

## 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 the [measures in place here](#).

### COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide, and more than 350,000 vaccines have been administered.

Daily vaccination data is now available to all on the [COVID-19 Data Hub](#) and is on the COVID-19 Tracker App. The data is from 48 hours previously to allow for validation. Since Monday the 15<sup>th</sup> of February GP's have been inviting people aged 85 and over to have their COVID-19 vaccine, bringing the vaccine programme firmly into the community. **If you are aged 85 or older, your GP will contact you when your vaccine is available – Don't Worry You Will be Contacted.** You'll find answers to your questions about the vaccination programme on [www.hse.ie/covid19vaccines](http://www.hse.ie/covid19vaccines).

### COVID-19 vaccine information for people with sight loss

Working with NCBI, information about COVID-19 vaccines for people with sight loss have been created in Braille, audio and large print. These have been distributed to NCBI members. The large print format is also [available on hse.ie](#).

### Where to find COVID-19 Vaccination Information

Age Friendly Ireland are delighted to be partnering with the HSE to support the distribution of COVID-19 Vaccination Information and we **ENCOURAGE EVERYONE** to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check [hse.ie/covid19vaccine](http://hse.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at [www.hse.ie/covid19vaccinematerials](http://www.hse.ie/covid19vaccinematerials)
- Details on getting the COVID-19 vaccine is updated regularly [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)

### Alcohol Information

For all alcohol information, tips for cutting down and details of support services, use a trusted HSE source:

[www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)

For leaflets: [www.healthpromotion.ie/alcohol](http://www.healthpromotion.ie/alcohol)

For trusted HSE source on drugs: [www.drugs.ie](http://www.drugs.ie)

Contact the HSE Helpline for support on 1800 459 459 from Mon to Fri, 9:30am-5:30pm or email [helpline@hse.ie](mailto:helpline@hse.ie)

### Resources to support people with long-term health conditions to Self-manage

The national HSE Self-management Support Co-ordinator team have developed a number of resources to support adults in the self-management of their long-term health conditions.

The 'Minding your long-term health condition during Coronavirus (COVID-19)' leaflet originally developed in April 2020 has been updated and was launched this week. This leaflet provides practical and clear information to support people to manage their long-term health condition and to stay well. Each key message is supported by a helpful tip and people are signposted to supports, reputable websites or healthcare practitioners for further information. It also includes the new Dept. of Health recommendation on Vitamin D supplementation for those aged 65+. To view the leaflet go to

<https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/minding-your-long-term-health-condition-during-coronavirus-covid-19-.pdf>

Furthermore 'Tips for Self-Managing your Health when living with a long-term health condition' is another useful resource. It is designed to highlight 10 practical steps that people can take to live well with their long-term health condition. This leaflet could also be uploaded or signposted as a resource to support those with Long-term health conditions to self-manage. These leaflets, along with other resources, videos and information about Living Well, the HSE Self-management programme can be found at [www.hse.ie/selfmanagementsupport](http://www.hse.ie/selfmanagementsupport).

### Public Health Information Links

As always, for the most up to date information and advice on Coronavirus, please go to: [www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/](http://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/) ; <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.



### Roscommon great-grandmother (98) receives Covid vaccine from grandson

A grandmother in Co Roscommon said she had been looking forward to receiving her first dose of the Covid-19 vaccine, an occasion which was made all the more special by having her grandson administer the shot. Christine Harrison (98) received the Pfizer/BioNTech vaccine on Thursday at the Roscommon Primary Care Centre, given by one of her 12 grandchildren, Dr David Harrison. Read more [here](#)



## **NPHET optimistic as vaccine programme shows early signs of protection**

The National Public Health Emergency Team (NPHET) are cautiously optimistic as recent case numbers may indicate Covid-19 vaccines are having a positive impact, with "signs of protection among healthcare workers" already being noted. Good signs were also reported in long-term residential healthcare settings, with the chair of NPHET's epidemiological modelling advisory group, Professor Philip Nolan, saying there is "early but clear evidence" showing the vaccination programme is having the desired impact on case numbers in these settings. Read more [here](#)



## **Health Research Board (HRB) | New report reveals well-being, autonomy and community are key when designing housing with support for older people**

A new evidence review conducted by the Health Research Board (HRB) explores the perspectives of older people from around the world on housing with support and examines the impact of this kind of housing on their well-being. The review will support development of a policy framework for housing for older people in Ireland, which is being jointly developed by the Department of Health and the Department of Housing, Local Government and Heritage.



