

National Updates

Our Athletes are working hard to maintain our great performance  
at this year's Olympics,

Keep it Going! 🙌



©:SPORTS/IIE 7 August 2021: Kellie Harrington of Ireland celebrates with coaches Zaur Anis, left, and John Conlan after defeating Singapore's Secoundee of Thailand in their women's lightweight semi-final bout at the Kokugikan Arena during the 2020 Tokyo Summer Olympic Games in Tokyo, Japan. Photo by Stephen McCarthy/Sportfile

Olympic Silver Medallist – Kellie Harrington (Boxing, Women's Lightweight)



10<sup>th</sup> Place for Andrew Coscoran on his Olympic Debut (Men's Semi, 1500m)



Natalya Coyle, moving into the final rounds (Fencing)



Riailtas 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 covid-19 vaccination continues to be given across the country. Over 6 million doses have been administered to date, with over 70% of the adult population fully vaccinated and 85% having received their first dose. Those who have not already are still eligible to register for the vaccine through the online portal, with walk-in vaccination centres providing another option.

## Walk-in vaccination centres rolled out

Over 30,000 first doses of the covid-19 vaccine were administered through the first weekend of the walk-in vaccination centres being open. 50% were aged between 16-17 while 64% were aged 19 or under. This is aided the approximately 2.1 million vaccines administered in just 6 weeks. Only the first dose of the vaccine can be administered at these walk-in centres, the second dose will be given at a vaccination centre nearby. Click below to see where centres are located:



comhairle chontae na mí  
meath county council





### [Find a walk-in vaccination clinic](#)

#### **Registration for 12 – 15-year-olds will open next Thursday, 12<sup>th</sup> August**

They will be offered an mRNA vaccine, [Pfizer/BioNTech](#) or [Moderna](#), which will protect them upon the return to schools later this month.

### **HSE to continue walk-in vaccination clinics**

The HSE will operate walk-in dose 1 COVID-19 vaccination clinics again this weekend (7 to 8 August). These clinics will be open to anyone in Ireland over the age of 16 who is not yet vaccinated.

You can attend one of the walk-in clinics and get your first dose of a COVID-19 vaccine and you can attend any of the participating vaccination centres around the country.

All COVID-19 vaccines are free of charge and will give you protection from COVID-19.

### **What to bring**

If you have already registered online, please bring a photo ID with you. ID can include one of the following: passport, drivers licence, garda age card, student/school id etc, but if your ID doesn't include your date of birth, please bring proof of your DOB (e.g., your Birth Cert).

If you are not registered online, we will have to register you at the vaccination centre. Please bring the following with you:

- Personal Public Service (PPS) number (if you have one)
- Eircode
- Mobile phone number
- Email address
- Photo Identification (passport, drivers licence, garda age card, student/ school id etc). If your ID does not have your date of birth, please bring a copy of your birth cert or some other documentation that has your DOB on it.

### **What vaccine will you be offered**



The [Pfizer/BioNTech COVID-19 vaccine](#) is the vaccine being offered at the dose 1 walk-in vaccination centres.

If you attend the walk in-clinic for dose 1, we'll send you an appointment for your second dose by text message to your phone.

### **Attending a Vaccination Centre**

[Please see a link to the timings and locations of the walk-in vaccination centres here.](#)

Please note timings in the designated vaccination centres will vary across locations. If you attend outside the designated walk-in times, unfortunately we will not be able to vaccinate you.

