

**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/>

**Mixed vaccines doses**

People who received a first dose of AstraZeneca can now receive an mRNA (Pfizer/Moderna) vaccine as their second dose. NIAC recommends that receiving two doses of the same vaccine are preferred for all age groups, where possible. You can read more about this [here](#). Dose 2 walk-in vaccination clinics for people who wish to get an mRNA vaccine after their first dose of the AstraZeneca vaccine are listed [here](#).

**COVID-19 Contact Tracing - Online System**

If you get a positive test, you can use the contact tracing system to help list where you've been and help us to get in touch with your close contacts. You can [find more information here](#).

**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](#).

### **Vaccines are making a difference**

Every vaccine helps reduce the amount of severe illness in our communities and we thank everyone who has already had their COVID-19 vaccine. If you haven't registered yet, or someone in your network has yet to do so, they can:

- Check [hse.ie](https://www.hse.ie) for answers they can trust about the COVID-19 vaccines
- Talk to a pharmacist or GP – many are now giving mRNA vaccines
- Call HSElive on 1800 700 700

or

- Register online at [hse.ie](https://www.hse.ie)

### **Pregnancy and getting a COVID-19 vaccine**

You should get a COVID-19 vaccine to protect yourself from the virus if you're:

- pregnant
- trying for a baby or might get pregnant in the future
- breastfeeding

You can [find more information here](#).

### **Find a pharmacy giving COVID-19 vaccines**

Many pharmacies are now offering COVID-19 vaccines to people aged 12 and over. Find a pharmacy to book your vaccine appointment. You can [find more information 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.](#)

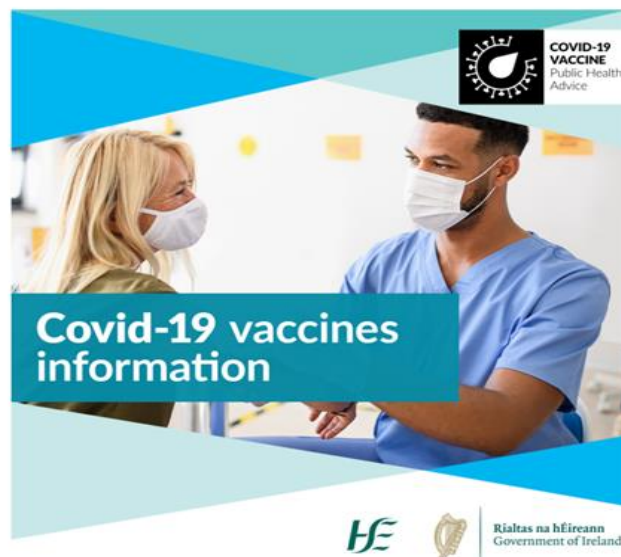
[Read the user guide for help with registering online.](#)

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](#).

**HSE COVID-19 webinar - Guidance on Resumption of Day Care Services for Older People**

Friday, 3rd September (from 12-1pm)

You can register for the webinar [here](#).

For telephone access to listen to the webinar, please use the following:

Irish dial in number: 01 5260058

Access code: 175 385 4519

**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](#).



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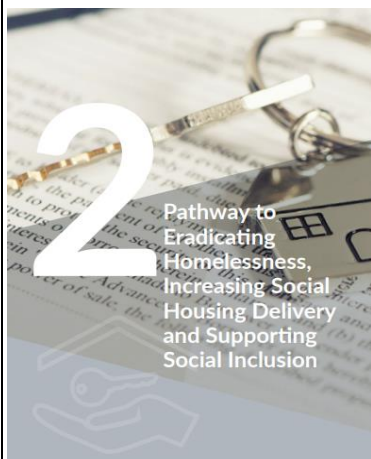
**Housing for All – Summary**

Minister Darragh O'Brien this week launched the *Housing for All* report, focused on addressing the housing crisis in Ireland, including a commitment to invest €20bn in building 160,000 homes over the next five years. Housing For All includes the highest ever level of Government investment in building social and affordable housing, underpinned by €4 billion in guaranteed State funding annually for the next five years. Housing For All promises to deliver 300,000 new homes by 2030; including 90,000 social homes, 36,000 affordable and 18,000 cost rental as well as 156,000 from the private market. Developers will have to contribute more to social

and affordable housing - from 10% to 20% in the increased value of zoned residential developments.



