



## National Updates

### Wexford Telehealth Pilot Project Launch

Wexford County Council & Age Friendly Ireland are delighted to invite you to join us virtually for the Joint Ministerial Launch of the Wexford Telehealth Pilot Project live from Clayton Whites Hotel, Wexford **today at 1.00pm.**

You will need to register beforehand to attend, please click [link here](#)



**Wexford Telehealth Pilot Project | WIT  
Research Report Launch**  
Friday 10<sup>th</sup> December 2021 at 1.00pm

Age Friendly Ireland & Wexford County Council  
*invite you to join us virtually for the formal launch by*  
Mary Butler, TD, Minister of State for Mental Health and Older People  
*of the*  
**Evaluation Report of the Wexford  
Telehealth Pilot Project**  
*This will be a blended launch streamed live from Clayton Whites Hotel,  
Wexford*  
[Register HERE](#)

Logos on the left include: Age Friendly WEXFORD, Gríoga Ospidéal Clárúair na hÉireann, Ireland East, UCD, HSE, Tunstall EMERGENCY RESPONSE, National Clinical & Integrated Care Programmes, Waterford Institute of Technology, Age Friendly IRELAND, and Wexford County Council.

In addition to the official launch by Minster Mary Butler, TD, through this online launch we will host a range of speakers including Catherine McGuigan, Chief Officer, Age Friendly Ireland, Cllr Barbara Anne Murphy, Cathaoirleach, Wexford County Council, Tom Enright, Chief Executive, Wexford County Council, Dr. Suzanne Denieffe, Head of School of Humanities at Waterford Institute of Technology, James Doyle, Managing Director, Tunstall Emergency Response Ltd, Kevin Molloy, Chairperson, Wexford Older People's Council, Derval Howley, Head of Health & Wellbeing HSE CHO5 area.

REGISTER NOW for A SPOTLIGHT ON AGE FRIENDLY IRELAND | POLICY TO PRACTICE |  
WEBINAR 2 – COMMUNITY SUPPORT & HEALTH SERVICES



INVITATION TO:  
**A SPOTLIGHT ON AGE FRIENDLY IRELAND**  
POLICY TO PRACTICE

REGISTER HERE



WEBINAR 2 | 14TH DECEMBER 2021 | 12.00 - 2.00pm

**COMMUNITY SUPPORT & HEALTH SERVICES**

**SPEAKERS**



**Pat McLoughlin**

Chief Executive Officer,  
The Alzheimer Society of Ireland



**Asma Alkhudari**

Director of the Executive Office of  
Higher Committee,  
Age Friendly Sharjah



**Dr. Emer Coveney**

National Programme Manager,  
Age Friendly Ireland



**Alice Corbett**

Regional Programme Manager,  
Age Friendly Ireland



**Dr. Noel Caffrey**

Chief Executive Officer,  
ExWell Medical



WHO Global Network  
for Age-friendly Cities  
and Communities



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meath county council

To register and for more information [click here](#)



Rialtas na hÉireann  
Government of Ireland

**Our highlight communications updates for you from this week are:**

- COVID-19 is still spreading in our communities. Vaccines are proven to be your best protection against serious illness from COVID-19, alongside the day to day protective measures we all need to keep in mind - clean hands, masks, leaving space.



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County and City Management Association



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

- **If you have symptoms of COVID-19, self-isolate and get a PCR test.** Please do this even if you are part or fully vaccinated against COVID-19. You can find more information [here](#).
- If you're regularly in high-risk environments, and you don't have symptoms of COVID-19, the advice is to use **antigen tests** twice a week. If you do have symptoms, please don't use an antigen test. Please find more information [here](#).
- If you are a **close contact of a person that tests positive for COVID-19**, please find guidance [here](#).
- **COVID-19 vaccine boosters:** People aged 60 or over and healthcare workers are currently being offered a COVID-19 vaccine booster dose. You need to wait at least 5 months after your second vaccine dose before you can get a booster. If you had the single-dose Janssen vaccine, you need to wait at least 3 months. If you have had COVID-19, and you're due to get a booster vaccine dose, you'll need to wait until around 6 months after your positive test result. People with an underlying health condition have started to receive their booster, and over 50s will be next. Read more about [COVID-19 vaccine booster doses here](#).