	<p><b>Getting your Pfizer second dose</b></p> <p>These walk-in clinics are for dose 1 only, we will send you an appointment for your second dose by text message. This appointment will be scheduled at a vaccination centre close to your home address. If you need to change this to a different location, <a href="#">call HSELive</a> to arrange an appointment at a different vaccination centre</p>
  	<p><b>New Decade Advocacy Brief on Social Isolation and Loneliness Among Older People</b></p> <p>A new UN Decade of Healthy Ageing <a href="#">advocacy brief on social isolation and loneliness among older people</a> has been jointly published by WHO, ITU, UN-DESA, and UN Women to mark the <a href="#">UN International Day of Friendship</a> (30 July).</p> <p>The advocacy brief reports four key findings:</p> <ul style="list-style-type: none"> <li>• Social isolation and loneliness among older people are <b>harmful</b></li> <li>• Social isolation and loneliness among older people are <b>widespread</b></li> <li>• Social isolation and loneliness among older people can be <b>reduced</b></li> <li>• A <b>3-point global strategy</b> is recommended to reduce social isolation and loneliness</li> </ul> <p>The brief can be used by policy makers and decision makers across sectors and countries to raise awareness of the issue and catalyse action. Infographics which summarise the brief's key findings in a digestible form are also available.</p> <p><a href="#">Find out more in the advocacy brief</a>  <a href="#">Access infographics and related resources</a></p> <p>Social isolation and loneliness among older people are serious issues that can only be fully addressed if stakeholders around the world share knowledge and experiences with each other and work together.</p> <p>Ready to take action? Access the <a href="#">Decade knowledge exchange Platform</a> and discover other organisations, peers, and the work they are doing to support older people to stay socially connected. Or, contribute your own experiences and expertise with the global community! New knowledge and resources are added every week.</p> <p><a href="#">Access the Decade Platform</a></p> <p><a href="#">What is the Platform?</a></p>

## The EU Innovation in Politics Awards 2021

The annual Innovation in Politics Awards is back for its fifth edition. Since 2017, politicians from across Europe who have shown the courage to break ground in combating today's problems have been celebrated.

Central to these projects are the European values of social balance, democracy, and human rights. Regardless of party affiliation or level of government, entries are judged on their merits and showcase how politics can effectively tackle the issues we face today.

Evaluated by a citizen's jury of over 1,000 Europeans, the work done by the finalists and winners are highlighted across nine awards categories: their work serving as an inspiration to others. There have been many Irish entries over the years, with the very best of luck to those taking part this year. We look forward to hearing about this year's finalists. The awards are to be held at a date and venue to be announced.

The best practice showroom offers a means to view exemplary political work that successfully tackles today's issues ranging from education to economy to covid-19 planning. It provides a hub of innovative strategies which are tried and tested within communities across Europe. All are invited to research and analyse some of these best practices in politics. The site can be filtered by year, political level and even country to view how these policies are being implemented at home as well as abroad.

<https://innovationinpolitics.eu/showroom/>



### ***Dublin South Kildare West Wicklow Health Promotion Dept of HSE, DCC & Naas Community Guards work together to reach out to Cocooner's during Covid.***

A recent strategic Alliance was established between:

- Beatrice Casserly, Age Friendly Ireland Regional Manager with DCC.
- Anne Flanagan DSKWW Health Promotion Dept.
- Garda Elaine Byrne of Naas Community Guards.

They identified an issue in the community particularly for dissemination of information to those who were cocooning. Together their goal was to reach out to older and more vulnerable members of the Community in Naas and wider Hinterland, to give them copies of the Age Friendly Alliance Newsletter. The Newsletter is free, and packed full of useful Information and health tips for this group, but not all members of the Community have access to internet, computers, and printers, so their Community Guard, Elaine Byrne, agreed to print copies of the Newsletter, and hand deliver to the doors of the Cocooners, while out & about in the Community of Naas. The delivery of the newsletter was well received. See pictures attached, of Jack, Tom and Veronica who were only too delighted to receive their copies.



### 10 Ways to Protect Your Brain Health During COVID-19

While we are all too aware of the impact covid-19 can have on our lungs, heart, and muscles, it is important to remember that our brain is not free from the damage which the virus can cause. From the AARP Global Council on Brain Health’s “[COVID-19 and Brain Health](#)” report, here are 10 ways in which you can protect your brain health:

1. Consider getting a vaccine as soon as you are able.
2. Stay physically active.
3. Maintain a balanced diet.
4. Stay socially connected.
5. Maintain a regular sleep schedule.
6. Stimulate your brain.
7. Don't put off necessary medical appointments.
8. Take care of your mental health.
9. Pay attention to signs of sudden confusion.
10. Monitor changes in brain health.

For access to the source used in obtaining this and to read up on the impact covid-19 can have on brain health, [click here](#).