Figure 1:  
Four Pathways  
to *Housing for All*



**Pathway 2** specifically addresses eradicating homelessness, increasing social housing delivery and supporting social inclusion. Most notably the government has proposed to address the shortfall in housing options for older adults wishing to rightsize. The mortgage to rent scheme is amended to add flexibility in terms of bedroom numbers for borrowers aged 65 and over or where the borrower or one of the joint borrowers or dependents has a disability and the property has had to be adapted to their needs, or the property is specifically suitable to their need without adaptations.

The Government have committed to ensuring older people are supported to stay in their homes and communities for as long as possible, fulfilling the Programme for Government vision of an age friendly Ireland in which older people can live long and healthy lives, participate in their communities and have a range of housing options and health supports to make this possible. An additional focus specifically on delivery of housing appropriately sized and located, for older people is being proposed, drawing on a GIS mapping tool being designed and working with the existing network of Age Friendly Technical Advisors. The needs of older adults will now be included in Local Authority Housing Strategies; the new HNDA (Housing Need and Demand Assistance) Framework, published in April 2021, specifically requires consideration of the housing needs of older people.



Housing for older people in line with Age Friendly and Universal Design principles is a key action outlined in this report. The Age Friendly Homes website, provides a central hub for resources, guidance and information on the provision of homes for older people – from Local Authorities and AHBs to architects, other construction professionals and the wider public. This website will be further developed to encourage those involved in the provision of homes for older people to think more closely about the needs of our citizens as we grow older. Among the options for older adults proposed, possibilities of adapting homes in versatile ways to suit future needs, while also supporting efficient use of existing stock across the State will be piloted. These innovative forms of housing redesign and re-organisation not only provide financial benefits but can also provide a sense of security and community for older homeowners.

The Housing Options for Our Ageing Population Policy statement is soon to reach its conclusion and the Government have committed to working with all of the stakeholders, particularly the Department of Health and the Age Friendly Ireland Shared Service, to develop a new co-operation and coordination framework. This will take place at a national and local level, and implement Housing Options for Our Ageing Population actions.

In summary, the government has committed to the following in relation to housing needs of older adults:

- Continue to support the development of the Age Friendly Homes portal and website, which promotes awareness of age friendly housing
- Local Authority Housing Delivery Action Plans will set out how dedicated social housing provision appropriate to the needs of older people will be delivered matching the scale and extent of housing need for older people identified
- Local Authorities will consider the housing needs of older people through the Housing Need and Demand Assessment Framework and feed that into their Housing Strategies as part of their Development Plan process
- Review the range of housing grants for the suitable adaptation of existing housing
- Continue delivery of the Age Friendly housing and public realm training modules to cross sectoral stakeholders to promote greater awareness and foster knowledge transfer across the sector
- Support pilots of innovative forms of housing redesign/reorganisation to deliver additional rental accommodation supply along with support for older homeowners
- Implement the actions under the Housing Options for our Ageing Population Policy Statement, having regard to the Reports of the National Implementation Group
- Amend the Nursing Home Support Scheme Act 2009 to remove disincentives against the rental of vacant properties by participants in the Fair Deal scheme in a way that is targeted, equitable, evidence-based and provides appropriate safeguards for vulnerable older people

See the link below for the more resources on the program:  
<https://www.gov.ie/en/publication/ef5ec-housing-for-all-a-new-housing-plan-for-ireland/>



### The New Siel Bleu At Home

Siel Bleu been delivering online exercise classes on their social media channels since 16th March 2020 and what a success they have been. They've thoroughly enjoyed delivering the classes but they wanted to develop a more robust and interactive offer. And so, Monday was the final day of their live classes on Facebook.

