

**National Updates**



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**Public Health Measures**

You can [find information here](#) about the public health measures in place.

**COVID-19 Testing - Online Booking System**

Full details of [how to get tested are available here](#).

[To book a test, log on to our system here](#). You can show up without an appointment, but you may not have to wait as long if you book online.

We have introduced a new contact tracing online system this week. If you get a positive test, you can use this to help list where you've been and help us to get in touch with your close contacts. <https://www2.hse.ie/conditions/covid19/contact-tracing/contact-tracing/>

**COVID-19 Vaccination Programme**

The vaccination programme continues to be rolled out nationwide. More than 3 million people have been fully vaccinated in Ireland. By this weekend, 90% of adults will be partially vaccinated and 80% of adults will be fully vaccinated. We are grateful to all of our colleagues and partners, and to the public, for taking part and making this happen.

You can find the latest information on vaccines administered [here](#).

**Walk-in vaccine clinics**



Many of our vaccination centres are operating walk-in clinic times. At these times, people aged 16 and over who have not had a vaccine yet can come to the centre without an appointment and get their free COVID-19 vaccine. You can read about [what you need to bring with you, and where the walk-in clinics are, here](#)

### Registration for 12- to 15-year-olds

We're inviting parents of children aged 12 to 15 to register their children now. All children in this age group are being offered a vaccine but we particularly recommend that they get vaccinated if they:

- have a health condition that puts them at higher risk of severe illness from COVID-19
- live with someone who is at higher risk of COVID-19

Parents can read more about the benefits and risk of vaccination for their children [here](#).

Please note that 12- to 15-year-olds are not eligible at present to attend walk in vaccination clinics.

[Register online to get a COVID-19 vaccine.](#)

[Read the user guide for help with registering online.](#)

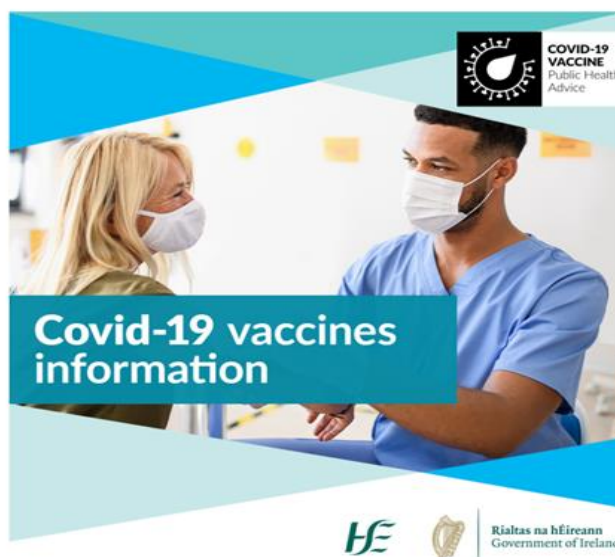
If you cannot register online, you can [call the COVID-19 helpline](#) at Freephone: 1800 700 700 to register by phone.

### Who can give consent for vaccination of a young person aged under 16 years

Information is available [here](#).

### Where to find COVID-19 Vaccination Information

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](https://www.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](https://www.hse.ie/covid19vaccinematerials)

Details on COVID-19 vaccines administered are available [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](#)

Information in Irish Sign Language: information resources on the COVID-19 vaccines in Irish Sign Language are available [here](#).

**Isolation quick guide - applying to those aged greater than 3 months and up to 13th birthday**

The updated factsheet is [available here](#).

**Isolation quick guide - adults and children from their 13th birthday**

The updated factsheet is [available here](#).

**Medical cards online**

The [online portal](#) for medical card, GP visit card and DPS applications and renewals is now restored.

**Public Health Information**

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www2.hse.ie/conditions/covid19/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>. Clinical and professional guidance relating to COVID-19 is available on [www.hpsc.ie](http://www.hpsc.ie) where you'll find up to date guidance for healthcare settings and non-clinical settings.

