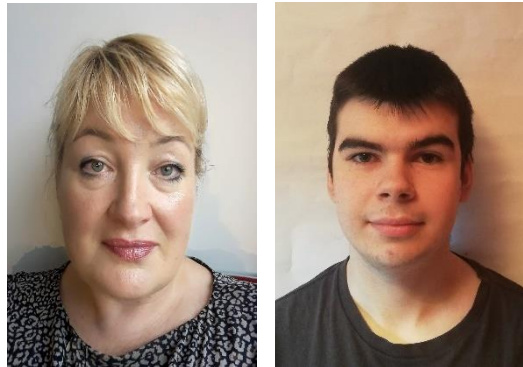




### Welcome to the Age Friendly Family Adam and Susan



Age Friendly Ireland are delighted to introduce everyone to our wonderful new staff members Adam Costello and Susan Caffrey. Adam started working with the Shared Service two weeks ago and will be admin support for our websites, while Susan started working with us this week and she will be admin support for our Healthy Age Friendly Homes programme.

We are so happy to have them both on board and we want to wish both Adam and Susan all the best of luck in their new roles working with the Age Friendly Ireland Programme.

### National Updates



Rialtas na hÉireann  
Government of Ireland

#### 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.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

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](#) 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](#)

### 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](#).

#### **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](https://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](#).



# RESEARCH



## PARTICIPANTS NEEDED

Researchers at the National University of Ireland, Galway are seeking participants for a research study



Why do we need research participants?

We are interested in understanding if virtual reality can be used to help reduce retired/non-working adults' time spent sitting.

Your opinion matters and will help us understand if technology such as virtual reality can be used to enhance the health and wellbeing of retired and non-working adults.

### Study Information

What is Virtual Reality?

It is the name for computer technology that makes a person feel like they are somewhere else using devices such as head-mounted displays (as seen above) and hand-held controllers.

What is Involved?

- You will be invited to explore a virtual environment, after which we will ask for your thoughts on using virtual reality to reduce retired/non-working adults' time spent sitting.
- This will take 60-90 minutes at a time and date that suits you.

Are you eligible to take part in this study?

- Retired/non-working adult over the age of 55.
- Spend approx. 6+ hours in an inactive sitting position (daily).
- Be capable of spending less than 6 hours in an inactive sitting position (daily).
- Have good mobility in your hands to use the equipment.
- Have received all doses of a COVID-19 vaccine.

Interested?

If you are interested in taking part, please contact the lead researcher using the contact information provided below.

Email: [d.healy24@nuigalway.ie](mailto:d.healy24@nuigalway.ie)

Mob: 0863014265

Centre for  
Research  
Training



comhairle chontae na mí  
meath county council





Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



## Mouth Cancer Awareness Day on Wednesday 15<sup>th</sup> September 2021

Mouth Cancer Awareness Day (MCAD) takes place on Wednesday 15<sup>th</sup> September and is an annual campaign run by the Mouth Head and Neck Cancer Awareness Ireland Group.

Over 700 cases of mouth, head and neck cancer are diagnosed every year in Ireland, and this figure has been steadily increasing in recent years. While Mouth, Head & Neck Cancer can occur at any age, the majority of mouth cancers are diagnosed in the over 55's, regardless of whether or not they still have their own natural teeth or may be wearing dentures.

This year the campaign will focus on raising awareness of the link between Alcohol and Mouth Cancer

The aim of MCAD is to:

1. Promote public and professional awareness of mouth head & neck Cancer and the link between alcohol and these cancers.
2. To establish in the public mind their "right to know" the links between alcohol and mouth head and neck cancers.
3. Promote early detection and encourage earlier presentation with signs and concerns about mouth head and neck cancer to improve potential outcomes.

To mark Mouth Cancer Awareness day on the 15<sup>th</sup> Sept, [Mouth Head and Neck Cancer Awareness Ireland](#) are hosting a webinar in partnership with the HSE Health and Wellbeing Alcohol Programme 'Alcohol and Cancer – Reducing the Risk'. 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)

Alcohol Action Ireland will also provide a podcast on the direct link between alcohol and cancer on their podcast series [The Alcohol File](#).