### Calling for Volunteers or Staff Assistance at Aviva Mass Vaccination Centre

The volunteer stewarding programme at the Aviva Mass Vaccination Centre require individuals to aid with greeting and signposting the up to 4,000 people getting a vaccine daily. The centre is open 12 hours a day, 7 days a week and is busy getting through each person who comes through the doors. This is a great opportunity to support the community and making a real difference during this public health emergency. The role is for a minimum of 3 months and who require the volunteer to steward for 6 hours twice a week. Some requirements are that the volunteer is between the ages of 18-69, is fit and healthy and comfortable standing for hours at a time. If you or anyone you know is interested, [click here](#) for more information.

Please note: please do not apply if you have older or high-risk people at home or consider yourself to be high risk.



### The Irish Times: Ageing Ireland: “I don’t want to go to a residential home... the idea abhors me”

Ireland’s population is ageing. Although we have not yet reached the demographics of the likes of Italy or Germany, we are starkly unprepared for the prospect. This fact was made all too clear with the onset of the covid-19 pandemic in February 2020.

The prospect of living in a nursing home, while one still has the physical and mental capacity for independent living, is not an enticing one. Considering the conditions faced by residents within this care and the fact that a social worker has no right of entry to investigate a nursing home upon receiving a complaint from a resident, a lot of work is needed on a governmental level to prepare us for our future. Provided is the example of Annie Curbelo Lang, who, at 69, is still at work organising placements for third-level students. Her outlook is a preference for a “retirement complex”, where private accommodation would be provided as well as access to communal areas. A realistic and age-friendly strategy, community care would not come at the expense of independence.

The percentage of Ireland’s population aged 65 and over is 14.4%, this is projected to reach as high as 24.7% by 2050. The currently over 1.5 million people aged between 30-50 in Ireland today will steadily age in the coming years and will require some solutions to the current questions that are posed today regarding homecare and residential care. Attached below is the link to The Irish Times article which tackles these issues, providing stats, graphs, and quotes from some of Ireland’s leading voices on ageing and how the government plans to tackle what lies ahead.

Source: <https://www.irishtimes.com/life-and-style/health-family/ageing-ireland-i-don-t-want-to-go-to-a-residential-home-the-idea-abhors-me-1.4631927>

## It Doesn't Take a lot to Live an Active Life

Did you know that just 30 minutes of physical activity everyday can make all the difference to your health? Age & Opportunity is promoting this on a wide scale to the half of us who are currently not hitting that 30-minute mark.

This week marked Week 73 of Age & Opportunities Movement Week, where videos have been provided for their sessions on Monday 2<sup>nd</sup>, Wednesday 4<sup>th</sup>, and Friday 6<sup>th</sup> of August. [Click here](#) for access to this week as well as all previous weeks via a YouTube playlist.

## Age & Opportunities recently launched their 2021 – 2023 Strategic Plan

View the [Strategic Plan 2021-2023 here](#).



**Join us on Facebook**  
**Monday 9th**  
**Wednesday 11th**  
**Friday 13th**  
**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.



## Staycationing this Summer? Check Out Some Top Tips

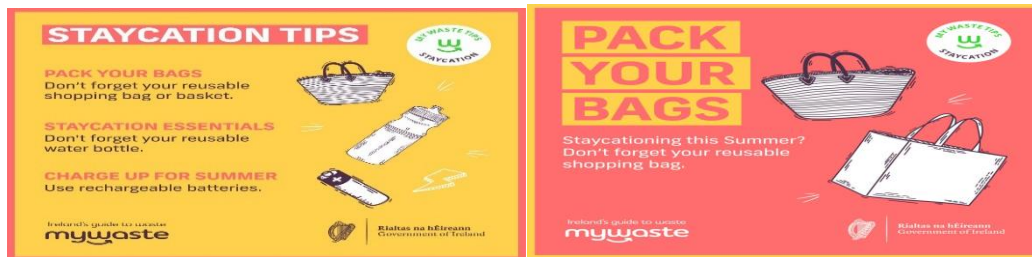


For the year that's in it, many of us will not look to go too far from home on our holidays and stay within our beautiful country.

Whether it be to view some of the glorious scenery out West or to take in some of the rich history that is well documented across the island or even to taste some of the fabulous dishes local to certain towns and villages, there is something here for everyone. If you are partaking in a staycation this year, we are delighted to direct you to MyWaste, who have put together some great tips for your travels this year.