#### Public Health Measures

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

#### Walk-in clinics for dose 1 and dose 2, and booster vaccines for healthcare workers and people aged 60-69

The HSE is operating some walk-in clinics for dose 1 and dose 2, and booster vaccines for healthcare workers and people aged 60-69. You must wait at least 5 months after your second vaccine dose before you can get your booster. If you had the single-dose Janssen vaccine, you must wait at least 3 months.

See times and locations of the walk-in vaccination clinics [here](#).

#### COVID-19 Testing - Online Booking System

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

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

#### COVID-19 Vaccination Programme

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

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





Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



## HSE Health and Wellbeing, Staff Christmas Concert 2021



Join us on the 21<sup>st</sup> of December for the HSE Health and Wellbeing, Staff Christmas Concert. All are welcome to this free online event which you can register for [here](#).

We would really appreciate your attendance at what promises to be a very special event, which will see performances from HSE Staff Choirs and special guests, all performing to create some festive cheer for us all.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Launch of Bereavement and grief information and signposting campaign

The HSE has launched a number of supports to help people who have been bereaved. The global COVID-19 pandemic has had a major impact across the globe on our experiences of death, dying and bereavement. The way the virus spread, the restrictions imposed on travel (domestic and international), visits to healthcare settings; visits to residential and nursing homes, house visits, funeral arrangements – all impacted on death, bereavement and grieving.





Working with Irish Hospice Foundation and a range of partners, the HSE is promoting supports and services for people who may be struggling and dealing with issues responding to loss – and people trying to support those bereaved.

#### The supports include:

- Dedicated pages on [HSE.ie](https://www.hse.ie)
- Ongoing funding of the **National Bereavement Support Line (Freephone 1800 80 70 77, 10am to 1pm)**
- Hospital resource packs
- Commitment to funding five hospital-based Bereavement Liaison Officers to support bereaved families.



#### Key messages:

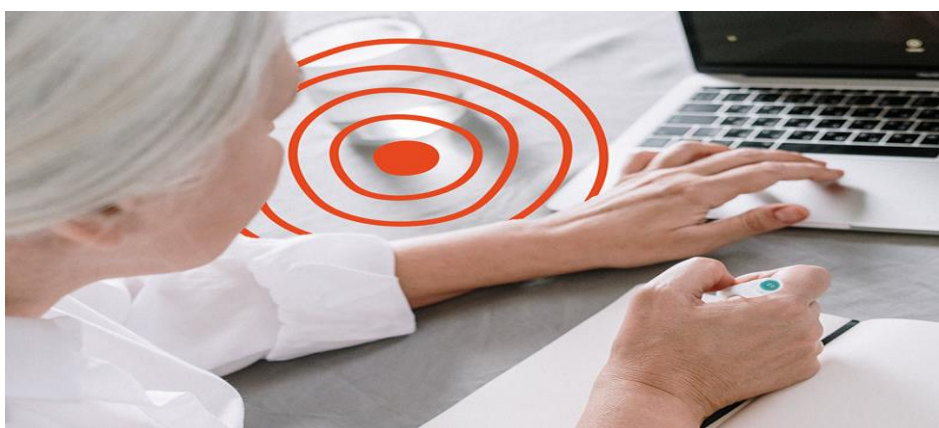
1. Grief is a natural process which occurs after a bereavement or other types of loss.
2. Grief experiences are different for everyone. There is no right or wrong way to grieve.
3. There are not five stages of grief, it ebbs and flows. Some feelings might come occasionally or catch you by surprise. Others might be more persistent.
4. There is no time limit to grieve - it takes the time it takes.
5. There are lots of ways to people can develop their own personal coping strategies.
6. There is no hierarchy of grief. Grief is not time sensitive and it can trigger other grief.
7. The Covid 19 Pandemic has made grieving more difficult for bereaved people. Bereaved individuals and families may not have their usual expected supports through bereavement, this is especially important considering older people that were cocooning and unable to visit loved ones.
8. If your grief feels continuous for a long time, and your feelings get harder to cope with over time (rather than gradually easier), it is important to seek professional support and advice. Talk with your

GP about how you are feeling - especially if your feelings get harder to cope with over time or if you feel prolonged agitation, depression, guilt or despair.