### Key message:

*Early detection of mouth cancer improves treatment outcomes and long-term quality of life:*

*"If you have a sore, ulcer, lump in your mouth, a sore throat or neck lump for more than 3 weeks, ring your dentist or doctor immediately to get it checked."*

### How you can take part:

Please share the following on your social media using

#MouthCancerDay #AlcoholAndCancer

- Website [www.mouthcancer.ie](http://www.mouthcancer.ie) which provides information, videos and pictures of how to maintain good oral health, how to reduce the risk of mouth cancer and identify the signs of mouth cancer.
- Videos: [See Patients stories here](#)
- [Motion Graphic](#)



- Share the Infographic on your social media channels using the hashtag #MouthCancerDay
- Like the [Mouth Cancer Awareness Facebook page](#)
- Look out for media coverage online and engage.

Resources:

- Information leaflet: 'Mouth, Head and Neck Cancer – what you should know'  
[Order Irish Cancer Society leaflets here:](#)
- [Download 'Watch Your Mouth Leaflet, and other resources here](#)

Call to Action:

1. Check your mouth before you brush your teeth.
2. If you have a sore, ulcer, lump in your mouth, a sore throat or neck lump for more than 3 weeks, get checked by a dentist or doctor within 7 days.
3. Visit your dentist regularly, at least once a year, even if you have no teeth and wear dentures. 9 out of 10 adults in Ireland are entitled to a FREE oral exam, please check your entitlements on [www.citizensinformation.ie](http://www.citizensinformation.ie)

If you care for someone, remind them of the signs and symptoms of mouth cancer and encourage them to check their mouth and to visit their dentist at least once a year even if they have no teeth and wear dentures.

Mouth Head & Neck Cancer Awareness Ireland is a partnership involving the Dublin Dental University Hospital, Cork University Dental School and Hospital, Irish Dental Association, Dental Health Foundation, National Cancer Control Programme, Irish Cancer Society, [Spunout.ie](http://Spunout.ie) and Cancer survivors.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



### “Identify your strengths and improve your wellbeing” Webinar by the HSE

HSE Health and Wellbeing are hosting a webinar 'Identify your Strengths and improve your Wellbeing' on Thursday 16th September at 2pm – 3pm

#### STAFF HEALTH AND WELLBEING Identify your Strengths to Improve your Health and Wellbeing



Date **16th September 2021**  
Time **2.00pm – 3.00pm**  
Guest speaker **Jane Perry,**  
*Organisational Psychologist*



comhairle chontae na mí  
meath county council





Their Guest Speaker Jane Perry (Organisational Psychologist )will share ways to explore and recognise our inner strengths. Being aware of our strengths helps us to understand why we approach different areas of our lives in different ways. Recognising your strength will help to improve your Wellbeing and manage the many stresses and challenges we face in life, both in our personal and working lives.

They are delighted to be launching a new free Support Booklet as part of their Minding Your Wellbeing programme. [Minding Your Wellbeing](#) is our positive mental wellbeing programme, made up of 5 videos offering a unique opportunity for people to learn more about mindfulness, gratitude, self-care and resilience. This Minding Your Wellbeing Support Booklet will assist you in reflecting on your self-care and assist with the learning from the programme by encouraging you to engage with the practical tips throughout the course and it will be made available online on the day.

Register here:

[https://ims.zoom.us/webinar/register/WN\\_kRDm8JTtSJW7rluMRQEHVA](https://ims.zoom.us/webinar/register/WN_kRDm8JTtSJW7rluMRQEHVA)



An Roinn Tithíochta,  
Rialtais Áitiúil agus Oidhreacht  
Department of Housing,  
Local Government and Heritage



Cork  
City Council  
Comhairle Cathrach Chorcaí

## Cork City pioneers 'rightsizing' approach to housing

The *Examiner* explores what was originally called 'downsizing' and has now been rebranded in Housing for All as 'rightsizing'. The approach has been pioneered by **Cork City Council** through schemes like the award-winning 30-unit Arus Mhuire development in Blackrock, which offers older people the opportunity to move out of larger homes into more age appropriate accommodation.

Many more such schemes are planned under the Government's new housing strategy, with a national policy to be developed.



To read the full article in more detail see below:

[Irish Examiner](#)



comhairle chontae na mí  
meath county council





## Online Webinar Series: Scaling up Integrated Care for Older Persons in Ireland

The National Integrated Care Programme for Older Persons is hosting a Webinar Series on Scaling up Integrated Care for Older Persons in Ireland.