Commenting on the report, Minister for Mental Health and Older People Mary Butler says: "We want older people in Ireland to enjoy the best possible quality of life. A big part of this is ensuring they have choice in where they live and can reside independently in the heart of a community for as long as they wish to do so. This review of global evidence on housing with support can help us learn from others as we move forward with this approach in Ireland. By helping us understand the experiences of older people themselves, this study can allow us to reflect their preferences in future policy development."

Housing with support refers to non-institutional accommodation where older people have their own front door and access to support or care services, with the aim of providing independent, accessible housing options that can improve quality of life. The implementation of this kind of housing has been rapidly expanding in recent years – a trend that is likely to intensify in the context of COVID-19, which has made clear the risks of relying primarily on nursing homes.

Key findings from the international evidence review include:

- Individual choice and autonomy are important for successfully transitioning to housing with support.
- The change is made easier where the housing location allows older people to maintain their existing social networks.
- While personal care and support services are a key aspect of housing with support, opportunities to socialise are also essential for well-being.

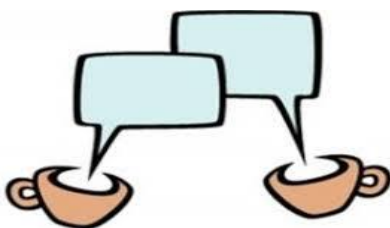
The report findings are brought together in an aspirational model of housing with support that will inform future policy, with the ultimate aim of improving quality of life for older people.

	<p>Dr Camille Coyle, Research Officer at the HRB Evidence Centre, comments: “The central role of autonomy and choice for older people was clear across the international research: housing with support enables a self-directed life that maximises independence, which is integral to well-being. An important avenue for future research will be to look at the experiences of older people living in similar housing here in Ireland as well.”</p> <p><a href="#">Download the full report on housing with support for older people.</a></p>
 <p><b>Become a FitLine Volunteer Mentor</b></p> 	<p><b>Age &amp; Opportunity   FitLine</b></p> <p>Age &amp; Opportunity are delighted to announce that they are expanding their FitLine initiative in 2021 to reach more older adults right across the country. They are looking for more volunteer mentors, individuals or groups, to join our FitLine team, to help them deliver this very worthwhile initiative.</p> <p>FitLine, one of their Active programme initiatives, is a volunteer peer led telephone-based motivation line which encourages older adults to introduce physical activity into their daily lives. FitLine is designed to help people who want to feel a bit healthier but just don't have the motivation, confidence or information on where and how to take that first step.</p> <p>FitLine mentor volunteers are required to provide encouragement and ideas about how older adults can do simple physical activities as part of their day to day routine to suit their own lifestyle, and to provide information about clubs, groups and facilities in their own communities.</p> <p><b>Applicants must:</b></p> <ul style="list-style-type: none"> <li>· Have an interest in physical activity and overall health and wellbeing.</li> <li>· Have capacity to make phone calls for approximately three hours once a fortnight, to participants who have already registered to take part in the initiative.</li> <li>· Have capacity to work from home.</li> <li>· Have use of a laptop or computer and internet access.</li> <li>· Be available to attend FitLine volunteer mentor training (3x2 hour sessions via zoom).</li> <li>· Be willing to take part in ongoing training, such as leadership and resilience, when offered by Age &amp; Opportunity.</li> <li>· Enjoy being part of network of volunteers.</li> <li>· Have excellent communication skills and a positive and encouraging outlook on life.</li> </ul> <p><b>How to apply</b></p> <p>Download and fill in the FitLine mentor volunteer application form here: <a href="https://ageandopportunity.ie/age-opportunity-active-fitline-mentor-volunteer-application-form/">https://ageandopportunity.ie/age-opportunity-active-fitline-mentor-volunteer-application-form/</a></p> <p><b>Return it to:</b></p> <p>Margaret Roe, HR Manager, Age &amp; Opportunity, Marino Institute of Education, Griffith Avenue, Dublin 9, or email it to <a href="mailto:Margaret.roe@ageandopportunity.ie">Margaret.roe@ageandopportunity.ie</a> by 12 noon on Friday the 5th of March 2021. All details are also available on their <a href="#">website</a></p>

Are you aged 65 years and over?  
Would you like to help us understand if

## Discussion Cafés

are useful as a strategy to enable nursing students and members of the older population to teach and learn from each other?



