



## National Updates



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

### Public Health Measures

Ireland remains at level 5 restrictions. You can see the [measures in place here](#).

### COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide, and more than 536,617 vaccines have been administered as of the 8<sup>th</sup> March 2021. As we move into next week, vaccination of Group 3 (those aged 70 and over) continues, and the HSE have also begun to vaccinate Group 4 (people with certain health conditions that put them at very high risk). The hospital and healthcare teams are working to identify and plan for contacting people in Group 4. For now, people in these groups don't need to take any action.

Also starting this week, arrangements to vaccinate home-bound older people have been put in place in conjunction with GPs, local community teams and the National Ambulance Service.

Yesterday (11<sup>th</sup> March), the European Medicines Agency (EMA) recommended conditionally approving Johnson & Johnson's single dose COVID-19 vaccine.

### Visiting people in Long Term Care Facilities

Updated guidance has been agreed for nursing homes and long-term care facilities where most people have been vaccinated, allowing for more frequent visiting arrangements. This will provide support to people in the community who have endured a difficult year, with separation from friends and family. The changes are due to be introduced from March 22<sup>nd</sup>, and the [updated guidance is available here](#).

### Where to find COVID-19 Vaccination Information

Age Friendly Ireland are delighted to be partnering with the HSE to support the distribution of COVID-19 Vaccination Information and we **ENCOURAGE EVERYONE** to read about the COVID-19 vaccine and to get

their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check [hse.ie/covid19vaccine](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 getting the COVID-19 vaccine is updated regularly [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)

### **Alcohol Information**

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

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

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

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

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

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

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

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

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

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

### **Public Health Information Links**

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



### RTE Virtual Parade

The #RTEVirtualParade is back, this year in partnership with St Patrick's Festival. People all over Ireland and the globe will have the chance – once again – to join the celebrations this year's St. Patrick's Day and



share their home-parade with the world, using the hashtag #RTEVirtualParade on their preferred social platform.

Last year, the first #RTEVirtualParade, the hashtag was the #1 and #2 social trend for much of St Patrick's Day, including periods as a global trend. With almost 1,300,000 views of user content on the @rte Twitter account alone on the day, the 2021 virtual parade promises to be even bigger.

Go online and come join us <https://www.stpatricksfestival.ie/events>

### Solas: Awakening Ireland



A nationwide series of illuminations, which will see many of Ireland's most beautiful rural locations and urban landscapes immersed in light. Locations featured in Solas: Awakening Ireland include the GPO and the Mansion House in Dublin, Trim Castle in Meath, Powerscourt Waterfall in Wicklow, Athenry Castle in Galway, Grianán of Aileach in Donegal and many more. These iconic locations and buildings will be illuminated with projections of reimagined, contemporary Irish imagery such as Ogham lettering, phrases and typography.

The displays will be captured on film and set to a specially commissioned spoken word performance and music composition, which calls on the nation to remain hopeful through these challenging times. These illumination films will be presented on SPF TV at [stpatricksfestival.ie](http://stpatricksfestival.ie) from March 12th to 17th.



**IFA**

The IFA have been asked by Dr. Mat Bowden, DIT, to see if any of our readers would participate in a Safety / Security Survey. The survey is anonymous and does not ask for any details of name or address and anyone taking part is asked to do so voluntarily and to give their consent. Participants must be over 18. The link to the Supporting Website with information is here <https://www.becomingsecure.org/>.

A direct link to the survey is here <https://www.surveymonkey.com/r/V752GGD>

The overall objectives of the research are to investigate the effects that security has had on the private individual and what this means for the area of security provision in the national context. A key dimension of the survey is to explore how the private individual is asked to become more security conscious.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**KEEP WELL**  
IN YOUR COMMUNITY



### HSE Health and Wellbeing - Minding Your Wellbeing

HSE Health & Wellbeing has launched a new, free, online mental health and wellbeing programme called Minding Your Wellbeing. This evidenced based programme, focusing on the promotion of mental wellbeing, has been adapted from a face-to-face programme into a series of online videos for everyone at this time.

Consisting of 5 video sessions (20 min) which can be accessed by clicking on the links below and following the sequence of videos. To get the most from the videos it is recommended to watch them in order (1 to 5).

