

National Updates

Age Friendly Ireland | Meath County Council and Sláintecare | Department of Health are delighted to invite you to join us virtually for the Joint Ministerial Launch of the **Healthy Age Friendly Homes Programme** live from the Solstice Art's Centre on Tuesday the 13th of July at 12pm (event running order attached)

There is no need to register beforehand – simply click [HERE](#) or on the invite below to join the event on the day

This event is open to all and we would be delighted for you to share this invitation with anyone who might be interested in joining us to launch this exciting new programme!

Join Us Virtually on...

Tuesday 13th July 2021 | 12pm | Online

Sláintecare | Department of Health *and*
Age Friendly Ireland | Meath County Council

*invite you to join us virtually from the Solstice Arts Centre, Co. Meath
for the formal launch of the*

National Healthy Age Friendly Homes Programme

by

Mary Butler TD. Minister of State, Department of Health
with responsibility for Mental Health and Older People
and

Peter Burke TD. Minister of State with responsibility for Local
Government and Planning

[Click HERE to join this LIVE EVENT](#)



Sláintecare.
Right Care. Right Place. Right Time.



An Roinn Sláinte
Department of Health



The **Healthy Age Friendly Homes Programme** is a new initiative, funded by Sláintecare, that aims to enable older people to continue living in their homes or in a home more suited to their needs, live with a sense of independence and autonomy, be and feel part of their community, and support the avoidance of early or premature admission to long term residential care. Over the next two years, it is anticipated that 4,500 older people will benefit from the support of this programme.

This new programme will be jointly led across 9 Local Authority areas, Cork County Council, Dublin City Council, Fingal County Council, Galway County & City Council, Limerick City & County Council, Longford County Council, South Dublin County Council, Tipperary County Council, Westmeath County Council.



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Public Health Measures

You can [find information here](#) about the public health measures in place.

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. More than 4.5 million vaccines have been administered in Ireland so far and 52% of adults are fully vaccinated. Over 70% of adults have received at least one dose. For updates and information on the vaccination programme please visit www.hse.ie/rollout.

Registration for people aged 30 to 69

Online registration for people aged 30-34 years old, for vaccination through vaccination centres, opened this week:

Wednesday July 7th – people aged 34

Thursday July 8th - people aged 33

Friday July 9th – people aged 32

Saturday July 10th – people aged 31

Sunday July 11th – people aged 30

Online registration for people aged 18-29 for vaccination centre appointments will open soon, as supplies allow. People aged 35 to 69 who have not already registered for their vaccine can still register online.

[Register online to get a COVID-19 vaccine.](#)

[Read the user guide for help with registering online.](#)

If you cannot register online, you can call the [COVID-19 helpline](#) at Freephone: 1800 700 700 to register by phone.

Vaccination for people aged 18-34

There are two vaccine options for people aged 18-34:

The [Moderna](#) and [Pfizer/BioNTech](#) vaccines are automatically available to everyone aged 18-34 who registers online. People aged 30-34 are now invited to register, and younger age groups will be invited soon.

People aged 18-34 can also opt for an [AstraZeneca](#) or [Janssen](#) vaccine. If you opt in, you may be vaccinated sooner, depending on supply.

The Moderna or Pfizer/BioNTech are the recommended vaccines for people under the age of 50. This is because of the very rare risk of unusual blood clots linked to younger people who get the AstraZeneca or Janssen vaccines. [Read information to help you decide which vaccine is best for you.](#)

People 18-34 can register online when their age group is called.

People aged 18 to 34 can also opt to receive a vaccine by booking an appointment with a participating pharmacy. More information and a list of participating pharmacies is on hse.ie.

AstraZeneca second dose vaccination

If you received a first dose of the AstraZeneca COVID-19 vaccine, you should get your second dose 4 to 12 weeks after your first dose. If it is almost 12 weeks since your first dose and you have not received an

appointment for the second dose yet, please contact HSELive on freephone 1800 700 700. People aged 60-69 should all receive their second dose by Sunday July 18th.

Online consent

When it's your turn to get your vaccine and after you have registered on the online system, you will receive a text message asking you to give consent online and answer some medical questions.

The text will also contain details on:

- which vaccine you are getting
- a link to the vaccine patient information leaflet

Your consent will be for this vaccine. Giving your consent online will make it quicker for you to sign in at the [vaccination centre](#). If you cannot give consent online, you will have to do so at your appointment. You cannot get your vaccine without giving your consent.

HSE COVID-19 test centres

You do not need an appointment or a referral to get a free COVID-19 (coronavirus) test at a HSE COVID-19 test centre. You can book online or go to a test centre during opening hours for walk-ins.

