand Challenge Student Awards

The Universal Design Grand Challenge 2020 Student Awards Ceremony took place on the 11<sup>th</sup> November at 6:30pm. The Universal Design Grand Challenge (UDGC) is a student competition that promotes and awards excellence in student projects that feature solutions that work for everyone. The UDGC invites third level students in their final two years of study, post grads and recent graduates to enter their best student project.

This year's winners are:

- Built Environment: Lydia Morgan, Wandesford Quay Intergenerational Community Hub, Cork Institute of Technology
- Products & Services: Jack Canavan, Flo (formerly Puck) NCAD.
- Technology: Vicki Anderson, SuperValu Assistance App, IADT
- Enterprise Ireland Universal Design Commercialisation Award: Jack Canavan, Flo (formerly Puck) NCAD.
- People's Choice Awards: Team Korta: a Tracking App for Diabetic and Hypertensive Patients representing Trinity College Dublin. The team is made up of Morgan Cobban, Kate McSweeney, Sulla Montes, Mark Etzelmueller, Svetlana Cvetic, Jakub Slowinski, Ultan O Morain, Ellie Conheady & Ebin Benny.

You can read about all of the finalists Universal Design ideas by clicking [here](#).



An Ghníomhaireacht  
Tithíochta  
The Housing Agency

## The Housing Agency | Housing Conference 2020



The Housing Agency's Housing Conference is going online this year, with daily webinars taking place from 11:30am on Monday 30 November to Friday 4 December. Each webinar will feature expert speakers and discuss a key topic of importance to the Irish housing sector.

Monday 30 November, 11:30am-1pm	Key challenges for the housing sector
Tuesday 1 December, 11:30am-1pm	Preventing homelessness
Wednesday 2 December, 11:30am-1pm	Housing Affordability
Thursday 3 December, 11:30am-1pm	Sustainable Communities
Friday 4 December, 11:30am-1pm	Skills for New Housing Professionals

Read more [here](#)

## Local Updates



Dublin City Council  
Comhairle Cathrach Bhaile Átha Cliath

DUBLIN  
CITY COUNCIL  
CULTURE  
COMPANY

### Dublin City Cultural Audit and Map Project

Dublin City Council Culture Company have built a database and map of Dublin's culture. The Cultural Audit and Map adds to Dublin City Council's knowledge base to inform decisions by the city council departments, planners and strategists. Cultural information about the city on the map includes arts and heritage, parks and nature, sport and fitness, food, hobbies, community involvement and education, as well as artists and makers who call Dublin home. This intelligence project is also a public resource, a website called [Culture Near You](#), that makes the city's cultural buildings, organisations and networks easier to find and connect with.

The Cultural Map and Audit works within the existing mapping and Geographical Information Systems (GIS) of Dublin City Council. It was developed using a 'cultural mapping' process and the public are invited to add to and update this data via Culture Near You. This dynamic database will continue to grow and evolve, organising information and tracking changes in the cultural landscape of the city.

### Age Friendly Clare | Virtual Events

*From a Distance  
Concert Series  
for Cultural Companions*  
*Ennis Cathedral*

5 virtual concerts, 5 genres over 5 Sundays  
from 3pm - 4pm

Watch it on the  
Ennis Cathedral Webcam = <https://www.ennisparish.com/our-parish/web-cam/>  
Ennis Parish Facebook live = <https://www.facebook.com/ennisparish>  
Or  
listen in on the Parish Radio link = 106.4FM (5km range)

Philomena and Michael O'Brien	15th November	COUNTRY
Monica Morgan Kearney	22nd November	SONGS OLD & NEW
The Villas	29th November	ROCK AND ROLL
Socks in the Frying Pan	6th December	TRAD
Helen Houlihan	13th December	CLASSICAL

*MC for the  
concerts  
Nigel Bridge*

CULTURAL COMPANIONS is an Age & Opportunity initiative designed to link older people interested in arts and culture through a network so they can attend events together as a group

**BECOME A MEMBER**  
If this sounds like something you might like to join then please contact  
Helen Moloney in Clare Co. Council:  
Tel: 065 6846240 or  
Email: [hmoloney@clarecoco.ie](mailto:hmoloney@clarecoco.ie)

Clare Age Friendly's "From a Distance Virtual Concert Series for Cultural Companions" is an initiative supported by Creative Ireland funding and Age & Opportunity. The concerts are starting this weekend and will run for the next 5 Sunday's from 3-4pm. They will be broadcasted live from the Ennis Cathedral through their [webcam link](#) and [Facebook page](#). A lot of work has gone into organising the concerts and there is truly something for everyone's taste in music. We would like to extend the invitation to you and your friends & family to watch/listen in too.