#### The content focuses on:

1. [Practicing Self-Care](#)

Explores the importance of individual 'self-care' and encourages participants to build their own 'self-care toolkit' which includes healthy habits for their mental health and wellbeing

2. [Understanding Our Thoughts](#)

Invites participants to reflect on their own thinking and consider how thinking patterns can impact wellbeing

3. [Exploring Emotions](#)

Encourages participants to notice their emotions and increase their positive emotions to improve their wellbeing

4. [Building Positive Relationships](#)

Discusses ways in which participants can nurture, value and foster positive relationships which are so important for mental wellbeing

5. [Improving Our Resilience](#)

Invites participants to improve their resilience, learn about the building blocks of resilience including the importance of focusing on strengths

This provides a unique opportunity for everyone to learn and practice key elements of mental wellbeing such as mindfulness, gratitude, self-care and resilience.



comhairle chontae na mí  
meath county council





## RSA child car seat checking service 'Check it Fits' available online!



The Road Safety Authority (RSA) has launched its child car seat checking service – 'Check It Fits' is now available online. The **FREE** online service is delivered by RSA child car seat experts and provides advice and support to parents, grandparents, guardians, and childminders on how to ensure that child car seats are fitted correctly.

The 'Check it Fits' service moved online in response to the Covid-19 pandemic which shut down the service last year. It normally travels around the country providing free safety checks on child car seats. Now people can avail of the service, and have their child seats checked, from the comfort and safety of their home. To book a virtual appointment with one of the RSA's child car seat experts visit: [www.rsa.ie/checkitfits](http://www.rsa.ie/checkitfits). Since Check it Fits launched in October 2013, more than 33,000 people have availed of the service from the RSA, with a milestone of 50,000 car seats checks completed last month.

Commenting on the launch of the new virtual 'Check It Fits' service Sam Waide, Chief Executive, Road Safety Authority said, "We are delighted to get our 'Check it Fits' service back up and running. It's such an important service and we know that parents, especially new parents, are still looking for advice and guidance on the fitment of child car seats. So, while we can't physically demonstrate the correct way to fit your child's car seat, we can now do it remotely. The feedback to date on the new online service has been extremely positive with everyone surveyed saying that they were satisfied with their virtual appointment and that they would recommend the virtual service to a friend or family member.

Mr. Waide added that "the new virtual service is quick, easy, and free and it will put your mind at ease that your child or children are travelling safely in the car. Simply book an appointment on [rsa.ie](http://rsa.ie) at a time and on a day that suits you. All you need is a phone or tablet, and our experts can help you ensure your child's car seat is correctly fitted."

RSA research from checking child car seats indicates that as many as four out of every five child car seats are either incompatible with the child's height / weight / size or incorrectly fitted. If a child's car seat is not fitted correctly, it could offer little protection in the event of a crash.

For further information or to book a virtual appointment with the RSA Check it Fits service visit: [www.rsa.ie/checkitfits](http://www.rsa.ie/checkitfits).



Become an effective Global Citizen!



Act in Solidarity with your community

"When the whole world is silent, even one voice becomes powerful" – Malala Yousafzai



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

Paul Quigley from Serve asked us to share information on this Global Citizenship Programme with you. They created this virtual programme as a response to Covid-19 restrictions, called [Think Global Act](#)

**Local.** The initiative is an exciting opportunity for individuals passionate about social justice to take steps towards making a positive mark in the world by volunteering their time as active global citizens.

Everyone is encouraged to apply, and it is open to anyone over 18. People of all ages are welcome.

The programme is due to start on Zoom on Saturday April 10<sup>th</sup>. [Applications are now open](#) and close on March 26<sup>th</sup>. In addition to volunteering opportunities, the initiative provides the space to network with like-minded peers and learn about critical issues such as Poverty, Gender Equality, Responsible Consumption, and the Ethics of Volunteering. A strong emphasis on personal development is pervasive in this programme. The modules are framed around achieving the Sustainable Development Goals.

See attached flier at [www.serve.ie/thinkglobalactlocal](http://www.serve.ie/thinkglobalactlocal) for more information.

Happy  
Mother's  
Day



The Age Friendly Family would like to wish our readers a very Happy Mother's Day

*My Mother kept a garden,  
A garden of the heart,  
She planted all the good things  
That gave my life its start.*

*She turned me to the sunshine  
And encouraged me to dream,  
Fostering and nurturing  
The seeds of self-esteem...*

*Her constant good example  
Always taught me right from wrong-  
Markers for my pathway  
That will last a lifetime long.*

*I am my Mother's garden.  
I am her legacy-  
And I hope today she feels the love  
reflected back from me.*



