

Age Friendly Ireland Weekly Newsletter

04 June 2021

National Updates

Launch of National Age Friendly Ireland Business Recognition Programme

Age Friendly Ireland recognises leading nationwide businesses, the first in the country to achieve Age Friendly status and commit to Age Friendly practices.



As the country begins to reopen, Age Friendly Ireland is today, Friday June 4, delighted to award Age Friendly Charters to eight leading business groups who have appointed an Age Friendly Champion in their branches, completed training and achieved Age Friendly Business status. The Age

Friendly Business Recognition programme is now available to all businesses who are prepared to put in place a few low cost or no cost changes to make their businesses more welcoming and accessible to the older consumer.

At a ceremony at Meath County Council in Navan today, Minister of State for Business, Employment and Retail, Damien English, presented Charters to Bank of Ireland, Vodafone, Dalata Hotels, Specsavers, FBD Insurance, Cara Pharmacy, Kilkenny Design, and Member First Credit Union. He commended the businesses as early adopters of the programme and encouraged businesses of every type to now engage with Age Friendly Ireland and take part in the recognition scheme.

"It is so important that businesses recognise our rapidly ageing population and to respond to the needs of their customers in a positive and supportive way", said Minister English. "I'm delighted to see the first cohort of businesses receive their Age Friendly Charters today which is a just reward in recognising the









improvements they have made to cater for their older consumers. Businesses that are age friendly are better equipped to serve everyone in society. The potential return can be immense, not only in terms of internal team building and embedding a positive culture through, but in terms of encouraging repeat business from a loyal and rapidly growing older customer base who respond so positively to businesses who make them feel more welcome."

Age Friendly Ireland is currently offering training for businesses all over Ireland to help them understand the needs and requirements of older consumers and to develop a response that signals to older people that their business is valued and appreciated.

"Post Covid, older people are regaining their confidence and slowly beginning to move out again after more than a year at home" said Catherine McGuigan, Chief Officer of Age Friendly Ireland. "We really want business to encourage and support older customers to safely enjoy the live consumer experience once again, so that they can continue using the products and services they need and enjoy."



Kitty Hughes, Chair of the National Network of Older People's Councils said, "During the past year and a half there has been a wave of altruistic thinking with a strong desire to feel useful and help others. With the Government's encouragement to stay local we are more community focussed.

When older shoppers choose to spend in local stores, they feel they are supporting the local community and are making a real impact on the shop owner's business".

Businesses that successfully take part in the Recognition Programme receive Charters plus they are listed in the Age Friendly Business directory at agefriendlyireland.ie and the opportunity to go forward to the National Age Friendly Awards. This newly developed business section of Age Friendly Ireland's website provides all the resources and information needed to enable businesses to begin their Age Friendly journey.

In addition to the eight multi branch businesses recognised today, small businesses all over the country have begun to take part in the programme with the support of the Chambers of Commerce and the Local Enterprise Offices. Towns such as Athboy in Meath, Ennis in Clare, Dun Laoghaire Rathdown, Dublin, and Donegal have seen 20 or 30 small businesses complete the training and achieve their Charters. Speaking at today's event, Ian Talbot, Chief Executive, Chambers Ireland said "Chambers are delighted to support this programme of activity and to recognise these businesses which, in spite of the difficulties caused by Covid, have continued to focus on the vital role they play in local communities. "











Public Health Measures

From 7th June (subject to the public health situation at the time)

Visitors - You can have visitors from one other household inside your home

Restaurants and bars - Outdoor services can resume with groups limited to 6 people

Weddings - Maximum guests at reception increases to 25 **Outdoor sports matches** - Can be played but with no spectators **Gyms, swimming pools, leisure centres** - Can reopen for individual training only

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide and thankfully despite the recent cyber-attack vaccination appointments are going ahead as normal. The latest group that can register to get a COVID-19 vaccine are people aged 40 to 44.

We're asking people to register on specific days to help us manage the demand.

If you are aged:

- 43 register on Thursday 3 June, or any time after
- 42 register on Friday 4 June, or any time after
- 41 register on Saturday 5 June, or any time after
- 40 register on Sunday 6 June, or any time after

Register online or phone HSELive.

