

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 620,000 vaccines have been administered as of the 15th March 2021 (463,500 people have received their first dose and 168,859 have received their second dose). Daily vaccination data is now available to all on the [COVID-19 Data Hub](#) and is on the COVID-19 Tracker App. The data is from 48 hours previously to allow for validation.

As you will have heard, a decision was made earlier this week to temporarily defer administration of the AstraZeneca COVID-19 vaccine. This deferral was put in place as a precautionary step, while further information about some reported adverse events was reviewed by the EMA, the European Medicines Agency. They have now confirmed that the vaccine is safe, and vaccinations can resume. The Irish Government will make a decision on this later today. The temporary suspension hasn't effected older people as the decision was made back in February not to administer this vaccine to anyone aged 65 and older.

COVID-19 vaccine information for people with sight loss

Working with NCBI, information about COVID-19 vaccines for people with sight loss have been created in Braille, audio, and large print. These have been distributed to NCBI members. The large print format is also [available on hse.ie](#).

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
- 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](#)

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 22nd, and the [updated guidance is available here](#).

Alcohol Information

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

www.askaboutalcohol.ie

For leaflets: www.healthpromotion.ie/alcohol

For trusted HSE source on drugs: 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

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.

HSE Interim Report on Impact of Cocooning Measures on Older People
[Interim Report on Impact of Cocooning Measures on Older People](#), compiled by the HSE with input from a number of community and voluntary groups.

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.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.



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Health Service Executive

HSE Health and Wellbeing Positive Psychology and Happiness webinar

As we continue to adapt our lifestyles to deal with COVID-19 and face difficult challenges HSE Health and Wellbeing are taking the opportunity to share some tips on how to build happiness into your life using positive psychology. Positive psychology focuses on the positive events and influences in life. You can [Register Here](#)

Date: **Wednesday 31st March at 2pm**

Guest speaker Paula King, Psychologist will discuss the importance of creating meaning in our lives and living a life of purpose, look at the studies carried out on optimists and pessimists and creating hope in our todays and our tomorrows, explore the concept of compassion in particular self-compassion and look at creating a personal 'Happiness Life Guide'

HSE HEALTH AND WELLBEING
Positive Psychology and Happiness WEBINAR

Date **31st March 2021**
Time **2pm – 3pm**

 Guest Speaker: **Paula King**,
Psychologist and leadership coach

REGISTER HERE

A new video-based mental wellbeing programme called Minding Your Wellbeing is now freely accessible. [HERE](#) This programme aims to provide simple tools and guidance to develop and maintain a positive outlook by looking after our mental health and wellbeing. Brought to you by [HSE Health and Wellbeing](#), this evidence-based programme provides a unique opportunity for people to learn more about mindfulness, gratitude, self-care and resilience.

Centre for Ageing Better | 'age-positive' icons

The Centre for Ageing Better has released a [series of ten age-positive icons](#), designed to replace the limited and stereotypical selection of icons and symbols commonly used to depict ageing and older people in public life. The new range of icons was developed as part of a competition Ageing Better launched with Public Health England last year. SwaG Design won the bid to design the new icons with its 'dancing couple' entry, which gave the classic road sign featuring hunched over stickmen a makeover, replacing them with an older couple dancing.



The new range of icons has been designed in consultation with people in later life and aims to show the diversity of later life in a positive and realistic way. They were inspired by the [eight World Health Organization \(WHO\) domains](#) which make an Age-friendly Community, including transport, housing and social inclusion. They include images of cycling, gardening and doing the shopping.

The launch of the new icon range is part of a wider effort by Ageing Better to tackle ageism and [use of damaging stereotypes across public life](#). They follow the launch of an ['age-positive' image library](#), which offers a wide selection of photographs that avoid negative stereotypes associated with older people and are free for public use.

The icons are published under the [CCO 1.0 Universal licence](#), entered into the public domain. If you'd like to contact us or to download EPS versions of the icons, get in touch at digital@ageing-better.org.uk. You can also [view the shortlisted entrants](#) of our competition and find out more about [previous attempts](#) to rethink the 'Elderly road sign'.

The logo for Dementia, featuring the word "dementia" in a lowercase, sans-serif font.

under stand together



TELEVISION

The logo for Montessori for Ageing & Dementia, featuring the text "MONTESSORI FOR AGEING & DEMENTIA" above a photograph of two women.

