

### Age Friendly Ambassadors

We are delighted to have met our new Age Friendly Ambassadors this week. Well respected Irish people who have made their mark in their country and around the world. We are honoured they have agreed to represent and promote the Age Friendly Programme in their City/County & nationally. Their personal endorsement of the programme will be of enormous benefit and influence and will provide significant value to the work of their local Age Friendly Programme.



### National Updates



Rialtas na hÉireann  
Government of Ireland

Our highlight communications updates for you from this week are:

- COVID-19 is still spreading in our communities. Vaccines are proven to be your best protection against serious illness from COVID-19, alongside the day to day protective measures we all need to keep in mind - clean hands, masks, leaving space. Information about our new COVID and COVID booster campaigns is available at the bottom of this message and we would appreciate if you would continue to share these with your networks, colleagues, local organisations, and friends.
- **COVID-19 vaccine boosters:** If you're **aged 60 or over, or a frontline healthcare worker**, you will be offered a COVID-19 vaccine booster dose about 6 months after your last vaccine. If you have had COVID-19, and you're due to get a booster vaccine dose, you'll need to wait until around 6 months after your positive test result. Read more about [COVID-19 vaccine booster doses here](#).
- **Free flu vaccine for all at-risk groups:** The HSE encourages all at-risk groups to make an appointment with their GP or Pharmacist for their free flu vaccine. People at risk include all children aged 2 to 17,



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those aged 65 or over, people with certain long term conditions, and pregnant women. Visit [www.hse.ie/flu](http://www.hse.ie/flu)

### Public Health Measures

You can [find the public health measures here](#).

### COVID-19 Testing - Online Booking System

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

Common symptoms include high temp, dry cough and tiredness. If you have symptoms of COVID-19, it's very important to self-isolate and get tested as soon as possible. [#StaySafe](#) | [#ForUsAll](#)

### COVID-19 Contact Tracing - Online System

If you test positive for COVID-19 you will get a text message. This will include a link to a website where you can upload contact details for your close contacts. If you do not use the website, a contact tracer will phone you to collect the details. You can [find out more about close contacts here](#).

### Close Contacts

If you are a close contact of someone with COVID-19 - but are fully vaccinated and have no symptoms - we will register you for antigen COVID-19 tests. Close contacts who have symptoms or who aren't vaccinated need a PCR test. [Read more here](#).

### COVID-19 Vaccination Programme

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

[You can read the full weekly update by clicking here](#).



An Roinn Forbartha  
Tuaithe agus Pobail  
Department of Rural and  
Community Development

## Ministers Humphreys and O'Brien announce €9 million Fund to support community groups impacted by COVID-19

Minister for Rural and Community Development, Heather Humphreys TD, and Minister of State with responsibility for Community Development and Charities, Joe O'Brien TD, have today announced a €9 million fund to support community groups impacted by COVID-19.

The Community Activities Fund will support groups, particularly in disadvantaged areas, with their running costs such as utility or insurance bills, as well as with improvements to their facilities.

Groups will also be able to use the funding to carry out necessary repairs and to purchase equipment such as tables and chairs, tools and signage, laptops and printers, lawnmowers, canopies and training equipment.

The once-off fund will be allocated under the Department's Community Enhancement Programme and will be administered locally by the Local Community Development Committees (LCDCs).

- Fund to provide small grants for community groups impacted by the Pandemic

- Facilities such as community centres, men's and women's sheds, parish halls and youth centres to be supported
  - Supporting community groups, a key focus of 'Our Rural Future'
- For more information please click on the link below:

<https://www.gov.ie/en/press-release/c53a9-ministers-humphreys-and-obrien-announce-9-million-community-activities-fund/>

## World COPD Day



# STAY HEALTHY WITH COPD

**SATURDAY NOVEMBER 13TH (1-4PM)**  
REGISTER FOR FREE AT [WWW.COPD.IE](http://WWW.COPD.IE)

This World COPD Day, healthy lungs have never been more important. From expert tips on staying healthy with COPD to having your COVID-19 vaccine questions answered by the Health Protection and Surveillance Centre, this virtual wellness conference is not to be missed