Open: 8am to 8pm, Monday to Sunday. LoCall: <u>1850 24 1850</u> Phone: <u>01 240 8787</u>

Online registration – information for patients and service users

People 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 <u>find more information</u> <u>here</u>.

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.

Visit hse.ie/rollout for information about registration.

A video explaining registration is available here

https://youtu.be/v1JoC01Omgc





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

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 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
- Details on COVID-19 vaccines administered are available <u>here</u>
- Read the full COVID-19 Vaccine Allocation Strategy
- Read the <u>National Immunisation Advisory Committee Chapter</u> <u>about COVID-19 vaccine</u>
- COVID-19 vaccine information for health professionals

COVID-19 Vaccine Centres

Videos with information about how the vaccination centres will operate are <u>available here</u>.

Updated public health guidance on the re-opening of Day Care Services for Older People has now been published on the HSPC website @ Guidance on the reopening of day services.pdf (hpsc.ie)

This gives an overview of precautions/measures that need to be considered to resume the operation of Day Care Services for Older People.

Details of the updated guidance has been communicated to the local Community Health Organisations who will be linking in with the Day Care Services in their areas to progress plans for the re-opening of services as soon as possible.

A webinar had also been scheduled to assist with the opening of Day Care Services, but this unfortunately cannot proceed while HSE ICT Services are not operating. However public health have advised this will commence as priority once the systems have been restored. The key message is that Day Care Services should resume as soon as the Day Care Centre has a plan in place in line with the updated public health guidance. It will be important that each client is assessed before returning to the service and this will need to form part of the overall plan.







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.

Launch of Ireland's Economic Recovery Plan



On the 1st of June, Taoiseach, Micheál Martin, Tánaiste Leo Varadkar and Minister Eamon Ryan together launched the <u>Economic Recovery Plan</u> 2021 to achieve rapid job creation and economic growth after the pandemic. The plan also sets out a new phase of supports for the next stage of recovery and aims to exceed the pre-crisis employment levels of 2.5 million people in work by 2024.

Initial funding of €915 million through the National Recovery and Resilience Plan, under the European Recovery and Resilience Facility, plus the forthcoming revised National Development Plan, will create a green and digital job revolution. Read the full press release here

🗘 Fáilte Ireland

Fáilte Ireland | COVID-19 Safety Charter

As Ireland re-opens and we begin enjoying and exploring our country again, guests and customers need to know they're safe. By signing up to COVID-19 Safety Charter, Irish tourism and hospitality businesses will reassure their customers that the right protocols have been followed.

Wherever customers see the COVID-19 Safety Charter logo, they'll know that recommended safety and cleaning guidelines are being adhered to and that staff members have completed essential Infection Prevention Control training.

Click <u>HERE</u> for the list of businesses who have successfully applied to the COVID-19 Safety Charter in order to help keep Ireland safe and enable their customers to relax and enjoy their services with confidence. As more



and more businesses sign up to the charter, the list will be updated.

If you are a business who wishes to apply click <u>HERE</u> for more information.









National Outdoor Recreation Strategy Questionnaire

On Wednesday, the 2nd of June Minister Humphreys launched the public consultation on the National Outdoor Recreation Strategy.

https://www.gov.ie/en/consultation/42e3a-public-consultation-on-a-national-strategy-on-outdoor-recreation/

https://twitter.com/DeptRCD/status/1400063894048194569

Outdoor Recreation Northern Ireland are facilitating this consultation and they are now capturing views via an online questionnaire. The questionnaire will remain open until the 23rd June 2021. The aim is to reach as many people as possible with the questionnaire, including the general public and outdoor recreation stakeholders. You can complete the questionnaire HERE.

For those who would like to submit their views by hard copy, you can print the <u>form</u> complete it and send by post to:

Lèon Fox

Department of Rural and Community Development Government Buildings

Brook Street

Ballina

Co. Mayo

F26 E8N6



Age Action's New Identity

Age Action want to share their new identity with you. Hear what they have to say!