LIVE EXERCISE CLASSES TO STAY ACTIVE

@SIELBLEUIRELAND

	CIRCUIT CLASS	STRENGTH & BALANCE	MOBILITY & STRETCH	CHAIR GYM
MON 15TH	CIRCUIT WITH JAMES	STRENGTH & BALANCE WITH PAUL	CIRCUIT WITH MAGGS	STRENGTH & BALANCE WITH MATT
TUE 16TH	CHAIR GYM WITH MICHAEL	CHAIR GYM WITH MICHELLE	CHAIR GYM WITH MATT	CHAIR GYM WITH CORMAC
WED 17TH	CHAIR GYM WITH MICHAEL	CHAIR GYM WITH MICHELLE	CHAIR GYM WITH MATT	CHAIR GYM WITH SHANE
THU 18TH	CHAIR GYM WITH MICHAEL	CHAIR GYM WITH MICHELLE	CHAIR GYM WITH MATT	CHAIR GYM WITH SHANE
FRI 19TH	CHAIR GYM WITH MICHAEL	CHAIR GYM WITH MICHELLE	CHAIR GYM WITH MATT	CHAIR GYM WITH SHANE
SAT 20TH	CHAIR GYM WITH MICHAEL	CHAIR GYM WITH MICHELLE	CHAIR GYM WITH MATT	CHAIR GYM WITH SHANE

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

DISCLAIMER: SIEL BLEU IRELAND STRONGLY RECOMMENDS THAT YOU CONSULT WITH YOUR GP/PHYSIOTHERAPIST BEFORE BEGINNING ANY EXERCISE PROGRAMME. THESE EXERCISE VIDEOS SHOULD ONLY BE ATTEMPTED IF YOU ARE IN GOOD HEALTH AND ARE PHYSICALLY ABLE TO PARTICIPATE. IF YOU FEEL ANY PAIN OR DISCOMFORT STOP EXERCISING IMMEDIATELY AND CONSULT YOUR GP. IF YOU ENGAGE WITH THESE EXERCISE VIDEOS YOU DO SO AT YOUR OWN RISK.



Join us live on Facebook  
Monday 15th  
Wednesday 17th  
and Friday 19th



at 11am for  
Age & Opportunity  
Movement Minutes

#AgeandOpportunity

Sessions can be watched live on their Facebook page [www.facebook.com/ageandopportunity](http://www.facebook.com/ageandopportunity) or afterwards on their YouTube page [www.youtube.com/ageandopportunity](http://www.youtube.com/ageandopportunity) where a playlist of all Movement Minutes sessions to date can be viewed.

Movement Minutes are Turning 1 next week, and they want you to help them celebrate:



**Movement Minutes**  
is celebrating it's 1st Birthday!



**YOU'RE INVITED!**



Join Paul and members of our Movement Minutes community live on Facebook at 11am on Friday 19th March for some physical activity and chat. We'd love to meet you!

#AgeandOpportunity



## Local Updates



International Women's Day in Fingal – with Bridie O'Reilly, Chairperson of Fingal Older People's Council

Women are doing incredible work in their communities. A conversation on Leadership in the community gives an opportunity to give recognition to this work and in particular draw attention to the value it brings to the community.

To building on these interviews, the Community Development Office will be developing a programme of support to enhance the skills of women to participate further and take on those leadership roles in their community. Email [community@fingal.ie](mailto:community@fingal.ie) if interested

To view the full interviews, please click here <https://www.fingal.ie/IWD2021communityleadership>



Introducing Older People to The New Normal

Cara House Family Resource Centre in Letterkenny has for many years worked to improve quality of life experiences for older people. This developed to respond to the needs of older people in our community. Through the pandemic restrictions we have had to change and adapt. Even before Covid, our Befriending Supervisor had realised that what the people who we were befriending needed most was a friend. Old age is isolating because so many things that made our lives have disappeared. The loss of a husband, partner, or children who moved away leaves us on our own. She set about introducing some befrienders to others, choosing carefully by matching interests. Small groups of women met in local cafés, near their homes. This worked well and we were able to reintroduce and





expand this during summer 2020. We also brought together a group of men.

We found that many people are too nervous to come out. They didn't want anyone coming to their home or even garden. Hopefully, their fears will be eased with vaccination and we will be able to expand the 'chat mornings' further.

Before Covid we delivered dinners to older people and this has expanded so that now we deliver them for ourselves and for the Day Centre. These have increased to 22-25 dinners a day and an extra 13 on Monday and Thursday. Numbers for this have increased exponentially with self and family, Mental Health and PHN referrals. Some people preferred to cook their own dinners as it gave them a purpose to get up in the morning. Some really don't need the dinner but just enjoy someone calling. In this work we have been assisted by the Community Gardai, reassuring older people that they are safe. The demand for Senior Alert Alarms has increased through the winter, this too providing reassurance.

The lack of day centre and social centres opening for older people for a whole year has contributed to isolation. The Befriending Supervisor and the Day Centre Supervisor call each of their clients each week – and more often if they need it. Before Christmas and again with the onset of Spring, we called out with biscuits and flowers, thanks to charitable donations we received. We also distributed the local free newspaper, books from the library and Donegal Age Friendly packs. We have recently produced and distributed an easy to read local news sheet to keep them up to date as there are no parish newsletters.