But fret not! They have a full schedule of live and interactive classes designed just for you on their brand new [Siel Bleu At Home platform](#). With 10 classes available every week, there's lots to choose from, including their very popular fall prevention class called "Strength & Balance", a "Seated Circuit" for those who'd like a full body work out from a chair and even a "Strength Circuit" for people who'd like more of a challenge. Check out the timetable of classes below!



STRENGTH & BALANCE



CIRCUIT CLASS



MOBILITY & STRETCH



STRENGTH CIRCUIT



SEATED CIRCUIT



### THE NEW SIEL BLEU AT HOME

CLASSES DELIVERED ON ZOOM  
 BOOK VIA - [WWW.SIELBLEU.IE](http://WWW.SIELBLEU.IE)

MON  
30TH

CIRCUIT CLASS  
WITH CORMAC @ 11AM

SEATED CIRCUIT  
WITH MAGGIE @ 2PM

TUE  
31ST

STRENGTH & BALANCE  
WITH SHANE @ 10AM

MOBILITY & STRETCH  
WITH DEBORAH @ 2PM

WED  
1ST

CIRCUIT CLASS  
WITH MAGGIE @ 11AM

STRENGTH & BALANCE  
WITH MATT @ 2PM

THU  
2ND

STRENGTH CIRCUIT  
WITH DEBORAH @ 11AM

MOBILITY & STRETCH  
WITH CORMAC @ 2PM

FRI  
3RD

CIRCUIT CLASS  
WITH CORMAC @ 11AM

SEATED CIRCUIT  
WITH SHANE @ 2 PM

[Join Siel Bleu At Home](#)



## World Alzheimer’s Month is September

Every September, people come together from all around the world to raise awareness and to challenge the stigma that persists around dementia. September 2021 marks the 10<sup>th</sup> year of this vital global awareness raising campaign. September 21<sup>st</sup> is World Alzheimer’s Day.

The focus for this year’s World Alzheimer’s Month campaign is diagnosis, stimulated by recent developments, and potential breakthroughs, in both dementia treatment and diagnostics. In conjunction with this, we are encouraging people to recognise the potential warning signs of dementia and to understand the importance of a timely dementia diagnosis, motivating concerned individuals to seek out information, advice and support – ultimately with the aim of challenging the stigma that surrounds its diagnosis.

It is only through a collective effort that we can raise much needed awareness and challenge the stigma and misinformation that still surrounds dementia, and we are calling on everyone to do something during September, however small or large, to support the ‘Know Dementia, Know Alzheimer’s’ campaign.

We welcome your support in raising awareness for World Alzheimer’s Month by posting or sharing key messages.

Link: <https://www.understandtogether.ie/about-dementia/>

Hashtags: #WorldAlzMonth #UnderstandTogether

Find out more about early signs and diagnosis of dementia.  
#WorldAlzMonth  
#UnderstandTogether



There are over 400 types of dementia, and every person’s experience will differ. Early diagnosis means that you can receive treatment and support that may slow down the symptoms and help you live well for as long as it is possible.

#WorldAlzMonth  
#UnderstandTogether





In addition to posting or sharing key messages for the month of September, we encourage you to take these 6 simple actions to help us create dementia inclusive communities across the country. Thank you.



See the person,  
not the dementia



Talk about  
dementia



Stay in  
touch



Ask how you  
can help



Support the person  
to keep up hobbies  
and interests



Make sure your  
service or space  
is easy to use

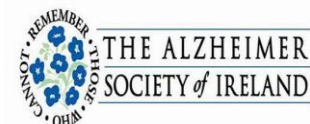
For more information on the Dementia: Understand Together Campaign please visit [www.understandtogether.ie](http://www.understandtogether.ie)

**dementia**  
understand together

**DSiDC**  
Dementia Services Information  
and Development Centre



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## University of the Third Age

**UNITED NATIONS - DECADE OF HEALTHY AGEING. 2020 - 2030**

**WORLD HEALTH ORGANISATION BASELINE REPORT [Dec 2020]**

### **SEPTEMBER 2021 - DIARY EVENTS AND LIFELONG LEARNING OPPORTUNITIES.**

As we move out of the Meteorological Summer and taking on board the 'new normal' and learning to live with Covid disease life long learning activities continue to be available to us both online and in person. Below are just some suggestions for diary entry of these events/activities coming up over the next few weeks.