Please check [here](#) for the most up to date partner resources for COVID-19. You can find the [COVID-19 A-Z information here](#) from the HSE's Health Protection Surveillance Centre (HPSC).

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign.

You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#).

Ireland's COVID-19 Data Hub is [available here](#).

## Bereavement Support Line



Irish Hospice Foundation  
**Bereavement Support Line**  
1800 80 70 77

Monday to Friday 10am to 1pm

Many people have experienced and will experience the death of someone close during the COVID-19 pandemic. It may have been a COVID-related death or a death from other causes. People may also be finding a previous bereavement more difficult at this time.

In the face of such loss, our Bereavement Support Line, in partnership with the [HSE](#), is there to provide connection, comfort and support in these exceptional times.

COVID-19 restrictions have changed the traditional ways we mark our grief. For the moment, it's still not possible to come together like we did before. This means many people continue to face bereavement in isolation.

### **What is it?**

It is a national freephone service [1800 80 70 77](tel:1800807077) available from **10am to 1pm, Monday to Friday**.

- We aim to provide a confidential space for people to speak about their experience or to ask questions relating to the death of someone during the COVID-19 pandemic or a previous bereavement that feels more difficult at this time.
- We will listen to what a person says about what has happened.
- We will do our best to provide comfort and emotional support.
- We will provide any information that might help the caller, including information on practical supports.
- We will provide support for employers or professionals who want to inform the care their organisation can offer to bereaved colleagues.

### **Confidentiality**

The service is confidential. What you tell us will not be shared except in certain circumstances where, for safeguarding reasons, we may need to share your information with the emergency services. On the call, we might ask your first name, because it's a natural question to ask in a conversation, but you don't have to tell us if you prefer not to.

### **Further Information**

Visit our [FAQ section here](#)

### **Can you help spread the word?**

We would like as many people as possible in Ireland to know about this new free service. We have prepared a [Bereavement Support Line information pack](#) and a [promotional assets page](#) with resources and graphics for web and social media. Please feel free to view/download/share/print/forward these documents and graphics. Thank you.

In response to COVID-19, we have set up our [Care & Inform hub](#) which includes a series of resources on grief and loss to support those bereaved in these difficult times.

Please help Irish Hospice Foundation to continue to support those facing end of life at this unprecedented time of need. **Text IHF to 50300 to donate €4. Text costs €4.** Irish Hospice Foundation will receive a minimum of €3.60. Service Provider: LIKECHARITY. Helpline: 076 6805278.

- [Bereavement & Loss Hub](#)
- [Bereavement Support Line](#)
  - [BSL FAQs](#)
  - [BSL Promotional Assets](#)

- [Grieving During COVID-19](#)
- [Grief in the Workplace](#)
- [Children's Bereavement](#)
- [Rosabel's Rooms](#)
- [I Work in Bereavement](#)



## Living Well

Supporting adults with long-term health conditions with skills to become effective self-managers of their own health - check out the Living Well Programme!

Email [triona.mcnamee@hse.ie](mailto:triona.mcnamee@hse.ie) or see <http://hse.ie/LivingWell>



Living Well is a free **online** group programme delivered over six workshops (2.5 hrs x 6). It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management **skills and confidence** to live well with your health conditions.