### The Future Of Telehealth.

Dr. Sarah O'Beime  
Consultant Respiratory Physician  
Ms. Vicky Harris  
Head of Programmes,  
Age Action Ireland

### Speech Therapy In COPD

Ms. Caoimhe Langan  
Snr. Speech & Language Therapist

### Healthy Eating Made Easy

Dr. Audrey Tierney  
Snr. Lecturer Nutrition & Dietetics

### Exercise For Everyone

Mr. Richard Hanly  
Wexford COPD Support Group

Ms. Olga Riley  
Snr. Physiotherapist,  
Respiratory Integrated Care

### Exacerbation Avoidance & The COPD Adviceline

Ms. Samantha McCabe  
Respiratory Nurse Specialist  
Mr. Barry Elliott  
Snr. Respiratory Physiotherapist

### Covid-19 Vaccines In COPD - Your Questions Answered





Prof. Martin Cormican  
HSE Clinical Lead,  
HCA/AMR  
Dr. Breda Cushen  
Consultant Respiratory Physician

FOR MORE INFORMATION ON LIVING WITH COPD  
CALL THE COPD ADVICELINE FREEPHONE 1800 83 21 46

[@COPDSupportGroupsIreland](https://www.facebook.com/COPDSupportGroupsIreland) [@COPDSupportIre](https://www.instagram.com/COPDSupportIre)

THE VIRTUAL CONFERENCE HAS BEEN KINDLY SUPPORTED BY



	<p>Register via our website at <a href="http://www.copd.ie">www.copd.ie</a> or by using this link: <a href="https://dv4-com.zoom.us/webinar/register/WN_zarW8RKRbCl3HyJS8l2zg">https://dv4-com.zoom.us/webinar/register/WN_zarW8RKRbCl3HyJS8l2zg</a></p>
 <p>An Roinn Tithíochta, Rialtais Áitiúil agus Oidhreachta Department of Housing, Local Government and Heritage</p>	<h3 style="text-align: center;">Community Call Discontinued – A message from the Department of Housing</h3> <p>“Given the most recent Government decisions in relation to the reopening of the economy and society, as well as the fall in demand for the services provided under the Community Call initiative, the Department considers now is the appropriate time to inform local authorities that there is no longer a need to continue the operation of their Community Response Fora.</p> <p>The weekly reporting of Community Call data may end with immediate effect. User accounts will be disabled over the coming days. The data and apps will remain in place but hidden. The Department will look at a more formal archival approach in due course.</p> <p>This note is issued on the basis and understanding that</p> <ul style="list-style-type: none"> <li>- Any calls to helplines are re-routed through normal local authority services and managed accordingly, and</li> <li>- Community Response Fora can be quickly re-initiated at local authority level should they be required, based on public health advice. “</li> </ul> <p>- Department of Housing, Local Government and Heritage</p>
 <p><b>ENGAGING AGEING 21</b></p> <p>The Future of Ageing and the Silver Economy</p>	<h3 style="text-align: center;">Engaging Ageing 21 -The Future of Ageing and the Silver Economy</h3> <p>Just in case you missed it, all of the recordings from the “Engaging Ageing 21 – The Future of Ageing and the Silver Economy” conference are available to seen <a href="#">by clicking here</a>.</p> <p>You can also see all of the resources <a href="#">by clicking here</a>.</p>
  <p><b>CARO</b></p> <p>Age Friendly IRELAND</p>	<h3 style="text-align: center;">Let’s Talk Climate Action Workshop</h3> <p>Join us for a <b>Climate Action Workshop</b> on Monday 15<sup>th</sup> and Tuesday 16<sup>th</sup> November at 11 am.</p> <p>Liz Downes from Cork County Older People’s Councils describes her experience of the workshop:</p> <p>“I thoroughly enjoyed the two sessions and to me personally it is a battle we have to fight not tomorrow, next month, but right now. We need to change our attitude towards climate change. Older people have a big role to play, they can pass on to their grandchildren the importance of taking action, to promote prosperity and a brighter</p>

future for generations to come. We need action, not talking right now.”