**The National Bereavement Support Line 1800 80 70 77 is available from 10am to 1pm, Monday to Friday.** It provides a confidential space for people to talk or get support about bereavement.



## Decade of Healthy Ageing Update



- **1-2 December (recording available):** [Ministerial Conference on Demographic Resilience - Shaping Europe's Demographic Future \(UNFPA & the Republic of Bulgaria\)](#)
- **3 December:** [International Day of Persons with Disabilities](#)
- **7 December:** [PAHO/ITU/WHO webinar on the role of digital technologies on ageing and health](#)
- **10 December:** [Human Rights Day](#)
- **12 December:** [International Universal Health Coverage Day](#)
- **20 December:** [International Human Solidarity Day](#)

## Catch up on the International Federation on Ageing's 15<sup>th</sup> Global Conference

The banner for the ifa 15th Global Conference on Ageing, held from 9-12 November 2021. Below the banner are four topic tiles, each with a photograph of an elderly person and a text label: "Older people and pandemics" (with a woman in a headscarf), "Ageism" (with an elderly man), "Age-friendly cities and communities" (with a woman), and "Long-term care" (with an elderly woman). A tile for "Primary health care" is also visible with a man's photo.

The International Federation on Ageing held its [15<sup>th</sup> Global Conference on Ageing](#) between 9-11 November 2021. The conference had an exciting



programme structured entirely around the [UN Decade of Healthy Ageing's plan of action and framework](#), including the four Decade action areas.

For those who were unable to attend the conference virtually or in person, the [Decade's official Twitter account](#) live tweeted key messages and related resources from parts of the programme. Access them below to catch up on the conversations:

- [Age-friendly Communities Summit](#)
  - [Master Class on Ageism](#)
  - [Opening Plenary on the UN Decade of Healthy Ageing](#)
  - [Workshop on the Decade's VOICE Participatory Video project](#)
- [Workshop on person-centred care for older people](#)

## Digital Academy Forum Q4 2021, "Advance Digital Innovation"

If you missed or want to rewatch our Digital Academy Forum Q4 2021, "Advance Digital Innovation", don't worry here is our playback!

We hope you enjoy the high-quality speakers and topics covered, as we definitely did.

Stay tune for our next events / announcements (Twitter @HSE\_DA & LinkedIn <https://www.linkedin.com/in/hse-digital-transformation>)

Recording: <https://www.youtube.com/watch?v=RnRJHJMHoIE&feature=youtu.be>

For More Information: <https://hsedigitaltransformation.ie/news/playback-digital-academy-forum-q4-2021>

**Stay left, Shift Left**

**HSE Digital Transformation**

**Digital Academy Forum Q4 2021**

Start	Finish	Topic	Speaker	Company / Organisation
2.00pm	2.15pm	Welcome/Digital Health Leapfrog Strategy	Martin Curley	HSE DTI director
2.15pm	2.30pm	Collaborating on Digital Health	Leo Clancy	CEO Enterprise Ireland
2.30pm	2.35pm	EIT Health & HSE collaboration	Jan-Philipp Beck	CEO EIT Health
2.35pm	2.55pm	DMHG Vision for the Future with MRHT as a digital exemplar	Trevor O Callaghan / Catriona McDonald	CEO, DMG / GM, MRHT
2.55pm	3.10pm	Public Sector Innovation	Barry Lowry	Gov CIO
3.10pm	3.15pm		Coffee Break	
3.15pm	3.30pm	NHSx - HSE DTI collaboration, DTAC	Breid O'Brien / Rhod Joyce	Deputy Director of Digital Health/ Deputy Director of Innovation Development, NHSx
3.30pm	3.45pm	HSE DTI- SFI / TCD Adapt collaboration	Declan McKibben/Martin Curley/Vinny Wade	CEO, Exec Director, Adapt & HSE DTI Director
3.45pm	4.00pm	EPR - Project Synergy	John Kelly/David Wall	D-CEO, CIO TUH
4.00pm	4.15pm	Digital Pharmacy Living Lab	Niamh Lynch / Breedge McTigue	Navii/CarePlus
4.15pm	4.30pm	Wexford Telehealth Living Lab	Catherine McGuigan / Suzanne Denieffe	CEO Age friendly Ireland & MeathCoCo
4.30pm	4.45pm	Advancing Digital Health	Muiris O'Connor	Assistant Secretary General, Dept. Health