Dementia: Understand Together update March 19th

The Alzheimer Society of Ireland is teaming up with Virgin Media Television for a special week of activity from 22nd-28th March. From Monday 22nd March, Virgin Media TV (VMTV) studio shows from Ireland AM to The Tonight Show will include special programming to put the spotlight on people living with dementia, family carers and ambassadors, staff and friends of The ASI.

Virgin Media Television presenter Martin King will open up about his own personal experience with dementia in a special documentary called 'We Need To Talk About Dementia' on Virgin Media One on Sunday 28th March (8.00pm). Martin's mother, Christina, was diagnosed with dementia and sadly passed away in 2019. His father, Martin Senior, who was in the same nursing home, and room, as his mother, died just four weeks before her. Martin talks to members of his own family, people in the community and those with a lived experience about lifting the stigma that is often associated with disease.

The week will conclude with the broadcast of the Finding Jack Charlton documentary on Virgin Media One on Sunday 28th March (9.00pm). This compelling documentary, which The ASI are a charity partner for, looks at this Irish sporting legend and his previously undocumented life with dementia. It features contributions from Jack's family for the first time, including his wife Pat and son John. They are supported by major figures in football, music, film and politics. The documentary also features unseen archive footage, capturing behind the scenes with Jack and the Ireland team during the World Cup in 1990 and on the road to their qualification for the 1994 World Cup in the USA.

Montessori Education for Dementia

St. Nicholas Montessori is hosting the Montessori Education for Dementia programme and workshop. This is a 6-month online programme with the option of completing the standalone three day online workshop on its own. The intention of this programme and workshop is for those who are working in the sector and are interested in cultivating Montessori practices for their care settings. Jennifer Brush, their Programme Director, has had tremendous results with care settings when bringing the Montessori pedagogy into dementia care practices, thus cultivating an environment of purpose for the patients.

Course start: April 15th, deadline to apply is the 1st of April by completing [the form here](#), if you seek more information you can contact Mackenzie Young at 01 230 0080 ext 123.

Dementia Awareness Training dates Tipperary

Tipperary is embarking on the journey of making its towns and villages dementia inclusive. The initial dementia awareness training for communities was followed by a workshop with local county councillors. Further online training sessions for everyone in the community will be held in March and April for the 5 Municipal Districts. If you are from Tipperary and interested in joining the next training session, please contact fergus.timmons@alzheimer.ie



School of Psychology in DCU

The School of Psychology in DCU is working with other universities and care providers across Europe on a project to improve dementia care by building self-experience of dementia into carer training. The study: Improving dementia care Through Self-Experience (INTenSE) project aims to explore the self-experience of people living with dementia. It will use this knowledge to develop and implement an integrated, technology-based intervention that will educate, equip and train health and social care professionals to better support people with dementia by better understanding what it is like to be living with a diagnosis of dementia. If you would like more information or are interested in getting involved please contact Dr Louise Hopper (Tel: +35317008540) EMAIL: louise.hopper@dcu.ie.

Champion stories

National partners and community champions continue to be active for dementia across the country and we are keen to share all these inspiring initiatives through our communication channels. If you are aware of acts of kindness, new or amended services or other projects within your community, please don't hesitate to send your story in using [this template](#) to sinead.oreilly@hse.ie.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Supported by
**National
Lottery**

HSE | National Lottery Funding Grants

Applications are now being invited by the HSE for National Lottery Funding Grants. This funding is distributed by the HSE each year to community-based groups and voluntary organisations under the Respite Care Grant Scheme and the National Lottery Grant Scheme. Groups and organisations involved in the provision of Health and Personal Social Services can apply for once off funding of between €500 and €10,000 for suitable projects. Note that public bodies including the HSE are not eligible to apply for this funding. All of the information required, including the application form, is available on www.hse.ie/lotterygrants

Closing Date for Applications is **12 noon on Friday 16th April 2021.**

Applicants will be advised as to the outcome of their application by 30th July 2021.



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

www.hospicefoundation.ie



A national freephone service **1800 80 70 77**, available from **10am to 1pm, Monday to Friday**.

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

Who can call?

Any adult impacted by bereavement during the COVID-19 pandemic and who wants to talk.