**★ INVITATION ★**

**Clare Older People's Volunteer of the Year Award 2020**

★ You are cordially invited to join us via Clare County Council's Youtube channel  
<https://www.youtube.com/channel/UCef9Ce5ZpOfTwqtazadiXBw>  
 The event will start on Youtube at 11.00 a.m. so this link can be accessed any time after 11.00a.m.

To mark this very special occasion on

**★ TUESDAY 17<sup>TH</sup> NOVEMBER ★ 11A.M ★**



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL

★ [www.clarecoco.ie/community/clare-age-friendly-county](http://www.clarecoco.ie/community/clare-age-friendly-county) 



CLARE  
AGE FRIENDLY  
COUNTY PROGRAMME

Clare Older People's Council supported by Clare County Council will be hosting the Clare Older Volunteer of the Year Award 2020 which will be broadcast live on the Council's [YouTube channel](#) next Tuesday at 11am. The award ceremony will acknowledge the great community efforts by our older Volunteers this year. It will be opened by Mayor of Clare, Mary Howard and CEO Pat Dowling will announce the winner at the end. The ceremony will also include guest speaker Dr. Harry Barry who will talk about the importance of resilience and maintaining a positive mental wellbeing as we age.



### Riverside Drama Circle

Start your Christmas early - Riverside Drama Circle are delighted to invite you to join them for an evening of Readings and Music on 17th and 18th December. Details below



*Riverside Drama Circle is delighted to announce its next Zoom performance*



**Start your Christmas with  
An evening of Readings, Poems and Music**

**Thursday and Friday, 17<sup>th</sup> and 18<sup>th</sup> December at 19.30**

To book your place for the event, please send an email to [info@riversidedrama.ie](mailto:info@riversidedrama.ie) - please include your name and contact number and insert 'Christmas' in the subject line. Very shortly after receipt of your mail, you will receive an email with confirmation of your booking and details of how to connect.

*There will be no charge for this performance.*

## 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!



### Mary Cronin and Ita Healy highlight the Age Friendly Ireland & Libraries Ireland, Digital Peer-to-Peer Training Pilot

On Wednesday, Ita Healy, Chair of Meath Older People's Council and Mary Cronin, Chair of Limerick Older People's Council spoke to Ray on the Ray D'Arcy show about the Age Friendly Libraries Digital Project. Listen to the Ray D'Arcy show podcast [here](#).

Ita also appeared on RTE News on Thursday afternoon and evening, where she spoke from her home to Sinead Hussey (RTE) about the project and the work she does in helping friends and relatives. Check out the video [here](#).



Ita and Mary are both trained to assist anyone in the country to join libraries during lockdown. If you would like to get involved and participate in this training you can email [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie) or [smccarthy@meathcoco.ie](mailto:smccarthy@meathcoco.ie) for more information.

Well done to Ita and Mary! 😊

## International Updates



The International Federation on Ageing held a Town Hall event called 'COVID-19 and Older People: A Rights-based Approach to Palliative Care'. A recording of this event will be available on the Federation's website <https://ifa.ngo/>







## Online Conference Adapting Cities to Population Ageing

With the cooperation of AGE Platform Europe, Eurocities and the World Health Organisation, ESPON is organising a virtual conference week from 30 November to 4 December about population ageing to capitalise on ACPA findings. The week consists of a kick-off event, with a number of high-level speakers and experts, including vice president of the European Commission and Commissioner on Democracy and Demography Dubravka Šuica. Dr. Heidrun Mollenkopf, AGE Vice president, will be speaking on the topic of “Ageing in times of digitalisation”.



This plenary session is followed by sessions on the case study areas investigated in ACPA. In this week, you will be able to:

- Learn about the challenges that European cities are facing due to population ageing;
- Discover inspiring policy responses to overcome these challenges;
- Ask policymakers and experts of population ageing about their population ageing strategy;
- Discuss and exchange experiences of successful adoption to population ageing.

[More information, agenda and registration](#)

## 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 sleeve when coughing or sneezing, and discard used tissue
- Avoid** crowded places, fairs, or events with close contact
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands or hugging when going outdoors, avoiding other people
- Distance** yourself at least 2 metres (6 feet) away from other people, especially those who appear 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 EMERGENCY CONTACT NUMBER: 116 9000

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Riann na Míreann 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