First just a quick reminder that our October 13 meeting will be a virtual meeting via Zoom and the topic is

'Seamus Heaney: Listen Now Again' Virtual Event - via Zoom

This event is being facilitated by a team member of the Bank of Ireland Seamus Heaney; Listen Now Again that organise the National Library of Ireland exhibition of the work of Seamus Heaney, who will share with us drafts from their archive and facilitate a discussion where we can have an engaging experience while also remaining safe.

Further details regarding registration and joining will be sent to you nearer the date.

#### **1. Use of Zoom**

If you are unfamiliar with Zoom you may wish to go to the Age Action website as follows for guidance and help including remote tutorial classes.

<https://www.ageaction.ie/how-we-can-help/getting-started-kit>

As part of Age Action's Getting Started digital umbrella we developed the Keep In Touch (KIT) in response to COVID-19. This remote national learning initiative helps older people improve their digital literacy skills, so they are more connected, informed and supported specifically during periods of social distancing.

Using our specially developed curriculum of eight How to... guides we are offering up to five hours tutoring, by phone, to anyone who feels that they need support with using their smart device. Covering topics like how to set up an email, how to download an app, and how to use video to see your loved ones, learners will be matched with a volunteer tutor who will cover the topics they choose, at their pace. We will also send learners a 40-page learning booklet with lots of smart images to help with tutoring sessions. For further information about Getting Started KIT remote tutoring classes, please call: Age Action 01 4756989

Or complete the contact form below:

**[Sign Up for Getting Started KIT remote training](#)**



**2. There is also a video tutorial for Zoom prepared by Dun Laoire Rathdown PPN.**

<http://dlrppn.ie/zoom-for-beginners-video-tutorial/>  
<https://youtu.be/oiXWcCbU-A8?list=PLCFdEA0Kr5ppElqwFtDnVCqoCIYAi35vS&t=18>

**3. and U3A Causeway N.I has two short videos as follows:**

<https://www.causewayu3a.co.uk/>

[Using Zoom](#)

Here are links to two Youtube videos made by our Zoom coordinator, Brendan Mullan:

[Installing and using Zoom on an iPad](#)

[Installing and using Zoom on a Windows computer](#)

**4. Sept 6 – DCU-AFU Virtual Coffee Morning from 10.30 - 12 NOON.**

Unfortunately, due to ongoing COVID restrictions DCU-AFU are unable to run the Taste of DCU again this year, but the good news is they are organising a Virtual Coffee Morning on Monday 6th September from 10.30-12.00.

We will be joined by some Lecturers to talk about the opportunities more broadly available for AFU participants.

This might be particular interest to those of you who were unable to join DCU over the past year. Also, to raise opportunities and it's a reminder of all the modules on offer in DCU.

We would be delighted if you could join us. Please register on the link below:

<https://forms.gle/EXZBSVnnTsw6WM1j9>

**5. September 27 – 1 October 2021 – Age Action Positive Ageing week.**

Positive Ageing Week 2021 celebrates ageing and the contribution and agency of older people. The focus is on community-based events, organised by groups and individuals throughout Ireland, and national events organised by Age Action and our partners. Events are being registered – so if you have any ideas for a project/event please register this on the Age Action website.

**6. Cultural Night – September 17 2021**

Following on from the great events organised all round the country during Heritage Week there are now more cultural events/activities for us to join that is organised for Cultural Night – September 17 2021.

Visit their website <https://culturenight.ie/>

You can search their website for all programmes both offline and online.

**7. Dublin Festival of History brought to you by Dublin City Council  
September events – Free Events – Sept 20-10 October 2021**

<https://dublinfestivalofhistory.ie/events/>

The **Dublin Festival of History** is an annual free festival, brought to you by Dublin City Council, and organised by Dublin City Libraries, in partnership with the Dublin City Council Culture Company.

