

**National Updates**



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



**Public Health Measures**

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

**COVID-19 Vaccination Programme**

The vaccination programme continues to be rolled out nationwide, and more than 1,240,965 vaccines have been administered as of the 20<sup>th</sup> April 2021.

**Reminder for everyone aged 65 - 69 to register for their vaccine**

The HSE would like to remind everyone aged 65-69 to register for their COVID-19 vaccine through the HSE's online registration system or on the phone with HSELive.

[Register here for your vaccine](#)

Following the success of the online registration for people aged 65-69, the HSE are inviting **those aged 60-64 to register from today, Friday 23<sup>rd</sup>**

**April**. Everyone in this age group are eligible to register including:

- frontline healthcare workers who haven't gotten an appointment through their workplace
- people aged 65-69 who have a health condition that puts them at very high risk (vaccine allocation Group 4) and who haven't been given an appointment through their hospital or healthcare team

**Online registration – information for patients and service users**

People in this age group who are registering online will need:

- their Personal Public Service Number (PPSN),
- their Eircode,
- an email address or a mobile phone number.

A friend or family member can help. If someone is finding it difficult to go online and register or they can ring HSELive for support on 1850 24 1850 or 01 240 8787 from 8am to 8pm, 7 days.

If a person doesn't have a PPSN they can register on the phone with HSElive. If a person is deaf or hard of hearing, they can text HSELive on 086 1800 661 to register for your vaccination. You can [find more information here](#).

Once a person has registered, the HSE will send appointment details by SMS text message, 3 to 7 days before their vaccination is due to take place. People in this group will be vaccinated during April or May at one of the [HSE vaccination centres](#) around the country.

### Data Security

Data security is a priority for the HSE. The Vaccination Information System has been designed to ensure only necessary information is captured and stored securely in line with HSE data retention policies. All information is encrypted in transit and at rest.

User accounts created on registration use two factor authentication, email and mobile phone number, to provide people with secure access to their own information about their vaccination.

Visit [hse.ie/rollout](https://hse.ie/rollout) for information about registration.

A video explaining registration is available here

<https://youtu.be/v1JoC01Omgc>



### 'We can do this' campaign

'We can do this' is a new HSE campaign to encourage the behaviours that protect us from COVID-19. While the vaccination programme means that there are better days to come, it is more important than ever to keep taking action and prevent the spread of the virus. People are finding this tiring and tough, and this campaign aims to reinforce the collective power of taking simple but very important steps – to keep our distance, wear face coverings, keep our hands clean and phone our GP as soon as we have any symptoms.

The campaign is informed by research on public attitudes and behaviours around COVID-19 and four in-depth focus groups held with different groups of people. Some of the main insights from people who took part are:

- 'Lockdown fatigue' is evident and people are unsure how long they can continue living with restrictions.
- Awareness of protective behaviours is very high. Hand washing, social distancing and wearing face coverings has become habitual but people are less certain about acting promptly on symptoms.
- People need some hope and are struggling to see the impact of individual behaviours, so wanted a new rallying cry from the HSE that builds on previous work – #HoldFirm - We can do this.

### Key messages

The enormous efforts made by the people of Ireland show that we have the power to stop the spread of COVID-19 and that we have protected each other from serious illness. We are also seeing the combined impact of our sacrifices and the COVID-19 vaccination programme. Case numbers are falling and there are fewer people in hospital – but we're not quite there yet. We all need to keep doing the things which we know protect us and the people we love from COVID-19:

- **Keep our distance and stay 2 metres away from each other**
- **Wear masks when it is not possible to keep socially distant**
- **Wash our hands**
- **Call the GP as soon as you notice any possible COVID-19 symptoms**

There are better days to come. As the country reopens and as more of us are vaccinated, there is a lot to be hopeful about. Keep your guard up and safeguard the progress we've made

### 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 getting the COVID-19 vaccine is updated regularly [here](#)
- 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](#)

### COVID-19 Vaccine Centres

Videos with information about how the vaccination centres will operate are [available here](#).

### Public Health Information

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

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign.

Ireland's COVID-19 Data Hub is [available here](#).