If you choose to participate:

- A) You will participate in an online intergenerational discussion café
- B) You will be invited to complete a survey questionnaire focusing on what intergenerational learning took place and evaluating how effective discussion cafés are as way of getting people from different generations to talk with and learn from each other.

If interested, please contact:

Dr Dympna Tuohy, Department of Nursing and Midwifery,  
University of Limerick, Email: [dympna.tuohy@ul.ie](mailto:dympna.tuohy@ul.ie) OR  
[intergenerationalcafes@gmail.com](mailto:intergenerationalcafes@gmail.com)

*This study has been approved by the ethics committee of the Faculty of Education and Health Sciences. If you have any concerns about this study and wish to contact someone independent, you may contact The EHS Research Ethics Contact Point of the Education and Health Sciences Research Ethics Committee, University of Limerick, Limerick. Tel: (061) 234101 / Email: [ehsresearchethics@ul.ie](mailto:ehsresearchethics@ul.ie)*



## Zooming Brilliant



A play by Tom Blake  
Performed by the  
Riverside Drama Circle

Thursday 25th March 2021  
Curtain up @7.30pm

To book email [info@riversidedrama.ie](mailto:info@riversidedrama.ie)  
This will be performed using Zoom





## Ireland reveals entry for this year's contest in Rotterdam

Lesley Roy is getting a second chance to represent Ireland at the Eurovision Song Contest, after the Covid crisis forced the cancellation of the 2020 event in Rotterdam. The singer's entry for the competition, [Maps](#), got its first airplay on RTÉ 2FM this morning, and the song's video was then launched on [Eurovision's YouTube](#) channel. The video, directed by Ais Brady, was shot against the backdrop of the Wicklow mountains. Roy will perform live on RTÉ One's The Late Late Show tonight.



LIVE EXERCISE CLASSES  
TO STAY ACTIVE

@SIELBLEUIRELAND

	CIRCUIT CLASS	STRENGTH & BALANCE	MOBILITY & STRETCH	CHAIR GYM
MON 1ST				
TUE 2ND				
WED 3TH				
THU 4TH				
FRI 5TH				
SAT 6TH				
11AM				
2PM				

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.



Join us live on Facebook  
Monday 1st  
Wednesday 3rd  
and Friday 5th

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.

## Local Updates



### An Update from Waterford Older People's Council

Waterford Older People's Council in collaboration with Waterford Libraries and Healthy Waterford have launched a **photography competition** to celebrate the contribution of older people in Waterford City and County. "Seen and Celebrated" is part of the Government of Ireland's National Keep Well Campaign, supporting people to mind their physical and mental health over the coming months. The competition aimed at highlighting the contribution older people make to the City and County of Waterford.

[Seen and Celebrated - Photography Competition - Waterford City & County Library Service \(waterfordlibraries.ie\)](https://www.waterfordlibraries.ie)

Waterford Older People's Council is part of the County's Covid Response Forum and is working on the issue of **Digital Connectedness**. A survey was carried out amongst older people and a strategy is now being implemented of supplying tablets, laptops and training to different groups around the County.

Waterford OPC **Zoom Concert by the Fire** is continuing every Thursday and had over 90 viewers last week to a programme of music, poetry and storytelling under the guidance of Ray McGrath.

Working with Waterford University of the Third Age and with funding from Waterford and Wexford ETB, the Older People's Council has set up 2 **Zoom courses** - one on Beginning with Watercolours and one on Writing the Encounter Memoir. The aim of the course is to give participants some approaches and techniques for writing episodes of their lives in a creative, entertaining way.

Two members of the Older People's Council executive - Ray McGrath and Richard Torney were interviewed as part of **Waterford's Ordinary People doing Extraordinary Things series**.