**Let's Talk Climate Action** is a 3-hour online workshop delivered over two sessions (1.5 hours per session). Led by Gavin Harte, the workshop offers an introduction to Climate Action and Sustainable Development and assists participants to build climate action capacity within their local Age Friendly groups.

The Workshop is open to any older person and anyone interested in the Age Friendly agenda. It is a free workshop funded by the Climate Action Regional Offices.



The registration link for both sessions is:

<https://us06web.zoom.us/meeting/register/tZArduqqrD0uEtS6M1ef2RA-WMpArIaI0cT>

Once registered the participant will receive an email with a link to join the session. The same link is used for both sessions.

Please note the workshops are delivered over 2 days **PART 1 and PART 2**. Participants should attend both days.



### Adult Safeguarding Day

Ireland's first **Adult Safeguarding Day** public awareness event takes place on Friday November 19, 2021.

The event is being coordinated by Safeguarding Ireland – in partnership with organisations across the health, social, financial and justice sectors. The aim is to raise a greater awareness and understanding of safeguarding with respect to 1) rights 2) services and 3) empowerment.

## What is Safeguarding?

- Safeguarding is putting measures in place to uphold our rights, to support our health and wellbeing, to reduce our risk of harm – and to empower us to protect ourselves.
- Safeguarding involves ourselves, our families, services and professionals all working together to prevent adult abuse, neglect or coercive control.
- Safeguarding means empowerment – that if we face challenges with our capacity, ability or independence our voices are heard and choices included.
- Safeguarding also plans ahead for if we need help from others, that there is clarity on our wishes – and that these will be respected.



Hardcopy campaign resources are included in campaign packs which people who are on the postal database should receive a week beforehand by Friday, November 12. Additional posters, leaflets and badges are also being sent to some organisations.

The materials will also be available online from November 12, at a dedicated section of the Safeguarding Ireland website at [www.safeguardingday.ie](http://www.safeguardingday.ie).

Organisations can use the campaign as an opportunity for public awareness events. These can be anytime around the campaign period and may involve:

- A public display, or meeting using the campaign materials
- A lunchtime, or evening seminar, about safeguarding issues relevant to your work
- Include the campaign information in your newsletter
- Make the leaflets available in a public place / put the posters on display / wear the badge!

For more information: [www.safeguardingireland.org](http://www.safeguardingireland.org)



## Hidden Hearing Research

A considerable amount of older people in Ireland continue to live with untreated hearing loss each year. Studies have found that older people with untreated hearing loss have lower social participation, more loneliness, and depressive symptoms. We want to help more people avoid these issues, by getting access to the right hearing healthcare. Hidden Hearing want to gain a clearer understanding, from hearing aid users, of how the hearing aid category (and Hidden Hearing) can improve their services, so that more people can access life improving hearing healthcare.

Hidden Hearing would like to speak to hearing aid users aged 70 or older, who use hearing aids and have hearing difficulty. Taking into consideration the high number of Covid-19 cases in Ireland, participants can choose to either:

1. Engage in a discussion group in person (in a central location, with refreshments and snacks provided) and they are welcome to have a family member accompany them; or
2. To participate in a virtual discussion group, via Zoom, should they have a computer and internet access and, again, they are welcome for a career to be present.

The face-to-face discussion groups will be run in the early evening (for 1.5 hours each) and tea, coffee and refreshments will be provided. There will also be small incentive (eg. a €50 - €100 voucher) for each participant.