Now in its ninth year, the festival has built a reputation for shining a fresh perspective on history and its importance in our everyday lives, attracting best-selling Irish and international historians to Dublin for a high-profile programme of history talks and debate each Autumn.

One such event is *Wartime Work Opportunities for Irish Women*. Dublin City Council Historian in Residence, Dr Mary Muldowney, will cover the experiences of women from Ireland who found that the Second World War offered them a means to expand their horizons, as well as creating the chance for better pay and conditions than were available here

The 2021 festival will take place from Mon 20 September - Sun 10 October, with a programme of 70+ events, both online and in-person.

[Click here to explore the full programme.](#)



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Health Service Executive



**WEBINAR INVITATION**

**Alcohol and Cancer - Reducing the risk**

Supporting Mouth Cancer Awareness Day 2021

Date **15th September 2021**

Time **1.00pm – 2.00pm**



CPD credit approved by RCPI

The HSE Health and Wellbeing Alcohol Programme is hosting a Webinar 'Alcohol and Cancer – Reducing the Risk'. The webinar is in conjunction with Mouth Head and Neck Cancer Awareness Ireland (MHNCAL) to support Mouth Cancer Awareness Day 2021 (MCAD).

The serious impact of cancer on the lives of thousands of people in Ireland



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meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association



means we must identify opportunities to prevent this disease. We can improve cancer outcomes by increasing awareness of the relationship between alcohol and cancer. Alcohol causes seven types of cancer, including breast, liver, bowel, mouth, head, and neck cancer.

This webinar aims to promote awareness about how alcohol increases the risk of cancer, and how this risk can be reduced. There is a particular focus on mouth, head, and neck cancers.

1 CPD credit has been approved by RCPI.

### REGISTER HERE

[https://ims.zoom.us/webinar/register/WN\\_ZPt057XoQKWeivKeF2vSdg](https://ims.zoom.us/webinar/register/WN_ZPt057XoQKWeivKeF2vSdg)

## Living Well Programme



Living Well is a free group self-management programme for adults with long-term health conditions. Check it out below.

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Health Service Executive

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



Self-management is what a person does every day to manage their long-term health condition.

A long-term health condition is one which can be treated and managed but usually not cured.

Examples of long-term health conditions include (but are not limited to):

COPD, asthma, diabetes, heart conditions, stroke, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain, depression.

Learning how to manage your condition may help you feel better, stay active and live well. Having the right information and support can help you to do this.

### What is the Living Well programme?

Living Well is a free group self-management programme for adults with long-term health conditions.

The programme supports you to develop skills which will help you to live well with a long-term health condition(s). These skills include how to:

- set goals to make changes in your life
- make plans to achieve these goals
- solve problems
- manage your medications
- cope with difficult emotions, low mood and feelings of depression
- communicate well with your family, friends and healthcare team.

*These skills become your toolkit for better health.*

### Who is Living Well for?

Living Well is for adults 18 years and over. It is suitable for you, if you are:

- living with one or more long-term health conditions
- caring for someone with a long-term health condition(s)

### What does Living Well involve?

It runs for six weeks. There is one workshop each week that lasts for 2.5 hours.

The programme is usually delivered in a classroom setting. However, during COVID-19 it is available online.

People taking part in the workshops may have the same health condition(s) as you. Others will have different health conditions.

The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. You can also share experiences of living with your condition(s). Each person who takes part gets a book about self-management.

Two trained facilitators or leaders run the workshops each week. At least one of the facilitators lives with a long-term health condition.