## September Programmes

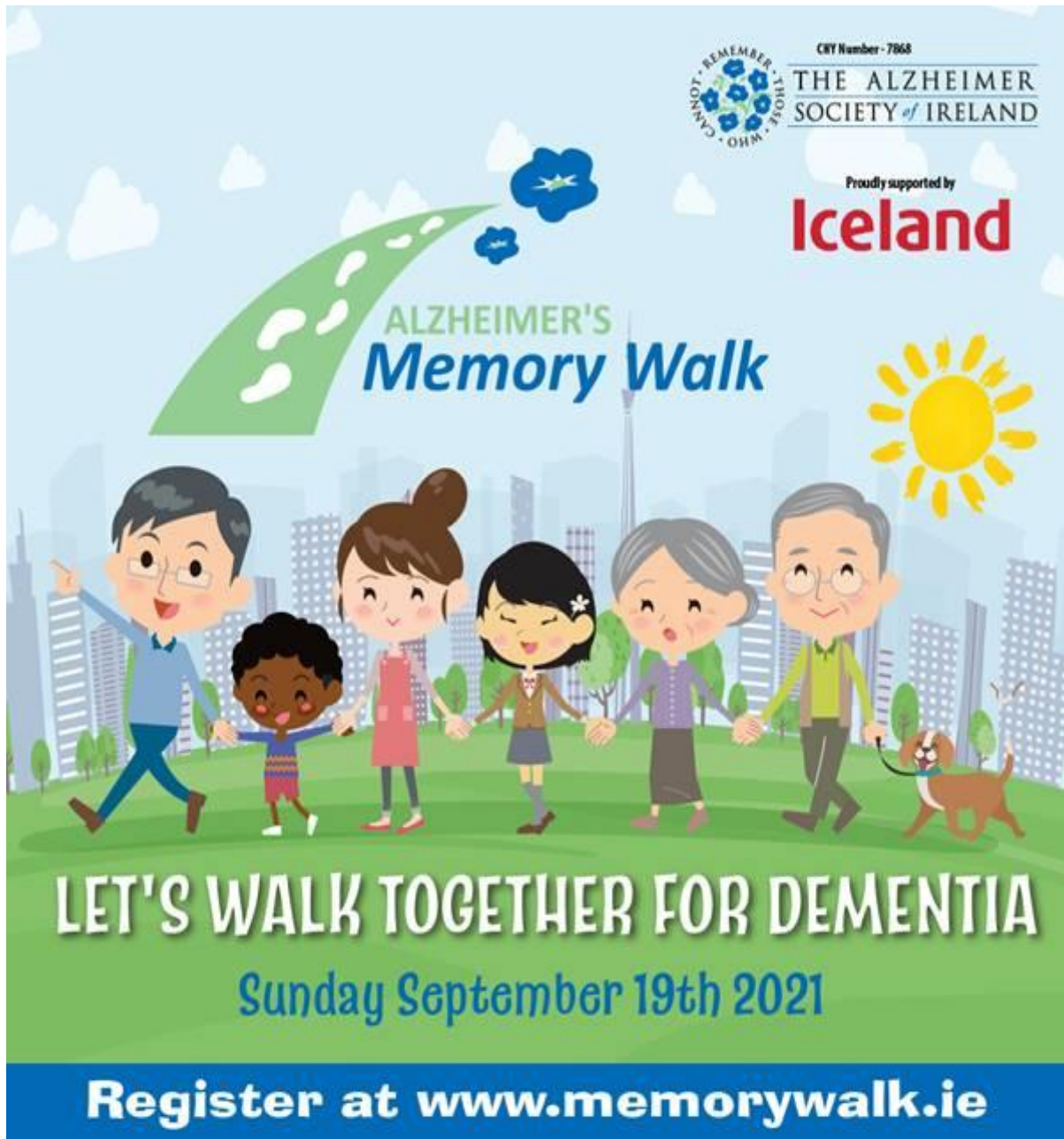
Dublin South East, Dun Laoghaire & Wicklow				Contact
Day	Start date	Finish date	Time	
Wednesdays	8 <sup>th</sup> Sept 21	20 <sup>th</sup> October 21	10am - 12:30pm	Triona – 087 405 3880
Fridays	10 <sup>th</sup> Sept 21	22 <sup>nd</sup> October 21	10:30am - 1pm	
Saturdays	18 <sup>th</sup> Sept 21	30 <sup>th</sup> October 21	10:30am - 1pm	



## Alzheimer's Memory Walk

Join us Sept 19th & [#LetsWalkTogether](https://www.instagram.com/LetsWalkTogether) for the 64,000 people living with dementia in Ireland. Sign up now at <http://MemoryWalk.ie>