They held the first webinar on 29<sup>th</sup> April and due to the cyber-attack the 2<sup>nd</sup> webinar was delayed. It has now been rescheduled to **Thursday 23<sup>rd</sup> September 2021 (1 – 2:30pm)**

Register using the link below:

<https://hse.webex.com/IntegratedCareforOlderPeople:Measurementthatmatters>

Further information on previous webinars can be found at <https://www.icpop.org/webinars>



**SAVE THE DATE**

**NATIONAL INTEGRATED CARE PROGRAMME FOR OLDER PERSONS**

Online Webinar Series –  
Scaling up Integrated Care for Older Persons in Ireland

**Webinar Two**

**Integrated Care for Older People: Measurement that matters**

**Date and time:** Thursday 23<sup>rd</sup> September 2021 (1 – 2:30pm)

Pre - Register at [https://hse.webex.com/hse/Integrated Care for older people - Measurement that matters](https://hse.webex.com/hse/Integrated%20Care%20for%20older%20people%20-%20Measurement%20that%20matters)



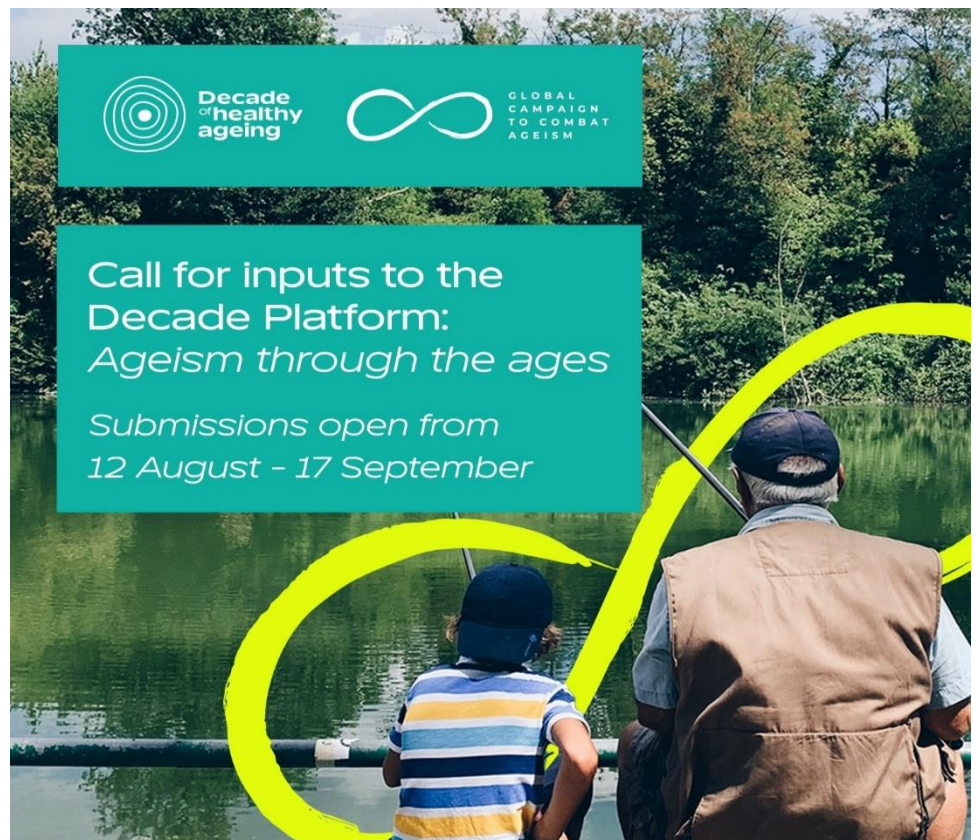


## Join us on the Decade knowledge exchange Platform: Share what you know about “Ageism through the ages”

Ageism is a serious issue that can only be combatted if we work together. We want to learn from you and give visibility to what you and others are doing. How can we connect with and learn from each other to build a global movement and create #AWorld4AllAges?

**We want to hear from you!** The Decade knowledge exchange Platform is focusing on *Ageism through the ages*: an opportunity to connect stakeholders worldwide to combat ageism against people of all ages. This is an opportunity to share your

voice and work, and to benefit from the expertise and experiences of others.