### 'Get Active for Your Wellbeing' Webinar | Wednesday May 5th at 2pm-3pm. [Register HERE](#)

This upcoming webinar will focus on supporting people on how to build physical activity into daily life. Join and hear from special guest 3-time Olympian Derval O'Rourke. Derval will talk about what she has learned and ways to improve your health and wellbeing through exercise. There will also be input from HSE colleagues highlighting ways and opportunities to get active for your wellbeing.

The webinar will also showcase the new FREE HSE Health and Wellbeing online exercise programmes. The HSE are launching the first 8 'Pilates for beginners' videos on the 5th May, which will be followed by Yoga, Strength and Conditioning and Chair Based Exercise videos.



**International Foundation for Integrated Care (IFIC) Ireland Upcoming Webinar | Patient Empowerment Mini-Series with Centre for Empowering Patients and Communities (CEmPaC)**  
**Wednesday, April 28, 01:00 PM GMT**

Co-production is the process of active dialogue and engagement between people who use services and those who provide them. It is a process that puts service users on the same level as the service provider (Governance International, 2012). Embedding co-production processes into the design, governance, operation, commissioning and evaluation of health and social services can lead to meaningful, sustainable, higher quality experiences for those who benefit from and work within the systems that deliver these services. Our panel will discuss their experiences of being involved in co-production through their work and lived experience.

The session will be chaired by David Somekh, the Network Director of European Health Futures Forum (EHFF). Contributors include Sheila Fitzgerald, Martin Hayes, and Jo Fitzgerald, Senior Programme Manager, Personalised Care (Lived Experience) and lead for the National Peer Leadership Development Training with NHS England and NHS Improvement.

More information and registration [HERE](#)



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



**HSE and Patient Advocacy Service improve support for people making complaints about care in public hospitals**

The HSE and Ireland's newly established Patient Advocacy Service have signed a Memorandum of Understanding (MoU) which sets out their commitment to ensure that people receive a timely, compassionate and comprehensive response to their complaints.

The Patient Advocacy Service provides free, independent and confidential information and supports service users who wish to make a formal complaint about their care in a HSE public Acute hospital, or in the aftermath of a patient safety incident. It is provided by the National Advocacy Service for People with Disabilities (NAS) and funded by the Department of Health (DoH).

The MoU recognises that every person has the right to make a complaint about the service they have received from HSE public Acute hospitals, while the HSE also recognises the important role that independent patient advocacy can play in the HSE's complaints processes, '[Your Service Your Say](#)' and the [Incident Management Framework](#).

The HSE and the Patient Advocacy Service will jointly seek to:

- Encourage a culture of patient safety, care, compassion and openness across the health service
- Respect the wishes and best interests of Service Users involved in a complaint or a patient safety incident

- Strengthen coordination and cooperation when responding to complaints and patient safety incidents through the exchange of information
- Support learning from complaints and patient safety incidents and the sharing of good practices to prevent or reduce the risk of future harm to patients
- Ensure that issues and trends identified by both the HSE and the Patient Advocacy Service are shared appropriately to effect service improvement

[Click here](#) for further information on the Patient Advocacy Service

Telephone 0818 293 003 between 10am and 4pm, Monday to Friday.



Sláintecare.



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Health Service Executive



**Sláintecare Integration Fund Learning Network Webinar | Right Care, Right Place, Right Time - 'Improving Access' | 29th April**  
[Register HERE](#)

Sláintecare in partnership with International Foundation for Integrated Care (IFIC) Ireland and the HSE is pleased to invite you to our ninth Sláintecare Integration Fund Learning Network Webinar which is taking place on **Thursday 29th April from 3.30pm to 5pm.**

The focus of this webinar is on Improving Access. We will share information on Sláintecare funded projects which are having an impact on waiting times/waiting lists and are working to improve the experience of people who use our health and social care services.

**dementia**  
under stand together

**Dementia: Understand Together update April**

**Dementia Awareness Training**

Together with our partner The Alzheimer Society of Ireland we provide the **Learn Listen Link Dementia Awareness Training.** If your community group/organisation would like to avail of this training, you can contact [fergus.timmons@alzheimer.ie](mailto:fergus.timmons@alzheimer.ie) Currently all trainings are held online and can be adapted to your needs.

