

National Updates



Virus reproductive rate remains stable for fourth week

The Minister for Health Simon Harris has said the reproductive rate of the coronavirus has remained stable at around 0.5. Speaking in the Dáil, Minister Harris said the number is now between 0.45 and 0.63. He said for four weeks in a row the number has remained significantly below one. The Minister said the sacrifices that have been made have pushed Covid-19 back, but he said, it has not gone away. Read the full updated [here](#)



Resources to those living with long-term health conditions during Covid-19

People living with long-term health conditions may be more at risk of serious illness if they get coronavirus and need to take extra care to protect themselves (further information available [here](#)). It is also really important that they continue to manage their long-term health condition(s) at this time. The HSE have launched a leaflet 'Minding your Long-term Health Condition during Coronavirus (Covid-19)' - see [sample from CHO2 area](#). This leaflet provides practical and clear information to support people to manage their long-term health conditions and to stay well.

This resource was developed by the National Self-management Support Programme and approved by the National Clinical Care Programmes for Diabetes, Respiratory and Heart Failure and by the Health Protection and Surveillance Centre. Each key message is supported by a helpful tip and signposts to other resources available at this time.



Reminder: DCU Age Friendly University Intergenerational Art Competition

To mark the **EU Day of Intergenerational Solidarity (29th April)** which celebrates intergenerational engagement, DCU, Age Friendly University, are calling on people aged 5 - 18 to make a drawing or a poster showing intergenerational engagement - this could be a picture of you all doing something together on a holiday or just sharing time together. It has to show young and older people together and include a little explanation. The closing date is May 31st, 2020. Click [here](#) to enter.



International Organisation for Standardisation (ISO) Ageing Societies Online Forum

On the 27th May 2020 the Agile Aging Alliance is bringing together 40 cross-sector experts and thought leaders, in a united effort to flesh out a new ISO standards framework, which aims to:

Accelerate construction of a new breed of Age-friendly housing in ‘smart’ socially supportive multigenerational neighbourhoods, employing innovative technologies, business and service models, to improve health and wellbeing and reduce the financial burden on Citizens and State.

This online forum will be the first opportunity to deepen the understanding what the framework should focus on. You can register [here](#) to join sector experts and thought leaders, and become part of the story to shape this important new standards framework.



Ringmaster Tom Duffy recovers from coronavirus at 91

One of the country's top circus ringmasters and owners has recovered after a month-long battle with Covid-19. Tom Duffy, who runs Duffy's Circus and who recently turned 91, had a slight infection and was tested for the virus as precaution but was found to have it. The circus, which dates back to 1870 and has one of the oldest big tops in the world, was set to open in Galway in March, but was put on hold due to the pandemic. Read the full story [here](#)



‘Get creative’: Helen Cody’s guide to making a fabric face mask at home

The Irish fashion designer Helen Cody has created a [video guide](#) to making masks at home, with a printable sketched pattern for cutting out the shape required. Helen advises people to use fabrics with a high thread count, as they provide a higher degree of filtration. In her guide, she recommends using two layers of fabric, with an elastic strap of ties made from ribbon.

Click [here](#) for the full details including what you will need and a copy of the pattern to use.



INSIGHTS Virtual Lectures: Ageism and age stereotyping during COVID-19 by Professor Thomas Scharf

As the COVID-19 crisis unfolds, older people – as a population group judged to be at heightened risk of infection and premature death – have become a major focus for policy makers, media commentators and community action. However, responses to the crisis have also been characterised by ageism and a reinforcement of negative representations of ageing and later life. This lecture given by Professor Thomas Scharf, Professor of Social Gerontology at Newcastle University, considers key consequences of society's response to COVID-19 for older people and solidarity between generations. Watch [here](#) at 5.30pm this evening followed by a questions and answers session.

Local Updates



Galway GAA legends 'On Call' during COVID-19 crisis

Paul Byrnes, former Executive Editor of GAA with RTE Sport and a native of Oranmore together with the Community4You 'Community Champion' for Galway City, Brendan Mulry from EQUAL Ireland have come up with an initiative to make a difference. A number of Galway hurling and football legends including 3-time All-Ireland winning manager Cyril Farrell, All-Ireland winning captain Ray Silke and 2-time All-Ireland winning manager John O'Mahony have all very kindly made themselves available to talk to GAA fans over the next few weeks who are cocooning.

If you would like to receive a call from one of these legends or would like to arrange a call on behalf of a family member or friend just contact 'Community Champion' Brendan Mulry on **087 2194243** or email brendan@equalireland.ie who will arrange the calls over the coming weeks.



Leabharlanna agus Cartlann
Libraries and Archive



New home delivery library service for people cocooning in Dublin City

Dublin City Libraries, in partnership with the **Dublin Volunteer Centre** are delighted to announce the launch of a book delivery service for people who are cocooning. If you or your loved one are cocooning and would like to avail of this service, library staff will take your request and organise the delivery of the items to your home, with the help of volunteers from the Dublin Volunteer Centre. See [photos](#) of recipients and one of the volunteers. All items are on long loan, there are no overdue fines or fees and access to the service is always FREE.

You can contact them by phone at **01 6744818** or by email at homedelivery@dublincity.ie between 10am and 2pm from Monday to Friday.

Click [here](#) for more information and a list of FAQ's

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 leavy@meathcoco.ie Information is one thing we can share right now!

International Updates



US restaurant gets creative with social distancing

A US restaurant is using **bumper tables** intended to separate customers and keep them 1.8m (6') apart, to meet local physical distancing guidelines put in place amid the coronavirus pandemic. The customised tables - basically inner tubes on wheels - are being tried out at **Fish Tales restaurant in Ocean City, Maryland**. Fish Tales is currently only open for takeaway, but the restaurant owners plan to use the bumper tables once they begin seating diners again. Check out the video [here](#)



Captain Tom Moore awarded knighthood for NHS fundraising

Captain Tom Moore is to be knighted for his fundraising efforts after a special nomination from the prime minister. The war veteran raised more than £32m for NHS charities by completing 100 laps of his garden before his 100th birthday in April. Captain Tom, who was given the honorary title of colonel on his 100th birthday, had initially set out to raise £1,000 for NHS charities by walking laps of the 25m (82ft) loop in his garden in Marston Moretaine, Bedfordshire. But he eventually raised £32,794,701 from more than one and a half million supporters. As an honorary colonel, his official title will be Captain Sir Thomas Moore under Ministry of Defence protocol. The knighthood, which has been approved by the Queen, was formally announced yesterday.

Important Tips

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

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

Coronavirus COVID-19



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

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

How to Prevent



Wash
your hands well and often to avoid contamination



Cover
your mouth and nose with tissue or sleeve when coughing or sneezing and dispose of used tissue



Avoid
touching eyes, nose or mouth with unwashed hands



Clean
and disinfect frequently touched objects and surfaces



Stop
shaking hands or hugging since leaving hotels or greeting other people



Distance
avoid at least 2 metres (6 feet) 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

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/health-covid-19
www.hse.ie

HEALTH OPERATIONS CONSULTANT DESIGN
www.hse.ie/health-covid-19



Riadas na hÉireann
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: 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 500 000
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