[We're celebrating Ordinary People Doing Extraordinary Things with Waterford City and County Council | WLR \(wlrfm.com\)](https://www.wlrfm.com)



### Ranelagh Community Response and Meals on Wheels Woodstock

Ranelagh Community Response is a voluntary initiative and the organisation was responsible for the delivery of more than 6,000 meals to older people in the Ranelagh and surrounding areas during the first Covid19 lockdown. In March 2020, nearly all local day centres closed their doors to try and protect the older people in the community. Many residents were recommended to cocoon in line with government advice. This put residents in Ranelagh, with no family members and no day care options in a precarious position and many were forced to fend for themselves.

Philip and Veronica Daly along with Grace Maguire, who are active in the Ranelagh area and with community in groups such as Beechwood Meals on Wheels, active retirement events and the 'Friends of Woodstock'



initiative, decided to take action. They immediately set up Ranelagh Community Response from Woodstock community centre, utilising the resources and the kitchen to help feed those desperately in need of community. This was initially a scrappy-but-effective approach, enlisting support from local restaurants and pubs in the area to get the premises at the centre to the highest sanitising standards possible. Within 10 days they were preparing 20 meals a day, seven days a week.

Philip initiated a targeted response to reach out to people who needed support while cocooning and also reached out to the HSE, Dublin City Council, Environmental Health and volunteers to support the project as it grew rapidly. The outreach was hugely successful with many volunteers in the area helping to meet demand and help out with admin, with kitchen work, delivery and also through generating awareness across Facebook and Twitter as well as collecting donations.

Their efforts also featured on RTE 2 when Ranelagh Community Response featured on 'Ireland on Call' in June. Woodstock also recently won the Best Senior Citizens Complex Category of the South East Area City Neighbourhoods Competition from Dublin City Council.

At the end of April around 1,200 meals were delivered by volunteers, growing to 6,000 by the end of August.

[\(https://www.thinkbusiness.ie/articles/ranelagh-community-response-meals-covid-elderly-vulnerable/\)](https://www.thinkbusiness.ie/articles/ranelagh-community-response-meals-covid-elderly-vulnerable/)

Check out this video from Woodstock last May explaining what they do and how it came about. <https://fb.watch/3lX2lmYD7v/>





Are you an avid reader and love to engage in discussion on books?

Age Friendly Mayo and Mayo's Older Person Council under the #keepwell campaign are delighted to announce with Community Radio Castlebar the launch of a new Radio Book Club!

The Book club will be hosted on Angela Faull mid-afternoon show each month. **Tune in on 102.9 or listen live on [crcfm.ie](http://crcfm.ie).**

Date of first Book Club is **4<sup>th</sup> March** and scheduled to begin 11.10 a.m.

The chosen book for March is "Leonard and Hungry Paul", by Ronan Hession.

Joining Angela for book discussion in March is Darina Molloy from Castlebar Library and Ann Cresham, a member of Mayo's OPC .

Age Friendly Mayo has a limited number of copies of "Leonard and Hungry Paul" to giveaway, just email [agefriendlymayo@mayococo.ie](mailto:agefriendlymayo@mayococo.ie) for your copy.

***Text CRC fm 087-9350043 for your comments on book when tuned in, we'd love to hear from you!***

*The KEEP WELL campaign is brought to you with thanks to Healthy Ireland an initiative of the Government of Ireland with funding from Healthy Ireland Fund and the Sláintefund delivered by Pobal*



Sláintecare.



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## 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

### IFA Virtual Town Hall | In Conversation With Dr. Olive Bryanton: Enhancing the Quality-of-Life of Older Women in Rural Communities through Empowerment Education

The International Federation on Ageing held a Town Hall event earlier today called 'In Conversation With Dr. Olive Bryanton: Enhancing the Quality-of-Life of Older Women in Rural Communities through Empowerment Education'. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



## 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.usa.ie](http://www.usa.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](http://hse.ie) QR phone HSE Live 1850 24 1850

### How to Prevent



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

**For daily updates visit**  
[www.gov.ie/health/covid-19](http://www.gov.ie/health/covid-19)  
[www.hse.ie](http://www.hse.ie)

WASH HANDS TO PREVENT COVID-19  
www.hse.ie/handwash



Riailín na Mídeanna  
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 326 522
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