Join us on Facebook  
every day until Christmas



for

Age & Opportunity Movement Minutes

Active Advent Calendar

1st - 24th December at 11am



#AgeandOpportunity

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



**National Transport Authority - Connecting Ireland information.**

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

#### Background

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

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

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

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



In early 2022 they will be analysing the feedback received from the public consultation. The NTA will issue a report once this process is finalised. While they are still in the process of finalising proposals just now, rollout of new and improved services will happen on a phased basis from 2022 to 2025.

### Consultations with the Public

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

SCAN ME



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

Each county will have its own section. Look for your county on the map and click on it. You will be able to see the tangible ways in which your public transport services will be enhanced as Connecting Ireland is implemented. You can also respond to surveys and leave comments and suggestions to help to improve the nature and timing of their programme.

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

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

## Local Updates



# UPCYCLING Christmas Challenge 2021

Have some fun creating a new Christmas decoration out of waste that would normally end up in your recycling bin or your general waste bin and be in with a chance to win a Gift Card



### HOW TO ENTER:

1. Take a "before" photo of the waste materials used to create your Christmas decoration of choice;
2. Take an "after" photo of your new Christmas decoration;
3. Enter your before and after photos at <https://yoursay.clarecoco.ie/clare-s-christmas-upcycling-competition>.

### THE PRIZES!

The winners will receive a Gift Card:

- 1st Prize: €150
- 2nd Prize: €100
- 3rd Prize: €50

Closing date: 21st December 2021

The winner will be announced on Clare County Council facebook page on the 23rd December 2021



Healthy Clare



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County and City Management Association

This Christmas Greener Clare and Healthy Clare have joined together in promoting a Green Christmas. Christmas time is a time of year where lots of waste is created. By being creative and looking at different ways to keep items in use longer, through reusing, repairing, repurposing and upcycling, is good for both the environment and our own well being.

Have some fun creating a new Christmas decoration out of waste that would otherwise be placed in a recycling bin or general waste bin by participating in the Upcycling Christmas Challenge 2021.

This competition is for everyone, of any age. There are three prize categories and each category winner will receive a Gift Card.

First place winner will receive €150, Second place €100 and Third place €50! These gift card prizes are sponsored by the Age Friendly Clare, Healthy Clare and Greener Clare.

To participate please visit <https://yoursay.clarecoco.ie/clare-s-christmas-upcycling-competition> and submit your details along with the “before” photo of the waste materials and the “after” photo of the Christmas decoration created.

For more information, please email [UpcyclingChallenge@clarecoco.ie](mailto:UpcyclingChallenge@clarecoco.ie)  
The closing date is the 21<sup>st</sup> December 2021. The winners will be announced on Clare County Council Facebook page [www.facebook.com/clarecountycouncil/](http://www.facebook.com/clarecountycouncil/) on the 23<sup>rd</sup> December 2021.

### St. Bridgets Day Care Centre



Sean Kinsella from St. Bridgets Day Care Centre, Wexford Town and member of Wexford Older Peoples Council recently hosted transition year students from Wexford’s Presentation Secondary School who painted murals on the centre’s entrance wall and the students also sent the older people a handmade activity book which was beautifully presented including letters from fifteen of the students to the older people who were delighted to receive these and responded to each of the letters.



Overall it was a beautiful gift to give and receive. The students are now working on Christmas cards to send to the Day Care Centre.