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meath county council





## What is covered each week?

<b>Week 1</b>	<ul style="list-style-type: none"> <li>Using your mind to manage symptoms</li> <li>Fatigue and getting a good night's sleep</li> <li>Introduction to action plans</li> </ul>
<b>Week 2</b>	<ul style="list-style-type: none"> <li>Dealing with difficult emotions</li> <li>Physical activity, exercise, preventing falls</li> </ul>
<b>Week 3</b>	<ul style="list-style-type: none"> <li>Decision making</li> <li>Pain management</li> <li>Healthy eating</li> </ul>
<b>Week 4</b>	<ul style="list-style-type: none"> <li>Better breathing</li> <li>Reading food labels</li> <li>Communication skills</li> </ul>
<b>Week 5</b>	<ul style="list-style-type: none"> <li>Medication management</li> <li>Positive thinking, dealing with low mood and feelings of depression</li> </ul>
<b>Week 6</b>	<ul style="list-style-type: none"> <li>Making informed treatment decisions</li> <li>Planning for the future</li> </ul>

### For more information visit:

[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)

If you think this programme could be for you, or have any questions, contact your local Co-ordinator (contact details at the back of this leaflet).

Living Well has been available in Ireland for many years. It has run under a variety of names including: 'Quality of Life' (Donegal), 'Self Care to Wellness' (Mayo & Roscommon), 'Better Health Better Living' (Beaumont Hospital), to name a few.

## What have people said about the programme?

*I met wonderful people with other illnesses and this made me feel 'not alone' which helped me emotionally*

*It made me aware of my habits and gave me the tools to make positive changes*

*My confidence has increased and I feel I am now able to manage my condition better*

### More Information:

**Call:** 087-3964307

**Visit:** [www.hse.ie/livingwell](http://www.hse.ie/livingwell)

### You can also contact HSELive

**Call:** 1850 24 1850 **Email:** [hselive@hse.ie](mailto:hselive@hse.ie)

This project has received funding from the Government of Ireland's Saíntecare Integration Fund 2019 under grant agreements 38, 78, 165, 219, 413, 418

Date of issue: July 2020



Online during  
COVID-19



Your toolkit for better health



Donegal

Sligo

Leitrim

Cavan

Monaghan

This is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.

## Recent CSO release shows increase in older people

This week the Central Statistics Office released a new bulletin which highlights the growing number of older people in our population

742k people age 65+, and increase of 17.9% since 2016

The population aged 65 and over increased by 22,200 (3.1%) in the year to April 2021.