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 April and May for the 5 Municipal Districts, starting with the Cahir/Cashel district on April 27th. If you are from Tipperary and interested in joining the next training session, please contact [fergus.timmons@alzheimer.ie](mailto:fergus.timmons@alzheimer.ie)

### **Programmes and Events**

The much loved **Bealtaine Festival** is going virtual on May 1st. Many of you have held events in the past and it would be wonderful, if across all communities we can again promote the message that the Festival is inclusive and that the creativity and participation of a person with dementia and their families are valued. You can view the full programme here <https://bealtaine.ie/>

'**Talkin' About Neurodegeneration**' is a new series of radio programmes which will be broadcast in the summer as a collaboration between Near FM (in Dublin) and LLARC (in the UK). LLARC is the Later Life Audio and Radio Co-operative, a network of older content creators, age-inclusive radio stations, third sector organisations and researchers working on ageing issues. If you are living with Lewy Body Disease, Frontotemporal Dementia, Parkinson's Disease Dementia or Huntington's Disease and would like to share your favourite song, favourite poem and the story behind these choices, they would love to hear from you! Please contact [karen.meenan@gbhi.org](mailto:karen.meenan@gbhi.org)

### **Partner and champion activities**




Despite COVID-19 national partners and local community champions have continued to support people with dementia in their communities. This is just one example and if you would like to share your stories and initiatives, please send them to [Sinead.oreilly@hse.ie](mailto:Sinead.oreilly@hse.ie)

**Boots Ireland** is a proud partner of the Dementia: Understand Together campaign in helping to build Dementia Inclusive communities. They have provided training to all staff across their 89 stores to support people with Dementia when they visit a pharmacy or store and look at ways in which they can facilitate a dementia-inclusive experience for the customer. Recently, together with members of the Irish Dementia Working group they held an online focus group to discuss store layouts, signage and sound, and to understand what makes a positive shopping experience for a person with dementia and their families.

A **Dementia Alliance has formed in County Wexford** to discuss the things all stakeholders can do to support a person with dementia in the community. If you are interested in learning more about the network and how you might contribute to the work, please contact Olga at [Olga.Cleary@hse.ie](mailto:Olga.Cleary@hse.ie) and or on 087 1908865, Wednesdays to Fridays.

### **Helpline and information**

The **Alzheimer Society of Ireland's National Helpline** has a free call-back service which offers people with dementia and family carers from anywhere in Ireland the opportunity to book a 1:1 session with a

	<p>Dementia Nurse or a Dementia Adviser during the COVID-19 public health emergency. People with dementia and their family carers who want to avail of this new service can contact the National Helpline to make an appointment which is open six days a week Monday to Friday 10am–5pm and Saturday 10am–4pm on 1800 341 341.</p> <p><b>SeniorLine</b> is a national confidential listening service for older people provided by trained older volunteers. Whether you are feeling lonely, just need a chat, or are looking for information on entitlements, other organisations or services, or clarification on topical items as reported in media, you can call the Freephone number 1800 80 45 91 every day of the year from 10am-10pm.</p>
	<p><b>Irish Heart Foundation - Information Needs Survey</b></p> <p>The Irish Heart Foundation is doing a review of all the printed leaflets and other information that they provide to the public, so they can provide the best information possible to you in a way that is easy to understand, they are asking that you would complete this short, 5 - 10 minute survey. <a href="https://www.surveymonkey.com/r/FMGLKQY">https://www.surveymonkey.com/r/FMGLKQY</a></p> <p>Any questions please contact Emma Carter on 01 668 5001 / <a href="mailto:ecarter@irishheart.ie">ecarter@irishheart.ie</a></p> <p>Fair Processing Notice: By completing this survey you agree to the Irish Heart Foundation retaining your anonymised data until the end of December 2021. Data received from this survey will be used to assist in the redevelopment of Irish Heart Foundation information resources. Data will be deleted at project end and will not be shared with any other parties. If you have any queries in relation to this, please contact <a href="mailto:ecarter@irishheart.ie">ecarter@irishheart.ie</a></p>
 <p>Rialtas na hÉireann Government of Ireland</p> 	<p><b>The Government and An Garda Síochána urge people to look out for one phone number amid major scam</b></p> <p>As reported by the Irish Mirror, the Attorney General's office has issued an urgent warning over an "arrest warrant" phone scam. A fraudster posing as an official from the office rings an unsuspecting member of the public and alleges that they have been the victim of fraud or identity theft. Some of these calls may even display as the official number of the office, which is 6314000. The scammer claims that the recipient of the call has had their identity used for drug trafficking or money laundering. They may then also claim that there is a case against the person and a warrant out for their arrest. Finally, the caller will then ask for personal details, which may include a PPS number and/or bank details. However, members of the public have been urged to avoid engaging with these callers or sharing any personal information with them. If you receive one of the scam calls, you are asked to contact the Gardai immediately. And the Office of the Attorney General has said that it will never request PPS numbers or bank account details.</p>