- You have been recently bereaved, through COVID-19 or a different cause of death.
- You are concerned about somebody who is grieving.
- You are finding a bereavement from pre-COVID more difficult at this time.
- Healthcare professionals (and others) who have been dealing with more death and dying in their places of work.
- A professional who wants to inform the organisation of the care you offer to bereaved colleagues.

Care & Inform

Our Support for Grieving in Exceptional Times also includes all the resources developed as part of our Care & Inform hub which was specially created to respond to the needs of those facing dying, death and bereavement during COVID-19 restrictions. Visit www.hospicefoundation.ie



Registered Number 20013554



SeniorTimes

NOW EXTENDED TO MAY 14TH

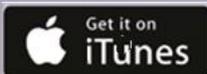
Third Series of *Senior Times* Podcasts **EXTENDED** To May 14th!

Announcing the New Series Extension

The new *Senior Times* podcast series has adapted to the continuing Covid Lockdown scenario by extending the new series while we all struggle through the uncertainty.

We will now continue until May 14th, with a total of **40** podcasts hosted by our fantastic team of presenters

For sponsorship opportunities email des@slp.ie



www.seniortimes.ie

Over 250,000 listens!

We have some amazing interviews including Irish sporting legends Willie John Mc Bride and Ronnie Delaney and Paul McGinley, plus actor Colm Meaney, singer Maxie, horseracing trainer Jessica Harrington to name a few ...



Visit Our Platforms on Spotify & Soundcloud



<https://open.spotify.com/show/0SZsCK5FKzcnbv4RBtICM8>

<https://soundcloud.com/user-682413562-561358898>



comhairle chontae na mí
meath county council





LIVE EXERCISE CLASSES TO STAY ACTIVE

@SIELBLEUIRELAND

 CIRCUIT CLASS	 STRENGTH & BALANCE	 MOBILITY & STRETCH	 CHAIR GYM
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MON 22ND	TUE 23RD	WED 24TH	THU 25TH	FRI 26TH	SAT 27TH
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11AM

 CIRCUIT WITH JAMES	 STRENGTH & BALANCE WITH PAUL	 CIRCUIT WITH MAGGS	 STRENGTH & BALANCE WITH MATT	 CIRCUIT WITH DEBORAH	 MOBILITY & STRETCH WITH MICHELLE
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2PM

 CHAIR GYM WITH MICHAEL	 CHAIR GYM WITH MICHELLE	 CHAIR GYM WITH MATT	 CHAIR GYM WITH CORMAC	 CHAIR GYM WITH SHANE	 ON FACEBOOK ON YOUTUBE
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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.

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



Join us live on Facebook
Monday 22nd
Wednesday 24th
and Friday 26th

at 11am for
Age & Opportunity
Movement Minutes



#AgeandOpportunity

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



Wexford & Kilkenny Age Friendly | Covid Care Concerts



The Mobile Music Machine arrived in Co. Wexford last week for its Covid Care Concerts - a series of outdoor concerts (in a Covid safe manner) at nursing homes throughout the county. This series of concerts has been facilitated by Age Friendly Ireland, Creative Ireland and Local Authorities. 10 nursing homes in Co. Wexford hosted concerts last week and the response from both residents and staff has been really positive.



Next it was on to County Kilkenny where despite the horrendous weather on some of the days the band played on.





Survey: Public Park Usage in Dublin during COVID-19 (PUDU C-19)

Dublin City Council (DCC) in partnership with Dublin City University (DCU) are hosting an online survey to identify what roles and functions the parks fulfilled for all Dublin citizens during the COVID-19 pandemic, how these can be maintained after the pandemic and what future developments you would like to see in parks across the city. This is a great opportunity for key stakeholders to have their opinion, experiences and voices taken into account to shape the development of parks across Dublin in the coming years. If you would like to take part in this survey, please click on the link below:

https://dcusciencehealth.qualtrics.com/ife/form/SV_aYqkHAuKt9rDQj4

We are particularly keen to hear from young people as their input is equally valued. If you would like your child/adolescent (10 - 18 Years) to take part in this survey and have their voice heard, please click on this link instead:

https://dcusciencehealth.qualtrics.com/ife/form/SV_9pKw85x82gvFgYm

The survey runs from Monday 15th to Sunday 28th March 2021.

Public Park Usage in Dublin during COVID-19 (PUDU C-19)

Dublin parks have played a crucial role during the current and past COVID-19 restrictions.