Our courses had to go – apart from the Irish groups and classes where the tutor was proficient enough to offer zoom. Unfortunately, most older people are not computer literate enough to feel confident about joining zoom groups. Some have poor or no internet connection. We thought the Book Club would go on-line but it no! We offered small group classes for Zoom in the summer but of course they had to stop. We held a free draw and gave away 5 donated Chrome Books. We will start the classes again as soon as possible. We hope that the Walking group, Tai Chi, Pilates and even perhaps Line Dancing can restart outdoors after Easter when restrictions are lifted. Soon our gardening services will resume, brightening people's lives.

Our new premises, we hope, will be completed by the autumn with plenty of room to social distance. Then we will restart some of the social activities and groups that made Cara House a vibrant, warm and welcoming place. Once again, we will see that People Need People!

Since 2014, members of the Board of Management have looked at many buildings in Letterkenny to find suitable premises, large enough to house all our activities. They finally opted for premises on Pearse Road. The new Cara House Family Resource Centre is over 7500sq ft of space, with room for many different ideas and many different people. We plan for the Play Shed to be used by children and families and the main building will house our drop-in facility, a work/study station, a kitchen and all offices with meeting rooms large and small.



Sláintecare.



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

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

Our first review "Leonard and Hungry Paul", by Ronan Hession was broadcasted on the 11th March at 11.10 a.m. and can be listened back to on [crcfm.ie](http://crcfm.ie)

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

Our next book club will be held on 15th April. Book being discussed is "The Boy in the Striped Pyjama's" by John Boyne. Please tune/listen in from wherever you are!

Age Friendly Mayo will have a limited number of free copies of chosen book for review to giveaway, just email [agefriendlymayo@mayococo.ie](mailto:agefriendlymayo@mayococo.ie) for your copy.

If you wish to be included on a mailing list for notification of Radio Book Club please email your details to [agefriendlymayo@mayococo.ie](mailto:agefriendlymayo@mayococo.ie) Text CRC fm 087-9350043 for your comments on book when tuned/listening in, we'd love to hear from you!



droichead arts centre



### Creativity in Older Age:

Produced in association with Droichead Arts Centre, Inside Out by Darren Thornton, is an inter-generational community film that brings teenagers and older people into a lively conversation about their connecting and conflicting experiences of life during lockdown. Funded by Creative Ireland under the Creativity in Older Age Scheme.

The film will premiere on our Youtube page and will be followed by a Q and A, hosted by LMFM's Sinead Brassil on Zoom, with Darren Thornton, and some of the film participas.

Booking for the Q and A is now open, tickets are free but booking is essential in advance as there is limited capacity.

Inside Out premieres 12 March, 8:00pm.

The full film launches tonight – virtually

<https://www.droichead.com/show/873623578>

## Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



International Federation on Ageing

### IFA Virtual Town Hall | In Conversation with Dr. Bei Wu: Addressing Person-Centered Care Responsive to the Needs of Older Adults during the COVID-19 Pandemic



The International Federation on Ageing held a Town Hall event earlier today called 'In Conversation with Dr. Bei Wu: Addressing Person-Centered Care Responsive to the Needs of Older Adults during the COVID-19 Pandemic'. A recording of this event will be available on the Federation's website <https://ifa.ngo/>

### Building Global Momentum for Adult Vaccination Policy within Covid-19 | With Dr. Peter Lloyd Sherlock and Dr. Carlos Franco-Paredes

Building Global Momentum for Adult Vaccination Policy within COVID-19

Equity in Vaccination Coverage for All Ages

This webinar series has been supported by an unrestricted educational grant from Pfizer

10 March 2021 04:00-05:30PM EST

International Federation on Ageing Vaccines 4 Life

As part of a series of four webinars to build global momentum on vaccination within COVID-19, the IFA invites you to the third webinar entitled "Equity in Vaccination Coverage for All Ages".

This webinar aims to improve understanding of the impact of "inequity" on adult vaccination rates. Collective civil society actions will be explored to better foster equity across society and optimize citizens' chances of healthy ageing.

A recording of this event will be available on the Federation's website <https://ifa.ngo/>

## Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them



**Coronavirus COVID-19**

**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.hse.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**

- 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 unwashed hands
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands, exchanging kisses, hugging, hollers or greeting others in person
- Distance** yourself at least 2 metres from any other people, especially those who might be unwell

**Symptoms**

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

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

WASH HANDS TO STOP VIRUS SPREAD  
[www.nhs.uk/coronavirus](#)

Riann na Mídeanna  
 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	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