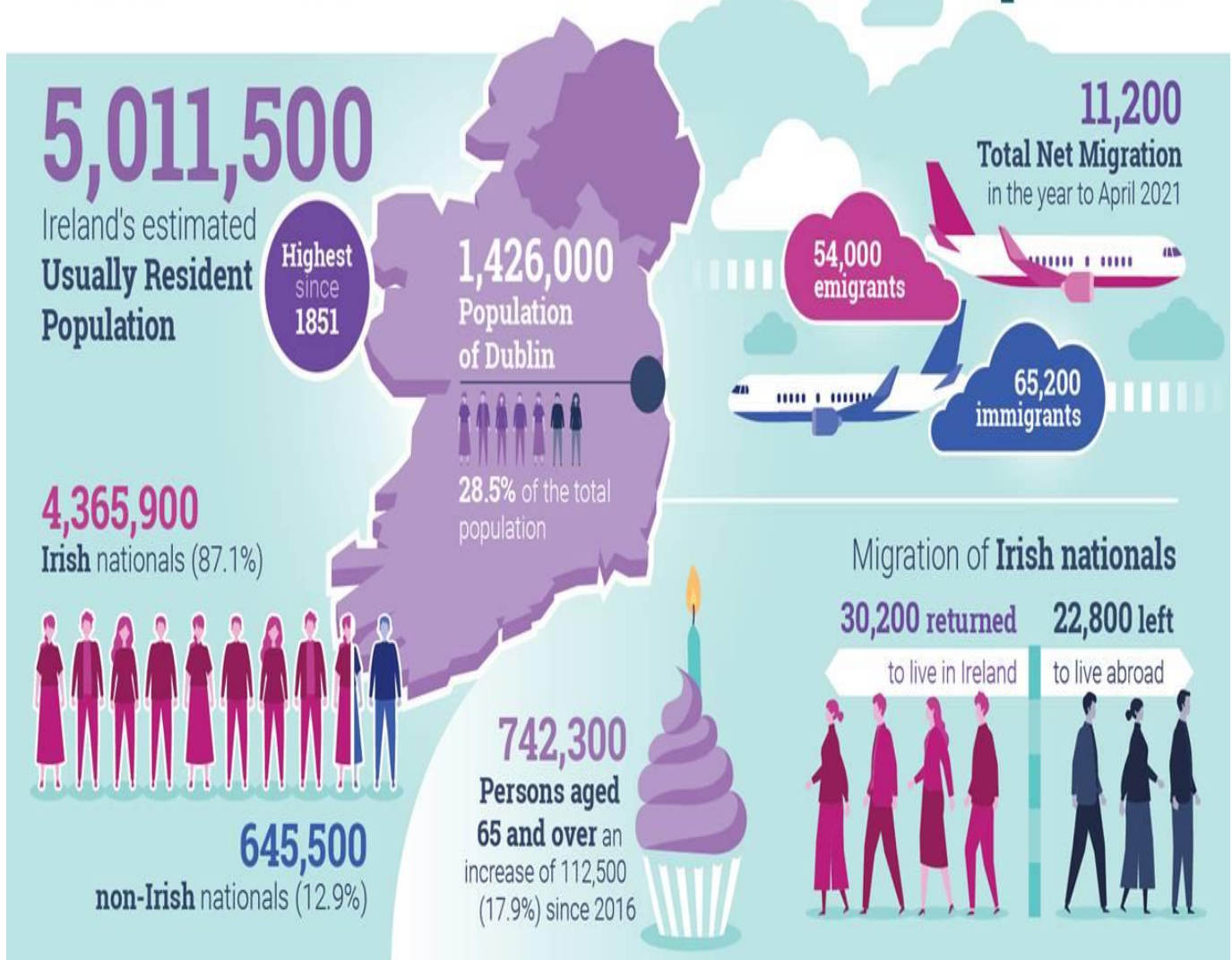
In 2021 Ireland's 'older' dependency ratio was 22.7% This means Ireland had almost 4.5 persons of traditional working age for each person aged 65 and over.  
 EU27 'older' dependency ratio 32.0% in 2020, a ratio of 3.3 persons.

*In April 2021, more than 1 in 7 people living in Ireland were aged 65 or older*

There were 742,300 people living in Ireland aged 65 and over in April 2021. Those aged 65 and over are the only group to gain population share between 2016 and 2021, increasing from 13.3% to 17.9% of the total, this equates to a volume increase of 112,500.



# Population & Migration Estimates April 2021





## Move For Life Conference

The conference will take place as a virtual event over three lunch times from the 28<sup>th</sup> to the 30<sup>th</sup> of September in conjunction with Positive Ageing Week. It will promote getting active and try reintroduce physical activity into the lives of inactive adults that areCheck out the graphic below for more info!



# Move for Life Conference

28th-30th September 2021

Daily Lunchtime webinars 12-2pm

Promoting Physical Activity for  
Inactive adults aged 50+ years

What to expect:

- Wide range of speakers
- Key findings from Move For Life
- Live Q & A



PAfH

Physical Activity for Health  
HRI Research Cluster  
University of Limerick



The  
ATLANTIC  
Philanthropies



An Roinn Sláinte  
Department of Health





**Join us live on Facebook**

**Monday 6th  
Wednesday 8th  
Friday 10th**

**at 11am for**

**Age & Opportunity  
Movement Minutes**



**#AgeandOpportunity**

## Local Updates



### **Ennis launched as an Age Friendly Town**

Ennis in County Clare has been launched as an Age Friendly Town at an event held in the garden of the Old Ground Hotel at the end of last week. (Friday, 27th August 2021).

As part of the Clare Age Friendly Strategy, Ennis is joining the national Age Friendly Cities and Counties Programme which aims to make Ireland a truly great place in which to grow old. The Ennis Age Friendly Town initiative is built on the recognition of the valuable role that older people can and should play in shaping their communities for the better. The Age Friendly Town Team have worked with the Clare Older People's Council in this regard.