Let's make our 2nd annual [#ASIMemoryWalk](https://www.instagram.com/ASIMemoryWalk) even bigger & better! It's your walk, your way! Supported by [@IcelandFoodsIre](https://www.instagram.com/IcelandFoodsIre)



Virgin Media TV presenter Martin King and beauty expert and entrepreneur Pamela Laird want you to make every step count for the second successive Virtual Alzheimer's Memory Walk, proudly supported by Iceland, which is taking place nationwide on Sunday, 19<sup>th</sup> September during World Alzheimer's Month 2021.



They want 5,000 walkers across Ireland to help raise €250,000 for vital services that are helping to support so many people with dementia and their family carers across Ireland through the COVID-19 public health emergency and the aftermath of the lockdown

Walk on your own, with your household or your pet dog, it's guaranteed to be a feel-good and uplifting occasion. It's up to you where you walk from the back garden to the local park – remember on Sunday, September 19<sup>th</sup> – It's Your Walk, Your Way.

Register now through the form below!! Family-friendly prices €7 for kids and €18 for adults. Our Alzheimer's Memory Walk is kindly supported by our partner *Iceland Foods Ireland*.



### The Alzheimer Society of Ireland

The Alzheimer Society of Ireland's National Helpline is a confidential information and support service for people with dementia and their families, carers anyone concerned about their memory and those working or studying in the field. **Call us on 1800 341 341**

Don't just worry about memory loss

Do something about it

Call Alzheimer National Helpline on **1800 341 341**



Alzheimer.ie



The Irish Longitudinal Study on Ageing

## In Their Own Words: The Voices of Older Irish People in the COVID-19 Pandemic

This week Tilda have released a unique & comprehensive report, highlighting some of the voices of those most affected by the [#Covid 19](#) crisis. The report details some of the personal accounts of Ireland's older adults from the first few months of the pandemic.



[https://tilda.tcd.ie/publications/reports/pdf/Report\\_C19ParticipantVoices.pdf](https://tilda.tcd.ie/publications/reports/pdf/Report_C19ParticipantVoices.pdf)



## Research Assistant (18 months / until 31st March 2023), Department of Psychology and ALL Institute, Maynooth University

Maynooth University is seeking a Research Assistant to work with Professor Deirdre Desmond on a new study investigating experiences and outcomes amongst participants in the recently established Healthy Age Friendly Homes pilot programme. Healthy Age Friendly Homes is co-ordinated by Age Friendly Ireland, a shared service within Meath County Council; it aims to support the health and well-being needs of older people living in the community through assessment of needs and co-ordination of access to a range of supports. This research project is funded by Sláintecare. The role will involve participant recruitment, quantitative and qualitative data collection, and supporting analysis and dissemination activities.

**Closing date 29th August.**

[https://www.universityvacancies.com/maynooth-university/research-assistant-18-months-until-31st-march-2023-department-psychology-and-all?utm\\_source=dvr.it&utm\\_medium=twitter](https://www.universityvacancies.com/maynooth-university/research-assistant-18-months-until-31st-march-2023-department-psychology-and-all?utm_source=dvr.it&utm_medium=twitter)



comhairle chontae na mí  
meath county council







**Join us on Facebook**  
**Monday 23rd**  
**Wednesday 25th**  
**Friday 27th**  
**at 11am for**



**Age & Opportunity**  
**Movement Minutes**

**#AgeandOpportunity**

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

**New pictures show Wally the Walrus relaxing on a small boat in Crookhaven**



Wally the Walrus continues to draw a crowd as new pictures posted to social media appears to show him relaxing in Crookhaven. The images show the 800kg male walrus chilling out in a small pleasure craft in the harbour, enjoying the sights of West Cork. The Arctic walrus, who was first spotted off Kerry last March, has spent the last two weeks cruising and feeding along the south-east and southern coast.