Book a COVID-19 test online

You cannot book online for someone else, unless you are booking for your child and they are under 16. You can show up without an appointment, but you may not have to wait as long if you book online.

You can only book a time slot up to the end of the following day.

[Book a test](#)

Who can get a test?

You can get a test if you:

- live in the same area as the walk-in test centre
- have not tested positive for COVID-19 in the last 9 months - only get another test if you have [symptoms of COVID-19](#)
- Children under 16 must have an adult with them if they are getting a test. A parent or guardian must give consent for a child under 16 to have a test.
- Tests are limited to 1 test per person.

Non-urgent advice: Talk to your GP if you:

- think you need a repeat test
- are worried about any [symptoms of COVID-19](#) you or your child may have

What you need to bring

- You need to bring photo ID and provide a mobile phone number.

Test results

You will get your test result by text message. Airlines will not accept this for travel. If you need a letter for travel, you need to have a negative PCR test from a private company. They will give you the letter you need to travel.

[Read about COVID-19 test results](#)

Locations and opening hours

Do not arrive at a test centre before the opening time. Test centres can be very busy, and you may have to wait. If you arrive near closing time and there is a queue, you may not get a test that day. Full list of locations [HERE](#)

HSE | Health & Wellbeing

The HSE has collated a series of health and wellbeing programmes and resources that are available online for free for the month of July. Click the link here for more. <http://ow.ly/p3tx50FonU7>

TAKE CONTROL WITH STRESS CONTROL
JULY 2021: Commencing Monday 5th July

EACH SESSION WILL BE AVAILABLE TO VIEW DURING THE FOLLOWING TIMES:

What is Stress?	9am, Monday 5th July (available until 11pm Wednesday 7th)
Controlling your Body	9am, Thursday 8th July (available until 11pm Sunday 11th)
Controlling your Thoughts	9am, Monday 12th July (available until 11pm Wednesday 14th)
Controlling your Actions	9am, Thursday 15th July (available until 11pm Sunday 18th)
Controlling Panicky Feelings and Getting a Good Night's Sleep	9am, Monday 19th July (available until 11pm Wednesday 21st)
Controlling your Future	9am, Thursday 22nd July (available until 11pm Sunday 25th)

www.stresscontrol.ie

hi HSE

Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go

to: <https://www2.hse.ie/coronavirus/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

You can find the [COVID-19 A-Z information here](#) from the HSE's Health Protection Surveillance Centre (HPSC).

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

You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#).

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



A Message from The Irish Cancer Society

Skin cancers are most likely to occur on skin that is exposed to the sun, such as your face or neck. If you notice any changes, or develop a sore that does not heal, speak to your doctor. Be #SkinSmart this Summer #SkinCancerAwareness <http://cancer.ie/skin>

BESKINSMART

Skin cancers do not all look the same. They can appear in a number of ways including any of the following:

- A small lump
- Flat, red spot
- Firm, red lump
- A lump or spot that is tender to touch
- An ulcer that will not heal
- A lump with a scaly or horny top
- Rough, scaly patches
- A new or changing mole



Driving Safely in the Rain

It's summertime in Ireland, and that means..... heavy thundery downpours!

If you are out on the road here are a few simple steps to reduce the risk of an accident in such circumstances.

- The first is obvious - and please do it regularly: check your wipers are in proper working condition.
- Check all your lights are working and that you are well lit up. Being seen is vital. **USE YOUR LIGHTS IN THE RAIN!!**
- Leave as much space and reaction time as possible between you and the car in front.
- If your car should 'aquaplane' (when water builds up and affects your tyres' grip) your steering will feel light and unresponsive. Don't brake, but slowly ease off the accelerator and slow down.
- If you hit a large area of built up water on the verge side, hold the steering wheel firm as it will tend to pull the car left.
- Once you're out of the water, dry the brakes before you need them. The best way is to lightly apply the brake as you drive along for a few seconds.



Ask the Experts

a new webinar series from SEAI

Ireland's homes, communities
and transport options are
changing for the better.

Be part of this national
movement towards a
low-carbon economy.

Learn how with SEAI.



SEAI are delighted to invite you to 4 very special 'Ask the Expert' webinars taking place throughout July that will cover all areas of home energy efficiency from BER to insulation, heat pumps and how to finance your upgrade. Sign up here: <https://seai.ie/asktheexpert/>

If you are looking to make your home more comfortable and warmer, while also reducing your energy bills, then this webinar series is for you. The first webinar took place yesterday with SEAI's resident BER expert Dara Stewart and BER Assessor and CEO of BERWOW, Michael Hanratty, answering questions about building energy ratings and how to improve yours. You can watch it back here <https://www.youtube.com/watch?v=4bHXAXhIhqc>

WEBINAR INVITATION

Launch of the HSE Social Prescribing Framework

By Mr. Frank Feighan, Minister of State with
responsibility for Public Health, Wellbeing
and National Drugs Strategy.