LIVE EXERCISE CLASSES TO STAY ACTIVE

@SIELBLEUIRELAND

 CIRCUIT CLASS	 STRENGTH & BALANCE	 MOBILITY & STRETCH	 CHAIR GYM
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	MON 26TH	TUE 27TH	WED 28TH	THU 29TH	FRI 30TH
11AM	 CIRCUIT WITH JAMES f	 STRENGTH & BALANCE WITH PAUL f	 CIRCUIT WITH MAGGS f	 STRENGTH & BALANCE WITH MATT f	 CIRCUIT WITH DEBORAH f
2PM	 CHAIR GYM WITH MICHAEL f	 CHAIR GYM WITH MICHELLE f	 CHAIR GYM WITH MATT f	 CHAIR GYM WITH MICHELLE f	 CHAIR GYM WITH SHANE f

f ON FACEBOOK  
▶ ON YOUTUBE

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 26th  
Wednesday 28th  
and Friday 30th

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.



## Local Updates



### Gardaí in Arklow and Wicklow ready for a chat

Benches where people can have a chat with a garda have been set up in Arklow and in Wicklow town. The new benches are part of an expansion of a project already in operation on the promenade in Bray. The chats do not have to be garda-related, but if people feel uncomfortable about going to a garda station for any reason, the benches are a safe place for them to discuss any issues of concern. A garda will be at the benches at a time announced on the Garda Síochána Wicklow Facebook page for at least an hour every week.



Superintendent Declan McCarthy said: "A garda will be present to have a chat, give advice or just say hi, and the 'Chatting Bench' provides the perfect opportunity for people to interact more with the Gardaí in a neutral venue other than at a garda station." Local councillors have welcomed the initiative, saying for some people a little bit of interaction can address loneliness and isolation. The bench in Wicklow is located at the Black Castle, while the one in Arklow is at the Parade Ground, near the bandstand.



Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council

### Dublin City Council | Public toilets to open in Sports Centres, Libraries and City Hall

Dublin City Council is pleased to announce the opening of 22 of its public buildings on a "toilets only" basis. The Office of City Recovery has been working very closely with colleagues in Sports, Libraries and City Hall to facilitate the opening of these 8 Sports facilities, 13 Libraries and City Hall for members of the public to access for use of toilets.

It is important to note that the primary service provided by these buildings remains closed in accordance with public health guidelines.

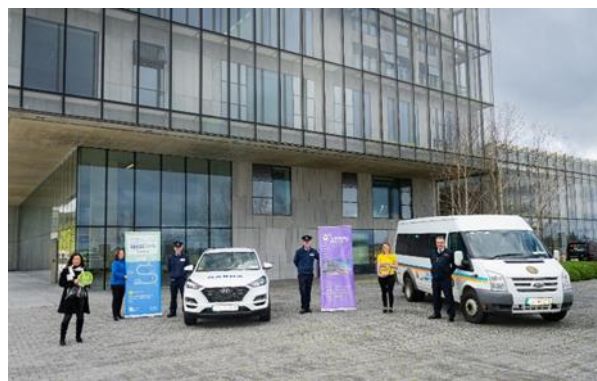
The Sports facilities and City Hall will open 7 days a week from Monday 26th April and Libraries will open 6 days a week from Tuesday 4th May.