### What is Ageism through the ages?

*Ageism through the ages* is a **sustained call for knowledge including voices on ageism to be featured on the Decade knowledge exchange Platform.**

From 1 October 2021 (International Day of Older Persons) to 20 November 2021 (World Children’s Day), the Platform will highlight what stakeholders are doing and what they know about ageism in regular releases progressively focussed on ageism against older people to ageism against younger people.

**[Find out more on the Platform](#)**

What can we achieve through *Ageism through the ages*?

Valuable initiatives, projects, and expertise about ageism exists all around the world. Each one can create ripples of change in their respective contexts, combatting ageism one step at a time.

Can we catalyse even greater change if we bring these experiences and voices together in one place, available for everyone? **Let's work together and build a global movement to change the narrative around age and ageing!**

[Get involved today](#)

How can you join *Ageism through the ages*?

The [call for submissions](#) to *Ageism through the ages* will close on **17 September 2021 (Friday)**.

All contributions will be reviewed to be featured throughout the duration of *Ageism through the ages*, starting 1 October.

The call is available in [English](#), [French](#), and [Spanish](#), and contributions are accepted in all three languages.

[Share your knowledge](#)



**TU Dublin Research Advert**

Technological University Dublin (TU Dublin) are looking for older adults aged 66 years of age and older, who frequently or infrequently use public transport to attend a focus group on ***Exploring Challenges to Using Public Transport***. Members from both rural and urban areas are welcome to attend, with a particular interest in those living outside of Dublin. This research will look at the factors which restrict, stop, or prevent older adults from accessing Public Transport services, as well as exploring the dangers and risks to the wellbeing of older adults in Rural Ireland when they become immobilised. This research aims to explore if older adults feel a strategic change needs to occur at central government to address potential accessibility challenges for Rural users.

The focus group will be conducted online over zoom and will take no longer than 60 minutes. If you would be interested in having your voice heard or would like further information, please contact the Researcher **Tom Ryan** by email at [d19127880@mytudublin.ie](mailto:d19127880@mytudublin.ie)



## World Suicide Prevention Day September 10<sup>th</sup>

**World Suicide Prevention Day**

**Samartians: Freephone 116 123**  
-  
**Text HELLO to 50808**  
-  
**Pieta: Freephone 1800 247247**  
-  
**www.mymind.org**

**You have the power to help save a life**  
It can be very powerful to listen with empathy and without judgement. If someone is really struggling, they might be more comfortable opening up to a close relative or friend, before speaking to a professional. You can then encourage them to link in with other supports and services.

**Reach in...**  
... if you know someone who might be struggling. When you take the time to do this you're showing them that someone cares and that whatever they're going through, they're not alone.  
For tips on being a good listener visit: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

**Reach out...**  
... if you're finding things difficult. Sharing things with someone else, will help. You don't need to know the right words, everything will become clearer and feel more hopeful when you start to talk.

**Learn how to support someone at risk**  
Know your local and national services: visit [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)  
Train: To get information about Suicide prevention training from the HSE and book a place on 'Living Works Start' visit: [breakingthrough.org](http://breakingthrough.org) (available to anyone living in Dublin South City, Dublin South County, Kildare or West Wicklow.)

HSE Connecting for Life Your Mental Health Connecting for Life Dublin South

World Suicide Prevention Day is a global public health day offering significant potential to raise awareness and understanding about suicide prevention and mobilise support for action, from the local community and the international stage.

Get to know what mental health services and supports are available, and tell more people about them. Many are open 24/7 and are accessible in lots of different ways, for example on the phone (**Samaritans, freephone 116 123**), by text message (**Text50808, text HELLO to 50808**), online (**MyMind, visit [www.mymind.org](http://www.mymind.org)**) or face to face (**Pieta, visit [www.pieta.ie](http://www.pieta.ie)**).

You can also call the HSE YourMentalHealth Information Line, anytime day or night, for information on what other services and supports are available near you – freephone 1800 111 888 or visit [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)



## September 12<sup>th</sup> - 18<sup>th</sup> is National Bike Week

Bike Week is a celebration and promotion of the benefits of cycling. This year, Bike Week will kick off on Sunday September 12<sup>th</sup> and end on Saturday September 18<sup>th</sup>.