We decided to change our logo. Our design goal was to better match how we look to our values and our purpose which are grounded in the pursuit of equality and human rights for all of us as we age.



The new logo is our 'signature' for Age Action. It builds on decades of work for and with older people. It reinforces our commitment to equality. We hope you like our new look and will join us as we work for a society that enables all older people to participate and to live full, independent lives.

Warm regards
The Age Action Team









National Economic & Social Council (NESC) | Digital Inclusion in Ireland: Connectivity, Devices & Skills

On Wednesday the 2nd of June the NESC published report no.154, Digital Inclusion in Ireland: Connectivity, Devices & Skills.

The report outlines disparities in access to ICT in Ireland, due to variations in access to connections, devices, and the skills and confidence to use ICT effectively. Therefore, NESC recommends the development of a national strategy for digital inclusion, with a key focus on co-ordinating existing work carried out by the State, businesses and the community. A comprehensive framework for digital skills progression and certification should be put in place, as well as targeted supports for key groups, including those with low incomes, and smaller businesses and farms.

You can find the <u>publication</u> and <u>press release</u> on <u>www.nesc.ie</u>. The report will be officially launched at an event on the 1st of July 2021. Further details of this can be found on <u>www.nesc.ie</u>.

NESC would like to thank all of you who contributed time and insights to the research for this report.





Join us live on Facebook Monday 7th Wednesday 9th Friday 11th

at 11am for

Age & Opportunity
Movement Minutes



#AgeandOpportunity

The classes are available on <u>Facebook</u> and <u>YouTube</u> and the timetable shows where each class is available.











Living Well with Sight Loss course

Delivered online through Zoom™

Thursdays, 11am – 3pm (with lunch-break), June 24th – July 15th, 2021

Are you living with a sight condition?

This online course delivered through Zoom™ can provide advice, guidance and information on the practical and emotional supports you need to face the future with confidence. It also offers the chance to link in with others and make new connections amongst peers.

This free course comprises a combination of sessions about what help and support is available and how it can be accessed.

A range of different themes are covered including:

- Mobility
- Daily living
- Emotional support and wellbeing
- Assistive products & technology
- Eye health & conditions
- Leisure time.

Early booking is recommended. Zoom™ training provided as required

To reserve a spot or find out more, please contact:

Declan Meenagh/Mahon Carmody, Fighting Blindness "Need to Talk" Administrators

Telephone: 01 674 6496 (leave a message and we will call back)

Email: needtotalk@fightingblindness.ie

This programme is being delivered through the 'Need to Talk' project, supported by the European Union's INTERREG VA programme, managed by the Special EU Programmes Body (SEUPB).



RNIB reg. charity no: 226227 (England and Wales) and \$C039316 (Scotland) Fighting Blindness reg. charity no: 20013349.





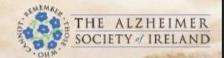


Mark the Date! ASI Virtual Events for June 2021

People from all over the country are invited to join us at any of our events!

Tues 1 st	Clare Virtual Social Club	2pm – 3pm
Wed 2 nd	Meath Virtual Café Mindful Melodies Virtual Social Club Cork Virtual Social Club	11am – 12pm 2pm -3pm 3pm – 4pm
Thurs 3 rd	ASI National Virtual Choir Malahide Virtual Social Club	2pm – 3pm 2pm – 3pm
Fri 4 th	ASI National Virtual Choir Malahide Virtual Social Club	2pm – 3pm 2pm – 3pm
Tue 8 th	Cavan Virtual Choir Louth/Monaghan Virtual Café	11am – 12pm 4:30pm – 5:30pm
Wed 9 th	Mindful Melodies Virtual Social Club	1:30 pm – 2:30 pm
Thurs 10 th NEW:	ASI National Virtual Choir Louth Virtual Social Club	2pm – 3pm 3pm – 4pm
Mon 14 th	North Dublin Virtual Social club	2pm – 3pm
Tues 15 th	Galway Virtual Café Clare Virtual Social Club	11am – 12pm 2pm – 3pm
Wed 16 th	Mindful Melodies Social Club Cork Virtual Social Club	1:30pm – 2:30 pm 3pm – 4pm
Thur 17 th	ASI National Virtual Choir Malahide Virtual Social Club Louth Virtual Social Club	2pm – 3pm 2pm – 3pm 3pm – 4pm
Tues 22 nd	Cavan Virtual Choir	11am – 12pm
Wed 23 rd	Mindful Melodies Social Club	1:30pm – 2:30pm
Thurs 24 th	GreaterKenmare Virtual Café ASI National Virtual Choir Louth Virtual social Club Football Memories Club	11am – 12pm 2pm – 3pm 3pm- 4pm 4pm – 5pm
Mon 28 th	North Dublin Virtual Social club Donegal Virtual Café	2pm – 3pm 2pm – 3pm
Tues 29 th	Clare Virtual Social Club	2pm – 3pm
Wed 30 th	Mindful Melodies Social Club Cork Virtual Social Club Longford/Westmeath Virtual Café	1:30pm - 2:30pm 3pm – 4pm 7pm – 8pm