Date: 15th July 2021

Time: 11am - 12.30pm

REGISTER HERE





**Age &
Opportunity**

Incorporating **Age & Opportunity active**,
The National Sport and Physical Activity Programme
for Older People

**FREE
initiative
for over
50s**



FitLine

A friendly word to get you more active.

Free phone: **1800 303 545**

FitLine Volunteer Mentors make regular phone calls to people who would like to get more physically active.

"The mentors are so supportive and encouraging."

Agnes – Ardee, Co. Louth

"I have been with FitLine for a few years and it gives me a great lift to get a phone call every couple of weeks. They have good advice. I live on my own and I love having someone from FitLine ring me regularly."

Joe – Dublin

"FitLine gave me the push I needed to stop making excuses to get up and get active."

Anne – Cork City

"The last year has been difficult and lonely at times. Having that social connection FitLine provides, has been invaluable during this time, and the motivation and support are wonderful."

Bridie – Dublin

FREE
physical activity
DVD when you
sign up!

Why call FitLine?

Some find it easy to be physically active but for others it's not so simple. Perhaps you don't know what activity to do or you lose motivation. This is a difficult time for people worldwide as Covid-19 has forced us to change the way we live, but Age & Opportunity will continue to provide safe opportunities for people to be more active.

Our mentors are volunteer older people who understand the challenges of getting active. They'll give you information, advice and gentle encouragement to get moving.

How does FitLine work?

After you've made the first call, our mentors will arrange a time to ring you every two weeks until you're happy with your progress.

Is there a cost?

No. This is a completely free service for people over 50. It has already been a great help to lots of people who wanted to feel a bit healthier but just didn't have the confidence or information to go about it.

How do I find out more?

Free phone 1800 303 545 to learn more about FitLine or email fitline@ageandopportunity.ie

KEEP WELL



SPÓRT ÉIREANN
SPORT IRELAND



Rialtas na hÉireann
Government of Ireland



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association



Join us on Facebook
Monday 12th
Wednesday 14th
Friday 16th

at 11am for

Age & Opportunity
Movement Minutes

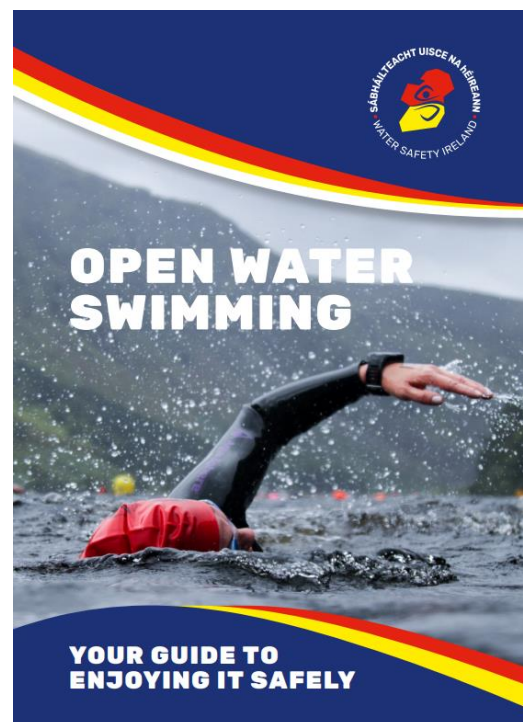


#AgeandOpportunity

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

A Message from Water Safety Ireland | Open Water Swimming

Open water swimming has both physical and mental health benefits for us all. Many people describe the feeling of intense satisfaction after plunging into cold water. It leaves the body tingling all over and helps clear the mind of worries and anxieties. Year-round swimmers are adamant that the sea has the potential to alleviate the effects of a number of physical ailments including arthritis, chronic pain and lots more. While open water swimming has both physical and mental health benefits for us all it is important to make sure you have the know-how you need to stay safe, by reading the Water Safety Ireland guide to swimming safely in open water. Read more [HERE](#)





Donegal County Council's Intergenerational Choir, Ceol Le Chéile, is delighted to launch its latest Zoom video – Here comes the Sun.