A variety of events both on the ground and online will be held throughout Ireland. Further details will be available here over the coming weeks and months, so please check back to see what will be happening in your part of the country.

For information about cycle safety, please visit the [Road Safety Authority](#) website.

To read all about bike week see the link below:

<https://www.nationaltransport.ie/smarter-travel-workplaces/cycle-challenge-ie/bikeweek/>



The poster features a light blue background with white clouds. At the top, five stylized icons of people riding bicycles in green, orange, blue, red, and yellow are arranged horizontally. Below them, the word "BikeWeek" is written in large, bold, purple letters. To the left of the main title is a circular badge with a scalloped orange border containing the text "12th-18th September 2021 Love Your Bike!". The central area of the poster is filled with various types of bicycles: a green mountain bike, a black road bike, a red and black trike, a teal city bike, a yellow city bike with a basket, a pink children's bike, a blue unicycle, and a blue road bike with red accents. At the bottom, a green banner contains the text "To find out more visit [www.bikeweek.ie](http://www.bikeweek.ie)". Below the banner are four logos: the BikeWeek logo, the TFI Transport for Ireland logo, the NTA National Transport Authority logo, and the An Roinn Iompair Department of Transport logo.



## Dementia: Understand Together September update Upcoming conference and events

The International Dementia Conference will take place from October 4th to 6th with this year's theme being "Opportunity out of Adversity". You can find the conference schedule here <https://engagingdementia.ie/what-we-do/training/international-dementia-conference/>

**We are delighted to be in a position to give 15 day tickets to our community champions** on a first come, first served basis. You can express your interest in a ticket to Sinead at [Sinead.oreilly@hse.ie](mailto:Sinead.oreilly@hse.ie) by September 24th and she will come back to you.

### Dementia Cafe Information Session (Sept & Oct 2021)

At this 90-minute session, there will be information about the dementia cafe and what to expect when you attend virtual or face to face dementia cafe meetings. There is also information about the Irish Dementia Cafe Network and what setting up a dementia cafe involves. All are welcome to attend. It might be of interest to people living with dementia, their families, healthcare professionals and anybody who is interested in supporting a dementia-inclusive community. The session is delivered online, by zoom.

**Date: Wed 15th September, 1.00pm – 2.30pm Register here:**

<https://www.eventbrite.ie/e/dementia-cafe-information-session-tickets-166294063019?aff=erelexpmlt>

**Date: Wed 13th October, 5.00pm – 6.30pm Register here:**

<https://www.eventbrite.ie/e/dementia-cafe-information-session-tickets-166294781167?aff=erelpanelorg>

### How to set up a Dementia Cafe Workshop (Sept & Oct, 2021)

At this one-day workshop, you will be brought through a step-by-step plan for setting up a dementia cafe. If someone else in your community is interested in being involved in a dementia cafe, invite them along too. The workshop is delivered online, by zoom.

**Date: Wednesday 22nd September, 10.00am – 4.00pm Register here:**

<https://www.eventbrite.ie/e/how-to-set-up-a-dementia-cafe-workshop-tickets-166292454207?aff=erelpanelorg>

**Date: Friday 22nd October, 10.00am – 4.00pm Register here:**

<https://www.eventbrite.ie/e/how-to-set-up-a-dementia-cafe-workshop-tickets-166293280679?aff=erelpanelorg>

### Resources:

#### Men's Sheds "Your Shed & Dementia" Manual

The Men's Sheds launched a new manual "Your Shed & Dementia" aimed at raising awareness of the condition, as well as offering advice for "Shedders", their families and carers on supporting a member with

dementia. Developed in partnership with the HSE's Dementia: Understand Together campaign and The Alzheimer Society of Ireland, the manual offers tools to help Sheddors recognize signs of dementia, as well as offering practical communication and listening tips.

**You can find the**

**manual here** <https://www.understandtogether.ie/training-resources/helpful-resources/publications/guidance-and-guidelines/your-shed-and-dementia-2021-.pd>



**World Health Organisation - Toolkit for dementia inclusive initiatives**

The WHO toolkit for dementia inclusive initiatives supports individuals, communities and countries in raising awareness of, and empowering people living with, dementia to remain in and be a significant part of their community. The toolkit provides practical guidance and tools that can support efforts, including planning and implementation activities, to create dementia-inclusive societies.