If interested, please contact Tracey at [truf@hiddenhearing.ie](mailto:truf@hiddenhearing.ie) by Sunday 14 November 2021 at the latest; together with your name, home address, email, phone number and your preference whether to participate in a group discussion or virtually via Zoom. If successful, you will be contacted with more detailed information about the sessions being held.



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## HSE supporting EU Alcohol Awareness Week 15th-19th November

WEBINAR INVITATION  
**Alcohol's impact on the immune system and brain**

**Date 18th November 2021**

**Time 3pm**

### SPEAKERS

- Prof Cliona O'Farrelly, Professor of Comparative Immunology, TCD
- Dr Dara Cannon, Senior Lecturer, Neuroanatomy Director, Clinical Neuroimaging Laboratory, NUIG
- Dr Helen McMonagle, Alcohol-Related Brain Injury Rehabilitation Coordinator, Alcohol Forum Ireland



comhairle chontae na mí  
meath county council



EU Alcohol Awareness Week 15th-19th November 2022 is the 9th annual awareness week on alcohol-related harm. It is an opportunity to look at our relationship with alcohol, understand the risks and the effects alcohol is having on our body and mind.

The HSE Alcohol Programme is hosting a webinar on Thursday 18th November at 3pm. The webinar will focus on **Alcohol's impact on the immune system and brain**.

Learn about how alcohol can suppress your immune system, reducing your ability to fight off infections, and how alcohol has a profound impact on the brain, with new large-scale evidence using MRI scans showing the impact of even low alcohol use.

**Register for your place**

**here:** [https://ims.zoom.us/webinar/register/WN\\_Tuy2hyU5RWSfz8JBkYlyig](https://ims.zoom.us/webinar/register/WN_Tuy2hyU5RWSfz8JBkYlyig)



## Getting Older, Staying Active: Promoting physical activity to older adults

### WEBINAR | PLAYBACK



Getting Older, Staying Active: Promoting physical activity to older adults



#### Contributors



Prof Roger O'Sullivan  
Director of Ageing, Research  
and Development  
Institute of Public Health



Dr Conor Cunningham  
GALOP Project Researcher



Vanda Cummins  
Physiotherapist  
Health Service Executive



Deirdre Lang  
Director of Nursing/National  
Lead Older Persons Services  
Health Service Executive



Dr Chris Leggett  
General Practitioner



John Brennan  
Acting Occupational  
Therapy Manager  
Health Service Executive

The Institute of Public Health is delighted to share the playback recording of a recent webinar launching the latest findings from our Generating Active Lives in Older People (GALOP) research project.

If you were unable to attend this event, 'Getting Older, Staying Active: Promoting physical activity to older adults' on 27 October, you can now catch up and [watch the webinar by clicking here](#).

For more information on this research, you can read a [summary of the GALOP findings here](#).

We also value feedback on these events and how we can continue to improve. Please let us know if you found the webinar useful and informative by taking two minutes to complete this evaluation form by [clicking here](#).



To keep up to date with the Institute's latest reports and events sign up for our newsletter [here](#).  
If you have any questions, please email [communications@publichealth.ie](mailto:communications@publichealth.ie)

[WATCH NOW](#)



## CSO Pulse Survey - Our Lives Online

CSO Pulse Survey to ask about remote working and how much of life is now lived online

The Central Statistics Office (CSO) launched its second online Pulse Survey called 'Our Lives Online'.

This CSO Pulse Survey went live on social media channels and website. It explores how we have used technology to manage our work, education and social lives during the pandemic. It will ask people their opinions on remote working and how much of their life is now spent online.

The link to the CSO Pulse Survey can be found on our social media channels of Twitter, Instagram, LinkedIn and Facebook.

More details and a link to the current CSO Pulse Survey can also be found on our website, [www.cso.ie](http://www.cso.ie).

You can request a link to the current survey or register your interest in taking part in future surveys by emailing [csotakepart@cso.ie](mailto:csotakepart@cso.ie).