As "social distancing" and "self-isolation" became the new norm and Dublin was affected by consecutive lockdowns, its parks remained open, benefitting citizens of all ages for their social, physical and psychological health.

Dublin City Council (DCC) in partnership with Dublin City University (DCU) are hosting an online survey for both adults and children/adolescents to identify what roles the parks fulfilled for all Dublin citizens during the COVID-19 pandemic and how these can be maintained after the pandemic and what future developments you would like to see in parks across the city. This is your opportunity to have your opinion, experiences and voice taken into account to shape the development of parks across Dublin in the coming years.

To take part in the adult survey, please use the link below or scan the QR code:
<https://bit.ly/3ekGufw>



Public Park Usage ADULT SURVEY

If you would like your child/adolescent (10 - 18 Years) to take part in this survey and have their voice heard, please use this link instead or scan the QR code:
<https://bit.ly/3bvHonp>



Public Park Usage CHILDREN SURVEY

The survey runs from Monday 15th to Sunday 28th March 2021.



photos by: Simon (<https://flic.kr/p/UZmv5>) and Alan Rouiller (<https://flic.kr/p/McRGcT>)



Muintir na Tíre with the National Safeguarding Office of the HSE

Lifting the Lid on Elder Abuse



Safeguarding | Protection | Prevention

Webinar for Community Leaders

Thursday, March 25th | 7.30pm

Register at www.muintir.ie/events

Join experts from the HSE, An Garda Síochána and Ulster Bank to consider what your community can do to Keep Safe and Well

#KeepWell

KEEP WELL



Rialtas na hÉireann
Government of Ireland



National Safeguarding Office



Muintir Na Tíre



Sláintecare
Right Care. Right Place. Right Time.

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 Information is one thing we can share right now!

An International Townhall of Older Adults from Ireland and Canada | Let's Talk About: Technology During Times of COVID-19



An International Townhall of Older Adults from Ireland and Canada

Let's Talk About:
Technology During Times of COVID-19

- Learn about Innovative Technology Programs in Ireland and Canada!
- Share your Stories and Experiences!
- Make International Friends!

Earlier this week Age Friendly Ireland were delighted to jointly host An International Townhall event with our colleagues from the Centre for Aging and Brain Health Innovation (CABHI) in Canada where members of our Older People's Councils and CABHI's Senior Advisory Panel met to discuss their experiences with technology over the past year. We are looking forward to meeting up again soon for some more interesting discussion and shared learning.



International Updates

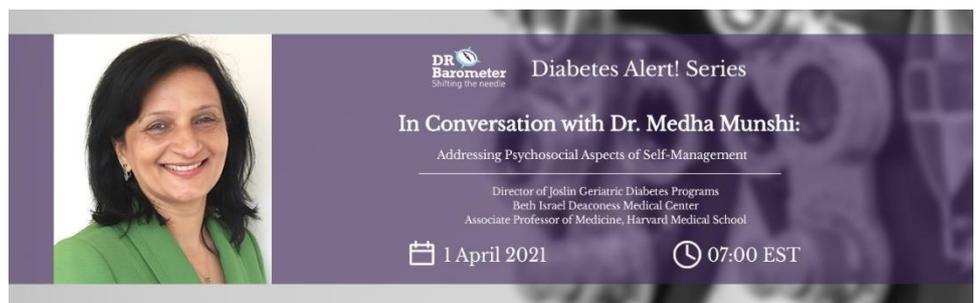


IFA Global Cafe | In Conversation with Ms Katie Smith Sloan "How ageism has led to the nursing home crisis amid the pandemic"



The International Federation on Ageing held a Global Cafe event earlier today called 'In Conversation with Ms Katie Smith Sloan "How ageism has led to the nursing home crisis amid the pandemic"'. A recording of this event will be available on the Federation's website <https://ifa.ngo/>

Diabetes Alert! Series Town Hall | In Conversation With Dr. Medha Munshi: Addressing Psychosocial Aspects of Self-Management



This town hall takes place at 07:00 am (Eastern Standard Time) on Thursday 1st April 2021

This town hall will be recorded and streamed live on Facebook. Should you be unable to participate, a recording will be available on the IFA Facebook page at <https://www.facebook.com/intfedageing/> and resources will be available at: <https://ifa.ngo/ifa-virtual-town-hall-resources/> and at <https://drbarometer.com/community/resource-library>

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