Ceol le Chéile was established in February 2018 with members aged from 7 years old to 90+ years from all over Co. Donegal including, Ballyshannon, Ballybofey, Glenties, Fanad, Inishowen, Letterkenny, Milford and everywhere in between! It is an initiative of the Donegal Age Friendly Strategy, which aims to provide opportunities for social participation for older people, and promote inter-generational, social inclusion and cross community activity, between all ages.

Covid19 and the lockdown in March 2020, prevented the choir from continuing with weekly practices at LYIT with Choir Director, Ms Veronica McCarron – However the choir members were anxious to continue with rehearsals, so weekly practice was taken online, via Zoom meetings. Online choir rehearsals are challenging and not completely conducive to singing together. However, with choir lessons recorded and posted to the Ceol Le Chéile private Facebook group to allow choir members to practice, prior to the weekly Zoom meetings the choir continued successfully. This was organised and set up, by our Choir Co Ordinator, Ms Kathleen Bonner.

In May 2020, the choir recorded 'Three Little Birds' as part of the Bealtine Festival for 2020. It was so successful, achieving almost 10,000 YouTube views, that Age & Opportunity invited Ceol le Chéile to record a video for the Bealtine Festival, in 2021. 'Here Comes The Sun', by Beatles member, George Harrison, was selected. The purpose behind this song choice, was the uplifting lyrics which complimented the sense of hope around the world, as countries near the end of the Covid pandemic nightmare.



Here Comes the Sun Ceol Le Cheile

Recording a Zoom video poses many challenges, both musically & technically, with the majority of the senior choir members having little previous IT technical skills. The recording of their performance was therefore a daunting task for many members. However, continuous support and clear instructions were given on portrait/landscape mode, body position, attire, lighting etc. Choir members were initially asked film a mimed performance to the vocal backing track. This allowed everyone to ensure they had the correct lyrics, syncopated rhythms, and engage facial & body energy. This is always important in a performance, but vital in a Zoom performance, where communication is so much more difficult. The final vocal performance was then filmed. This proved to be a great exercise, and resulted in the most engaging, confident, & animated performances from every choir member!

The project was a tremendous amount of hard work for all concerned, but so much knowledge was gained, on filming techniques, performing, lighting, and communicating with a virtual audience! And a great amount of FUN, SATISFACTION, & SELF ESTEEM, was experienced by one and all! Charles Sweeney, Donegal Age Friendly Programme Manager, speaking at the launch of the video, noted that it was a marvellous achievement to be able to retain the choir project during the restrictions when many of the members had to cocoon, and to move the activities of the choir online, and to support the choir members in doing so, meant that the group dynamic had been retained and they were able to continue to sing and record music.

Ceol le Chéile is a collaborative social inclusion initiative, led by Donegal County Council and supported by the HSE, Healthy Ireland, Creative Ireland, Letterkenny Institute of Technology and Local Link.

Watch "Here comes the Sun" <https://youtu.be/wOaPiQy5lz4>



Pictured at the Launch of the "Here Comes the Sun" Video by Ceol le Chéile are Charles Sweeney Donegal County Council, Veronica McCarron, Coral Director, Ceol le Chéile and Lisa O'Hagan , Social Inclusion Unit HSE.

Re-Opening of Day Care Centres in Wexford

Great news for older people in Co. Wexford as Day Care Centres are re-opening in line with recent public health guidance. Confirmed dates below:

1. Bunclody Day Centre- July 12th
2. Grantstown – Week of 5th July
3. St. Bridget’s Centre, Wexford – Week 1st July- 5th July
4. St. Louis- Ramsgrange – 5th July
5. St. Mary’s Tagoat- Week 7th July
6. St- Aiden’s- Opened
7. Raheen Day Centre - 12th July
8. Taghmon- 7th July
9. Enniscorthy - HSE- week of 28th June
10. Healthy living New Ross HSE - week 28th June

The balloons and welcome back signs were out at St. Louis Day Care Centre, Ramsgrange – pictured is Laura Rowe, Manager of St. Louis Day Care Centre and member of Wexford Older People’s Council Executive Committee.



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 Ms. Kimberley Hanson: Influencing Policy Around Diabetes



Diabetes Alert! Series | In Conversation with Ms. Kimberley Hanson
Executive Director of Federal Affairs, Diabetes Canada
July 15th, 2021 12pm Irish Time

[REGISTER NOW](#)

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** your hands well and often to avoid contamination
- Cover** your mouth and nose with a tissue or elbow when coughing or sneezing and discard used tissue
- Avoid** touching eyes, nose or mouth with unwashed hands
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands, hugging, kissing, sharing bottles or drinking water
- Distance** yourself at least 2 metres from any other people, especially those who might be sick

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

www.hse.ie/covid-19/your-travel

Riann na Míreann Government of Ireland

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