For more information, or to request an invite to any of the above please email Jamie Sherlock-Walsh at: Jamie.SherlockWalsh@alzheimer.ie









Upcoming Guest Speakers for June Virtual Cafés

Meath Virtual Cafe - Wed 2nd of June at 11am:

Speaker: Danielle Keogh (ASI Project Manager) speaking on "Engaging Activies for Persons Living with Dementia"

Louth/Monaghan Virtual Café - Tues 8th of June at 4:30pm

Guests: Author Dawn Staudt, writer of "From the Heart of a Caregiver -Poems and Perspectives", and musician Zoe Conway

Donegal Virtual Café - Mon 28th of June at 2pm

Speaker: Bernie Leahy from NCBI speaking on "How to Support Older Adults who are Visualy impaired"

Longford/Westmeath Virtual Café - Wed 30th of June at 7pm

Speaker: Geraldine Jolley from Sage Advocacy
Support and advocacy service for vulnerable adults in Dublin and Ireland

Persons from any location are welcome at all cafés. For more information or to request an invite please email: Jamie.SherlockWalsh@alzheimer.ie



Local Updates



Wexford Age Friendly | Wexford Stories & Happy to Chat Benches

'Wexford Stories' is a Creativity in Older Age project funded by Creative Ireland that draws on the imagination of older people in Wexford through engaging them in the tradition of storytelling -a



practice that connects people through places, culture, and history. This four-part radio programme, running on Thursday nights at 8pm for the month of June, will include local storytellers who will inform, entertain, and present stories from across Co. Wexford. Incorporating the sense of place within the stories provides an additional link for the listener, if they are familiar with the area being discussed. Listeners will not only get the opportunity to listen to the stories, but they will be encouraged to get creative themselves and to re-share a story from the programme to keep the art of storytelling alive across Co Wexford. Wexford Stories - in





association with Creative Ireland, Wexford County Council and South East Radio.



March saw delivery of specially commissioned 'Happy to Chat' benches for placement in the five towns across County Wexford, funded under the Keep Well campaign. The 'Happy to Chat Bench' initiative started in Cardiff in 2019 and has since spread across the world. The benches

identify that someone is open to engagement and benches around the world carry the same sign: 'Happy to chat bench. Sit here if you don't mind someone stopping to say hello'. The benches are effectively an invitation to engage with a stranger and it is hoped that they will help to reduce loneliness and isolation in our towns. Each County Wexford bench is three metres in length to allow engagement in a socially distanced way. They include a 'Happy to Chat' sign and have distinctive Healthy Ireland colouring to help them stand out. Their design is in line with Age Friendly guidelines and include a one arm design to allow for wheelchair access. Level five restrictions impacted on bench placement in their final locations and promotion of the benches for the chat activity. However, easing of restrictions now allows this to progress. Due to the initial feedback and response we have already moved to phase two which will see a further three benches being placed across the county.



Fairview/Marino Tuesday Club – "Memories and Musings"



While the Tuesday Club was unable to meet since the start of the lockdown in March 2020, they began a writing project in order to stay in touch with each other. They put together a document called 'Memories and Musings'. Check out the latest edition HERE - a great

insight to life in Marino Fairview and Dublin city over the decades.