Appropriate queuing, social distancing and cleaning regimes will be put in place. These 22 facilities are in addition to the existing 6 facilities provided by Dublin City Council at Wolfe Tone Square, Grafton Street, St. Patrick's Park Tearooms, Herbert Park Tearooms, St. Anne's Park Tearooms and the Bull Wall, Dollymount. Usage will be monitored and reviewed on an ongoing basis.



**Wexford Age Friendly Wellbeing Packs for older people**

As part of the Government’s Keep Well Campaign wellbeing “gift packs” were recently delivered to 450 older people living throughout county Wexford. The packs included treats and items many of which were sourced from local Wexford companies including Wexford Food Family members Daengs Crackers and Isle of Crackers, Newbawn Wild Bird Feed and local artist John Busher.



The aim of the packs was to give older people a treat and items which would help their physical and mental wellbeing. The contents of the pack included local food produce/treats, an art project, bee friendly seed bombs for the garden, bird

food/feeder, an old songs songbook and a garden/wildlife booklet.

The hard work of packing the 450 bags was carried out by volunteers from Wexford Civil Defence who along with members of An Garda Síochana and Local Link delivered the packs. Recipients included users of Meals on Wheels services in Enniscorthy Community Services Council, Gorey Town, Grantstown, Ramsgrange, St. Mary's Daycare Centre Tagoat and Taghmon Dinners as well as a number of Local Link and An Garda Síochana contacts.

The project was managed by Wexford County Council’s Age Friendly Manager, Ann Marie Laffan and was funded by the Government’s ‘Keep Well’ campaign with thanks to Healthy Ireland and Sláintecare.



## Wexford Age Friendly Strategy 2022 to 2026 – Have Your Say

Wexford County Council want to hear the voices of people aged 55 and older in the county as we prepare a new Age Friendly Strategy for 2022 to 2026. Older people and groups working with or representing older people are invited to take part in online public consultations to help inform us on the areas which affect their lives. We would like to know what can be done to bring about positive changes for older people in the county over the next 5 years.

The public consultations are taking place by district as follows:

### Location & Dates

- Gorey 11th May
- Enniscorthy 12th May
- Wexford 14th May
- Rosslare 17th May
- New Ross 18th May

There will be 6 Workshops per day each lasting 40 minutes each. Participants can join via MS Teams on their PC or by phoning in.

Feedback is being sought on areas including Outdoor Spaces and Buildings, Transport, Housing, Social Participation, Civic Participation & Employment, Communication & Information, Health Services, Safety & Security.

To book please contact Ann Marie Laffan on [annmarie.laffan@wexfordcoco.ie](mailto:annmarie.laffan@wexfordcoco.ie) or by phone on 053-9196680

## Your Voice



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

## International Updates



### IFA Global Cafe | In Conversation with Dr. Katherine McGilton "Identify Interventions and Models of Health Care Delivery"



The International Federation on Ageing held a Global Cafe event earlier today called 'In Conversation with Dr. Katherine McGilton "Identify Interventions and Models of Health Care Delivery"'. A recording of this event will be available on the Federation's website <https://ifa.ngo/>

### Diabetes Alert! Series | In Conversation with Prof. Tariq Aslam: Current Status of Vision Care and Opportunities Identified During the Pandemic



29<sup>th</sup> April 2021 | 11am GMT | [Register 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.**

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 travel or official 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 always use tissues
- Avoid** touching eyes, nose, or mouth with unwashed hands
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands, hugging, kissing, hugging, hugging, hugging
- Distance** yourself at least 2 metres from other people, especially those who might be coughing

**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

**Symptoms**

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

**For daily updates visit**

[www.gov.ie/covid-19](http://www.gov.ie/covid-19)

WIKI: [www.gov.ie/covid-19](https://www.gov.ie/covid-19)

Health is Medicine Government of Ireland

## Useful Contacts

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

Or Email: [rleavy@meathcoco.ie](mailto:rleavy@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**

<b>Local Authority</b>	<b>Community Response Number</b>
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