Examples of this are using reusable products where possible such as water bottles, cups, cutlery, and condiments to reduce waste as much as we can and keep Ireland as green as we love it to be. As we are all enjoying ourselves on holidays, it can be easy to forget to keep up our own high standards of recycling by keeping food waste to a minimum, recycling our rubbish, and using rechargeable batteries if possible.

[Click here](#) to view more tips when staycationing this Summer, enjoy!



## How Retailers Can Cater to the Growing Over 50s Market



Action today for all our tomorrows

As our population ages, it is important for retailers to keep in mind the importance of ease of use for all who are purchasing their products. Regardless of physical ability, people should be able to purchase products suitable for their needs while not sacrificing any of the quality of that product. Ease of use is an incredibly important aspect for any customer and retailers should be providing this on a much grander scale.

Easy to use features include easy-pull or easy-turn controls that can be operated one-handed or with minimal effort; interaction points at user-friendly heights, such as eye-level ovens; and products designed to be easy to clean. The report says that people are spending more time than ever before in their homes and have become more aware of the problems or improvements needed. As retailers look ahead and aim to develop strategies to differentiate themselves in the market, they should focus on developing their inclusive product ranges, the report suggests. Retailers also need to improve the customer experience around such products, including better point-of-sale guidance and information to help over 50s consumers make informed choices about products that would best suit their needs.

[Click here](#) to access the article for stats and figures relating to how retailers can change their tact to better suit the needs of their customers.



## Free Online Workshops from Innovation Recovery

Innovation Recovery is offering several workshops across the month of August which are centring in on the importance of a healthy mind as well as a healthy body. Every day, people are fighting their own battles with self-esteem, anxiety and other aspects of mental health and these workshops are designed to provide ways to cope during these difficult times. The importance of mindfulness is focused on which will help to ground the thoughts of any who decide to take part.

**August COURSE TIMETABLE SOUTH HUB**

Tips for Anxiety	Tues 3rd	2.30pm - 3.00pm
Men's Health	Thurs 5th	11.30am - 12.00pm
Building a Healthy Self Esteem	Tues 10th	2.30pm - 3.00pm
Mindfulness	Fri 13th	11.30am - 12.00pm
Hope and Optimism	Tues 17th	2.30pm - 3.00pm
Models of Wellbeing	Thurs 19th	11.30am - 12.00pm
Chat and Connect	Tues 24th	2.30pm - 3.00pm
Chat and Connect	Thurs 26th	11.30am - 12.00pm

Call or email to book your space

Republic of Ireland 087 409 8630 Northern Ireland 078 8007 0709  
 innovation.recoverysouth@hse.ie

**FREE ONLINE WORKSHOPS**

COURSES DELIVERED VIA ZOOM

These are available to people in the counties of Sligo, Monaghan, Fermanagh, and Leitrim. Please see the timetable attached for the schedule of workshops which will be taking place. Call the number listed or send an email to [innovation.recoverysouth@hse.ie](mailto:innovation.recoverysouth@hse.ie) to book your place.



An Roinn Forbartha Tuaithe agus Pobail  
Department of Rural and Community Development

## Our Rural Future: Minister Humphreys Announces New €7 Million Fund to Enhance Streetscapes and Shopfronts in Rural Towns and Villages

Minister for Rural and Community Development, Heather Humphreys TD, has announced a fund of €7 million to support the enhancement of streetscapes and shopfronts in over 50 rural towns and villages, gov.ie has confirmed. Known as the Streetscape Enhancement Initiative, this is a major part of Our Rural Future which strives to make all our rural towns and villages as vibrant and attractive as they deserve to be. The goal is ultimately to make these places more enticing places to visit, work, and live in.

For a full breakdown of this announcement and undertaking, [click here](#) to access the full article including quotes from the minister and in-depth analysis on the use of this fund.



## Recruitment of Research Assistant

Maynooth University is recruiting a Research Assistant (up to 18 months) to support the evaluation of the Healthy Age Friendly Homes Programme | Phase 1



The Research Assistant will work with Professor Deirdre Desmond in investigating experiences and outcomes amongst participants in the recently established Healthy Age Friendly Homes pilot programme. Healthy Age Friendly Homes is co-ordinated by Age Friendly Ireland. It aims to support the health and well-being needs of older people living in the community through assessment of needs and co-ordination of access to a range of supports. The role will involve participant recruitment, quantitative and qualitative data collection, and supporting analysis and dissemination activities. The ideal candidate will have a minimum 2.1 honours degree in psychology or a social sciences discipline; prior experience of qualitative and quantitative methods; experience of working and communicating with older adults; and ability to communicate with research participants.

For full details of the role please see:

[Vacancies | Maynooth University](#)

## Local Updates



### Age Friendly Parking Wicklow

Well done to the Arklow Municipal District with the implementation of more age-friendly parking spaces in an area outside Rathdrum. A wonderful gesture to have them overlooking such a beautiful setting.



### Zoom Tutorials for Beginners

Dún Laoghaire-Rathdown are providing a series of videos for beginners who are just getting started with using Zoom as a platform for video calls. Zoom has been a great way for people to keep in touch with loved ones, attend online classes and courses, or just stop by for a chat. The ongoing

public health emergency has made this form of technology incredibly popular, so it can be difficult to be out of the loop when it comes to using it with ease and confidence.

Please find attached a link to the videos which will aide you or a loved one who may struggle with the platform or even just want to brush up your skills with I.T. Zoom has opened a door for many which was closed due to lockdowns and restrictions, but you can keep yourself and those dear to you safe while keeping in touch.



[Click here](#) to access the tutorial.



## Callout to Galway

Positive Ageing Week is an annual opportunity to highlight the positive aspects of ageing and celebrate the contribution older people have made and continue to make in their communities. Its central aim is to dispel negative perceptions of ageing and transform attitudes towards ageing and older people.

This year Positive Ageing Week takes place **from 27<sup>th</sup> September 2021 – 1<sup>st</sup> October 2021** inclusive.

At national level, events are organised and co-ordinated by Age Action and at local level, the various Age Friendly Programmes (which comprises local agencies and representatives of older persons), facilitate and organise a range of activities and events. These events can be organised by the local agencies or by libraries, local community groups, nursing homes, active retirement associations or individual older persons themselves.

After the difficult year endured by older persons due to cocooning and all its associated worries and anxieties and inability to take part in social activities, Galway's Age Friendly Alliance feel that it is more important than ever to showcase and celebrate our older persons and the contribution they make to their communities.

**Therefore, we have started preparing for a range of activities and campaigns to take place during Positive Ageing Week 2021 and would really like to get ideas and suggestions to ensure the whole week will be full of community activities and events which will truly celebrate positive ageing and all those of older age in our lives and neighbourhoods. Attached are our call out form(s) with further details included in same.**

We are looking forward to receiving your feedback and your ideas.

Kind regards,

Mary McGann & Linda Potter (Galway County Council), Caitriona Morgan (Galway City Council), Jacquie Lynskey (COPE Galway)



Comhairle Chontae na Gaillimhe  
Galway County Council



comhairle chontae na mí  
meath county council



**Contact details listed in documents below**

<https://agefriendlyireland.ie/wp-content/uploads/2021/08/Positive-Ageing-Week-2021-Callout-for-Ideas-Galway-Final.docx>

<https://agefriendlyireland.ie/wp-content/uploads/2021/08/Positive-Ageing-Week-2021-Callout-for-Bios-Galway.docx>



## Healthy Dublin City Play Pack for Older People



Dublin City Council Healthy Ireland and Age Friendly provides 5,000 Happy Dublin

citizens Healthy Dublin City Play Pack for Older People containing activity book, planters, jigsaw puzzle, playing cards, stress ball with exercises, Community Call fridge magnet, Age Friendly notebook pen set and some bubbles for fun, all in an environmentally friendly cotton shopping bag!

Packs were distributed through the Area Age Friendly Programme Managers and Community Development Offices in each of the admin areas.



## 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!

## 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 discard and wash.
- Avoid:** Avoid the close contact of people with whom you have not been in contact.
- Clean:** Clean objects frequently touched, hands and surfaces.
- Stop:** Stop shaking hands or hugging when taking public transport, especially those who may be sick.
- Distance:** Stay 2m or more away from other people.

**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)

**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](http://hse.ie) OR phone HSE Live 1850 24 1850

GOVERNMENT OF IRELAND  
Rialtas na hÉireann  
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**

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