Ennis Municipal District is progressing a number of projects throughout Ennis Town and its environs to make the town more accessible, which will include shared surfaces, table-top crossing points, dropped kerbs, pedestrian crossings, age-friendly parking spaces and age-friendly seating areas. Funding of €10.5m was secured under the Government's Urban Regeneration and Development Fund projects for public realm enhancements, with a further €950,000 secured for various works from the National Transport Authority under Active Travel grants. Some of the other initiatives as part of the project include: an age-friendly business programme with Ennis Chamber of Commerce, physical activity programmes for older adults by Active Ennis and Clare Sports Partnership, community policing and crime prevention initiatives by Ennis Gardaí as well as valuable input provided by the Alzheimer's Society.



In a video message delivered at today's launch, Minister for Housing, Local Government and Heritage, Darragh O'Brien TD, said: "As we all know life expectancy is increasing, and so too is the need to ensure that Ireland is a good country in which to grow old. An Age Friendly Town is a town where the community understands and responds to the needs of older people. This Government wants to empower citizens to participate in the development of their communities, we want to support people to live independently and very often it is small and simple improvements which can make a world of difference in people's lives. We will continue to work with local authorities like Clare County Council to make this a reality."

Mayor of Ennis Municipal District, Cllr Ann Norton, welcomed the launch of Ennis as an Age Friendly Town, stating: "I am delighted to support this initiative that seeks to proactively address the needs of older citizens and build an age-friendly society. A safe, friendly town with good accessibility and facilities is a good place for children, families of all ages, people living with disabilities and visitors to the town."

Pat Dowling, Chair of the Clare Age Friendly Alliance and Chief Executive of Clare County Council, commented: "County Clare has already made great progress in future proofing the county for its ageing population. The development of Ennis as the first Age Friendly Town in Clare is a great achievement which we hope will improve the lives of our older citizens. I would like to acknowledge the collaborative effort both with our partners and the Clare Older People's Council."



Larry Hally, Clare Older People’s Council, said: “As a member of the Ennis Age Friendly Town Team, I am delighted to see all of the progress made to both the development of public spaces and other initiatives being delivered for the benefit of older people. We believe that Ennis as an Age Friendly Town will benefit everyone in the community, not just the older people.”

Darragh McAllister, President of Ennis Chamber of Commerce, welcomed the introduction of the age-friendly business initiative as part of the project, adding: “This initiative includes 15 businesses already in Ennis who are developing actions that will provide a better service to their older customers. We are aiming to grow this initiative going forward and any businesses wishing to participate can contact Ennis Chamber.”

The Ennis Age Friendly Town Plan outlines the objectives of the project and the actions that are being delivered.

For more information please visit:  
<https://www.clarecoco.ie/services/community/age-friendly-programme/ennis-age-friendly-town.html>

**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**



**IFA Global Cafe | In Conversation with Ms Lisa Levin  
 CEO at AdvantAge Ontario – “Advancing Senior Care”**



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Ms Lisa Levin, CEO at AdvantAge Ontario on “Advancing Senior Care”. 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.**

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



### 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)

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Riadas na hÉireann  
Government of Ireland

## 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  
Dublin City Council  
DLR County Council  
Fingal County Council  
Galway City Council  
Galway County Council  
Kerry County Council  
Kildare County Council  
Kilkenny County Council  
Laois County Council  
Leitrim County Council  
Limerick City and County Council  
Longford County Council  
Louth County Council  
Mayo County Council  
Meath County Council  
Monaghan County Council  
Offaly County Council  
Roscommon County Council  
Sligo County Council

### Community Response Number

1800 814 300  
1800 300 404  
1800 203 600  
1800 222 226  
1800 805 819  
1800 928 982  
01 222 8555  
1800 804 535  
1800 459 059  
1800 400 150  
1800 928 894  
1800 807 009  
1800 300 174  
1800 326 522  
1800 832 010  
1800 852 389  
1800 832 005  
1800 300 122  
1800 805 817  
094 906 4660  
1800 808 809  
1800 804 158  
1800 818 181  
1800 200 727  
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