The juvenile walrus has left a trail of destruction in his wake – after hauling himself onto several small boats to rest, causing thousands of euro worth of damage and sinking at least two. His penchant for lounging on boats prompted an appeal from Seal Rescue Ireland (SRI) for the donation of an unused rib or a large pontoon that could be used as a designated haul-out site for him to rest.

SRI executive director Melanie Croce said they have also been liaising with British Divers Marine Life Rescue (BDMLR) in the UK, who helped install a floating pontoon for Wally during his six-week stint in the Isles of Scilly in July, on how best to respond. Ms Croce said SRI has now secured a sturdy pontoon, with three raised sides, which looks like a floating couch.



It is ready to be deployed quickly if there are more sightings of Wally in busy harbour areas over the coming days.

Wally is expected to continue cruising north, along Kerry and then up the western seaboard. Ms Croce appealed to people to report any sightings of him to SRI's 24/7 hotline at 087 195 5393 and to not share the location publicly until a designated haul-out site for him is established. She also appealed to recreational and ecotour boat operators to stay between 100-500m away from the animal. The walrus, normally found in Arctic seas, has travelled an estimated 4,000km along the coast of western Europe over the past four months.

Experts don't know why he arrived off Valentia in March but say factors could include climate change.



**Dublin City Council Greening Projects in the South East Area**

Much focus in Dublin City’s South East Area this year has centred on Environmental Projects. The Community Development Team have been reaching out to Friends of Green Spaces Projects, Tidy Towns Groups and other Environmental Groups and as a result, have supported over 80 projects in the South East Area so far this year through the provision of flowers/shrubs, tools, gardening advice, top soil, compost and planter boxes. Many of our villages and flat complexes have never looked better; they’re an absolute credit to those volunteers who are out there tirelessly planting, painting, cleaning etc. and taking such pride in their complexes and streets.

Examples include:



- Newly painted planters and seating at Ross Road Flat Complex in The Liberties.
- The award-winning garden at Charlemont Court Sheltered Housing Complex, located along the Grand Canal on Charlemont Mall.
- Ringsend and Irishtown Tidy Towns & Environment, planters and floral installations.
- Ballsbridge Tidy Towns, planters and bee garden.
- Donnybrook Tidy Towns Mulberry Lane project with artwork from local artist, Liz Prendergast.





# WE CAN QUIT

## Do you want to stop smoking?

Women supporting women to stop smoking. A free 12 week stop smoking programme for women, offering group support, one to one support and stop smoking medication.

Have you tried to quit before?

Do you want support to quit?

Register for We Can Quit today!

**Where?:** Killinarden Community Centre  
(For 1st class & then on zoom)  
**When?** 14th September @ 7pm  
**Where?** Fettercairn Community Health Project  
(For 1st class & then on zoom)  
**When?** 15th September @ 7pm  
**Call or Email:** Sue on 014590708 or ann.t.rooney@gmail.com  
**NB:** Email is essential for Zoom calls



South Dublin  
County Partnership  
Páirtíocht Chontae  
Átha Cliath Theas



### 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!



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association

## International Updates



International Federation on Ageing

### IFA Global Cafe | In Conversation with Dr. Penny Hartin: Accessibility for Blind/Partially Sighted People



The International Federation on Ageing held a Global Cafe event yesterday called - In Conversation with Dr. Penny Hartin: Accessibility for Blind/Partially Sighted People. A recording of this event will be available on the Federation's website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>

## 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 sleeve when coughing or sneezing, and discard it immediately
- Avoid** crowded places, events or meetings with many people
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands, hugging, kissing, or touching others
- Distance** yourself at least 2 metres (6 feet) away from other people, especially those who appear 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

**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)

## Useful Contacts

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

Or Email: [leavy@meathcoco.ie](mailto:leavy@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

### Community Response Number

1800 814 300  
 1800 300 404  
 1800 203 600  
 1800 222 226  
 1800 805 819  
 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