Memories and Musings

from members and friends of the Fairview Marino Tuesday Club









Athboy becomes an Age Friendly Business Town

On Monday the 31st of May, Businesses in Athboy came together to help launch the Age Friendly Business recognition scheme in the town. The launch coincided with the official opening of the new Medical Centre which is now home to the local doctor's surgery, dentist, physiotherapist, opticians, and lots more.

Cathaoirleach of Meath County Council Cllr David Gilroy officially launched the scheme along with Sean Boylan, Meath Age Friendly Business Ambassador. It was also a great day for Padraig Staunton, owner of the Medical Centre.



The Age Friendly programme works with persons aged 55 years and upwards. With Ireland's population growing, and people living longer, healthier lives this is putting a greater demand on our services. Did you know that there will be more than 1.5 million older people 65 years plus by 2051 living and shopping in Ireland and this is growing? Older people account for up to 50% of consumer spending. They have the time, they like to shop, and they are loyal customers. If you make your consumer experience pleasant for them, they will return time and time again.







Becoming an Age Friendly Business is simple to achieve. It can be low cost, or no cost and it opens up new business for you by enticing more older persons to shop locally. You can do simple things to make your business more Age Friendly by having a chair available, or even a pair of reading glasses or simply taking the time out to chat with your older customers.

This launch is timely and a great way for Athboy businesses to welcome back older customers to the town again following the lifting of further restrictions.

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!

International Updates



IFA Global Cafe | In Conversation with Dr Gillian Einstein on "How Gender and Cultural Issues (both societal and biomedical) Affect the Cognition and the Brain"









The International Federation on Ageing held a Global Cafe event earlier today called - In Conversation with Dr Gillian Einstein on "How Gender and Cultural Issues (both societal and biomedical) Affect the Cognition and the Brain". A recording of this event will be available on the Federation's website https://ifa.ngo/



New courses and languages on OpenWHO this month

New courses launched

We are pleased to announce the following COVID-19 courses:

- Prevention, identification, and management of infections in health workers in the context of COVID-19: This course will highlight the epidemiology and risk factors associated with health worker infections with SARS-CoV-2; review measures that can be put in place to reduce risks; support identification of infection in health workers and review strategies for managing health workers to safely return to work post-infection.
- <u>Clinical management of patients with COVID-19: Initial approach to the acutely ill patient</u>: The aim of this training is to prepare and support health providers as they provide emergency care to seriously ill patients.
- <u>Transmission-based precautions</u>: This course will cover the main modes of transmission; what precautions can be used to stop the spread of COVID-19 and what personal protective equipment is required when caring for patients.

Coming soon

• Standard precautions: The role of personal protective equipment: In this training, you will explore the role of personal protective equipment (PPE); explain how to use PPE correctly and appropriately; identify types of PPE and how to safely put on, use and remove PPE.

New translations

The following 15 translations for COVID-19 have been launched this month:

- IPC Leadership in French
- Introduction to COVID-19 in <u>Tamil</u> and <u>Haitian Creole</u>
- Intra-Action Review in Arabic, French, Portuguese, Spanish, and Russian
- Occupational Health and Safety in Indonesian
- National Deployment vaccination planning in <u>Spanish</u> and <u>Arabic</u>
- Guidance on mask use in <u>Albanian</u> and <u>Macedonian</u>
- Clinical care SARI in Sinhala
- Mass gatherings in French.

We are pleased to announce that OpenWHO now has 34 courses on COVID-19, spread across 49 languages. All courses for COVID-19 can be accessed here. You can use the toolbar to filter courses by language. You can also access our catalogues which shows all courses and languages available for COVID-19 and other health-related topics here.



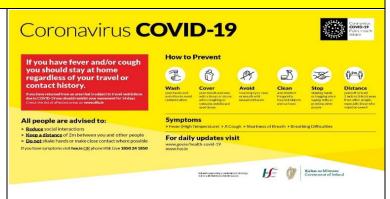




Important Tips

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



Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: 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

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