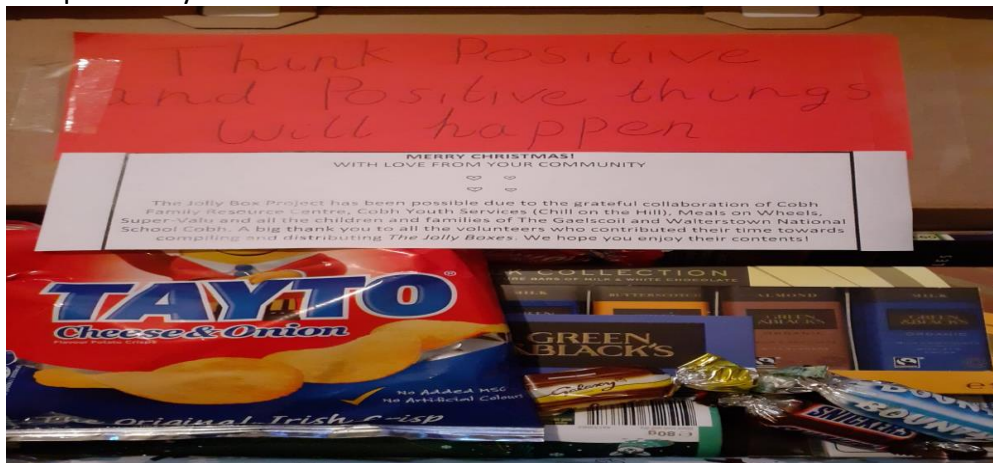


## The Jolly Box Project

Sineád Rose, Community Development Worker with The Cobh Family Resource Centre and in collaboration with the people and families of Cobh spearheaded The Jolly Box Project for Cobh, which is one of Cork County's eight Age Friendly Towns.



Lots of business premises donated goodies, gifts, wrapping etc and local children make cards, drew pictures and wrote poems for inclusion. 89 boxes were created. 50 were distributed to clients of Meals on Wheels, 23 were delivered to the hospital and 16 were given to individuals living independently.



Sineád hopes to make the project bigger and better next year and Cork County Council Age Friendly hope that other Age Friendly Towns in County Cork and beyond will follow suit!







## Private Rightsizing Scheme Private Rightsizing Scheme At Mungret Gate – Two-bed Apartments Available.

Limerick City and County Council has developed a policy where persons over the age of 55 who own their own home, and who find their dwellings too large for their needs, may request the Council to purchase their home in return for a lifelong tenancy in a managed Older Persons Scheme.



- Are you aged 55 or over, and own your own home?
- Do you find that your home is too big for your needs?
- Have your children left home?
- Do you want to reduce the running costs of your household?
- Do you want to move to a managed community for Older Persons?
- 

The private rightsizing scheme is a voluntary scheme, which means that you do not have to move unless you choose to do so. Our aim is not just to help people wanting to transfer to a smaller home but to release properties that are in high demand for families that need them most.

Jillian Robinson the Local Coordinator Healthy Age Friendly Homes Programme, has been linking in and sending information packs to participants from our programme interested in rightsizing.

If this is of interest to you, [click here to read the full article and learn more.](#)

## 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 Mr Simon Bottery on "Long-term Care in England: Problems, Visions and Reform".



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Mr Simon Bottery on "Long-term Care in England: Problems, Visions and Reform".

A recording of this event will be available on the Federation's website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>

## Important Tips

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

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

**Coronavirus COVID-19**

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

**How to Prevent**

- Wash:** Wash hands well and often to avoid contamination.
- Cover:** Cover mouth and nose with a tissue or sleeve when coughing or sneezing and dispose of used tissue.
- Avoid:** Avoid close, face-to-face contact with anyone who is unwell.
- Clean:** Avoid contact with surfaces that other people have touched.
- Stop:** Stop shaking hands, hugging, kissing, or sitting on the same seat as someone who might be unwell.
- Distance:** Stay at least 2m away from other people, especially those who might be unwell.

**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

**Symptoms**

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

**For daily updates visit**

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

## Useful Contacts

**Age Friendly Ireland Shared Service Office** Telephone: 046 9097413  
Or Email: [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