For additional information please click below:

<https://www.cso.ie/en/csolatestnews/pressreleases/2021pressreleases/prssstatementcso pulsesurvey-ourlivesonline/>



**Join us live on Facebook**

**Monday 15th  
Wednesday 17th  
Friday 19th**

**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.



## ISCP Winter Workshops



On the 18<sup>th</sup> and 24<sup>th</sup> of November, we will be hosting a training and information session on **Why it is Important to have your Voice Heard with our CEO Sue Shaw**. Both workshops contain the same content. Each workshop will take place over Zoom from 11-12.30.

By participating in the workshop, you will come away with an understanding of:

- Why your voice and lived experience is important
- The pathways to ensure we have our voice heard
- Policy and how it is made?
- Key tools you can use to influence policy
- Who does what at local and national level
- Using the media to strengthen your voice

To register for our event on the 18<sup>th</sup> of November, please click the below link or email me / phone me (details in my below signature)

<https://www.eventbrite.ie/e/why-is-it-important-to-have-your-voice-heard-winter-workshop-18-november-tickets-205195965657>

To register for our event on the 24<sup>th</sup> of November, please click the below link or email me / phone me (details in my below signature)

<https://www.eventbrite.ie/e/why-is-it-important-to-have-your-voice-heard-winter-workshop-24-november-tickets-205208473067>



## Engaging Men Webinar Series INVITATION

### The WHEN of Men's Health

Date 19th November 2021

Time 12.00 – 13.15

REGISTER HERE



You are invited to the fourth in the series of Engaging Men webinars on International Men's Day Nov 19<sup>th</sup> from 12.00 – 13.15.

Register here: <https://bit.ly/3uuhJmZ>.

This webinar will focus on 'The When of Men's Health' and will showcase two pieces of work, our annual Men's Health Week and the new On Feirm Ground initiative which focusses on the wellbeing of male farmers.

This webinar series is organised with our partners the Men's Health Forum in Ireland, the Men's Development Network and the Men's Health Research Centre in IT Carlow. #HealthyIrelandMen



## National Transport Authority - Connecting Ireland information.

<https://www.nationaltransport.ie/connecting-ireland/proposals/>

### Background

Throughout late 2020 and 2021 the NTA held a series of workshops with Local Authorities and National Agencies. These workshops provided the opportunity to better understand gaps in the public transport network at a local level and helped to shape our proposals.

During 2021 they have been working hard to develop a draft set of proposals for sharing with you during the public consultation.

In late 2021 the NTA are starting the public consultation phase. Though they can't meet people face to face during the public consultation process, we will engage with people through online public meetings, engagement with public representatives, local media and most importantly encouraging members of the public to respond to our [online survey](#).

The NTA want to know that the principles of design that they propose to use are right for your local area and to hear what else they should consider taking into account as they design your services.

In early 2022 they will be analysing the feedback received from the public consultation. The NTA will issue a report once this process is finalised. While they are still in the process of finalising proposals just now, rollout

of new and improved services will happen on a phased basis from 2022 to 2025.

### Consultations with the Public

Because of the restrictions on getting together to limit the spread of COVID-19, they are going to consult with people on-line. In addition, you will find all our Connecting Ireland documentation, interactive maps, and other items in our Virtual Consultation Room on the Connecting Ireland section of the NTA website.

SCAN ME



<https://www.nationaltransport.ie/connecting-ireland/proposals/>

Each county will have its own section. Look for your county on the map and click on it. You will be able to see the tangible ways in which your public transport services will be enhanced as Connecting Ireland is implemented.

You can also respond to surveys and leave comments and suggestions to help to improve the nature and timing of their programme.

<https://eu.surveymonkey.com/r/BT9CDVS>

**Closing Date is Friday 10<sup>th</sup> December 2021**

## Local Updates



### Celebration of Clare's Older Volunteer of the Year 2021

Around 60 people attended an event in the Templegate Hotel in Ennis on Thursday 4<sup>th</sup> November to celebrate with the 14 people nominated for the



Clare Older People's Volunteer of the Year Award 2021. The function was hosted by the Clare Older People's Council and supported by Clare County Council.