**You can download the toolkit**

**here** <https://www.who.int/publications/i/item/9789240031531>



**Join us live on Facebook**

**Monday 13th  
Wednesday 15th  
Friday 17th**

**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.





## Climate Action Workshop for Older Adults



Are you interested in hearing more about older people and climate change? Do you want to know more about the science of climate change and how older people can be part of the solution?

The Dublin Climate Action Office and Age Friendly Ireland are running an online workshop for older people in the Dublin City and Fingal areas. The workshop takes place over two sessions on 13<sup>th</sup> and 15<sup>th</sup> September starting at 11am. (each session is 1.5 hours in duration)

The registration link for both sessions is

[https://us02web.zoom.us/meeting/register/tZAlcemggjksHdBppYzyp\\_fU6-ULXj6rsTHJ](https://us02web.zoom.us/meeting/register/tZAlcemggjksHdBppYzyp_fU6-ULXj6rsTHJ)

Once registered the participant will receive an email with a link to join the session

Further workshops for different regions will take place across autumn and winter.

Read more about climate week below:

<https://dublinclimatechange.codema.ie/climate-action-week/events/>



## Little Blue Hero's Fundraiser



Tullamore Gardaí and supporting partners held an intergenerational teddy bear community event that took place in the grounds of the Charleville Centre, Tullamore on Sunday August 22nd. On an afternoon of glorious sunshine people from the area gathered to celebrate coming together as a community and to recognise and raise funds for 'Little Blue Heroes Foundation'. The event was organised by the community policing unit of Tullamore Gardaí, Offaly Age Friendly Alliance members including the SICAP programme (Offaly Local Development Company) (Offaly County Council) and Offaly PPN

Those in attendance were treated to music, refreshments, bingo



entertainment, clown and a parade of small animals that were happy to play with everyone on the day.

Little Blue Heroes Foundation is a not-for-profit charity operated entirely by volunteers (no paid staff) made up of Garda members/staff, retired Garda members, their families, friends and civic minded people from communities. It aims to help families in need from local communities in Ireland who have children undergoing long-term medical treatment for

serious illness. Some of the families supported in Offaly came along to help out on the day and to be a part of the community event.

The main event of the day was the 'Teddy Bear awards'. All of those attending were encouraged to bring along a teddy bear which was then part of a judging process overseen by four judges. Prizes were awarded for the oldest looking, youngest looking, cutest, best dressed, most loved teddy bears, bringing to a close a very enjoyable, social afternoon.



## 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 [rlaevy@meathcoco.ie](mailto:rlaevy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



### IFA Global Cafe: In Conversation with Dr. Vipin Nikore on "Leveraging Technology and Innovative Shared Living Solutions for Older Adults"

**ifa GLOBAL CAFÉ**  
In Conversation with Dr. Vipin Nikore:  
Leveraging Technology and  
Innovative Shared Living Solutions for Older Adults  
CEO and Co-Founder of Homecare Hub  
Chief Medical Director of TD Bank Globally  
📅 10 September 2021 ⌚ 07:00 - 08:00AM EDT



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Dr. Vipin Nikore, CEO and Co-Founder of Homecare Hub and Chief Medical Director of TD Bank Globally on "Leveraging Technology and Innovative Shared Living Solutions for Older Adults". 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.hse.ie

**How to Prevent**

- Wash** your hands well and often to avoid contamination.
- Cover** your mouth and nose with a tissue or elbow when coughing or sneezing and discard used tissue.
- Avoid** touching eyes, nose or mouth with unclean hands.
- Clean** any objects frequently touched objects and surfaces.
- Stop** shaking hands or hugging when leaving public places.
- Distance** yourself or call 2 metres (6 feet) away from other people, especially those who might be unwell.

**All people are advised to:**

- Reduce social interactions
- Keep a distance of 2m between you and other people
- Do not shake hands or make close contact where possible

**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)

For more information on COVID-19 visit [www.hse.ie/covid-19](http://www.hse.ie/covid-19)

Riaghas na Míreann Government of Ireland

## Useful Contacts

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

Or Email: [reavy@meathcoco.ie](mailto:reavy@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	Community Response Number
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