The 14 nominees from all over Clare had been invited to bring a few supporters with them and they did! The winner of the award, Mary O'Mara, was a very popular choice. They received an engraved glass trophy and a one-for-all voucher from Mike Hanrahan (Stockton's Wing), who is Clare's Age Friendly Ambassador.

Opening the event, Cathaoirleach of Clare, Councillor PJ Ryan spoke of the importance of voluntary work to local communities and of how such work contributes to the resolution of challenges faced by those communities. The keynote speaker, Dr. Rose Galvin, Associate Professor at the School of Allied Health, University of Limerick and senior member of UL's Ageing Research Committee, spoke of staying active and healthy as we age and the importance of maintaining intergenerational relationships.

Clare Age Friendly Ambassador, Mike Hanrahan, congratulated the winner and all the nominees, who received a framed certificate of recognition for the fact that they had been nominated by their communities. Mike Hanrahan also praised the organisers of the event, Clare Older People's Council and commented on how important the work of the Clare Older People's Council is to the development of Age Friendly policies and practices within the County itself as the demographic changes and the number of older people increases.

### Mayo's OPC - Butter Making Documentary



Mayo's OPC were delighted to be part of this fascinating documentary available to you as part of Science Week 2021! 🎬

This Butter Making Documentary offers an insight into the science of how butter is made and various methods of making it.



This Science Week intergenerational project, which was led out by Mayo Comhairle na nÓg in collaboration with Age Friendly Mayo and Mayo's Older Persons Council, The Museum of Country Life, South West Mayo Development Company and Mayo County Council, shows us how we can easily make butter at home, the science behind making it, as well as some of the best tips and social history around making it.

Why is Irish butter better and why is it such a 'sought after' product? The documentary will also give us an insight into the utensils used in bygone days to make butter. Irish butter is an important food both in terms of our health and our economy. Why not learn how to make your own butter through this documentary and discover how you can reduce your carbon footprint by doing so.

<https://www.facebook.com/mayosciencetechfest/videos/579415146505330>

## 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!

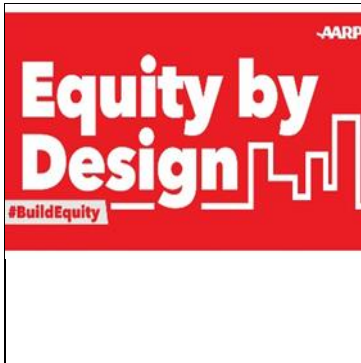
## International Updates



Flying the Irish Age Friendly flag at the **15th Global Conference on Ageing in Niagara Falls, Canada**, was our very own Regional Programme Manager Anne Rizzo.

There were speakers from Canada, Chile, Japan and USA sharing their age friendly stories, including Chief Officer of Age Friendly Ireland Catherine McGuigan, who presented at the 15th global conference of Ageing this week, on the subject of Enabling the influencers: Engaging Built Environment Professionals.





## Principles in Action: Lifelong Housing in the UK: A Living Lab

Join Equity by Design on Tuesday, November 16 at 11 am ET for a conversation with Future Homes Alliance. This Newcastle-based organization is a grassroots group of residents from Newcastle, England, who came together to create lifelong housing through innovations in both the product and the process.

If you're interested and would like to register, [you can click here](#).

### 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:** Wash hands with soap and water for at least 20 seconds.
- Cover:** Cover mouth and nose with a tissue or elbow when coughing or sneezing.
- Avoid:** Avoid close contact with people who are sick.
- Clean:** Clean frequently touched surfaces.
- Stop:** Stop eating, drinking, or touching your face.
- Distance:** Stay at least 2 metres away from others.

**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)

### Useful Contacts

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

Or Email: [rlavy@meathcoco.ie](mailto:rlavy@meathcoco.ie)

**HSE Advice Line:** Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday