

## National Updates



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

### Public Health Measures

Ireland remains at level 5 restrictions. You can see the [measures in place here](#).

### COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide, and more than 446,474 vaccines have been administered as of the 1st March 2021. Daily vaccination data is now available to all on the [COVID-19 Data Hub](#) and is on the COVID-19 Tracker App. The data is from 48 hours previously to allow for validation. As we move into next week, vaccination of Group 3 continues, with people aged 80 and over being invited for their vaccines by GPs. **If you are aged 80 or older, your GP will contact you when your vaccine is available – Don't Worry You Will be Contacted.** When this group is complete, we'll move on to the next age-group, those aged 75 and over, then 70 and over. We expect to have this group vaccinated, with both doses, by the middle of May.

The HSE is also starting to make arrangements to vaccinate people with certain health conditions that put them at very high risk if they get COVID-19. This is being organised initially through hospital teams who are caring for people in this new Group 4 and will start with some patients from the week of March 8th also. It will take a little extra time to identify and invite all of the people in these groups, but we will move forward as quickly as possible.

### Who is included in this group?

You can see a detailed list of who is included in this group here on the [gov.ie](https://www.gov.ie/en/publication/39038-provisional-vaccine-allocation-groups/#aged-16-69-and-at-very-high-risk-of-severe-covid-19-disease) website. <https://www.gov.ie/en/publication/39038-provisional-vaccine-allocation-groups/#aged-16-69-and-at-very-high-risk-of-severe-covid-19-disease>

### What do I need to do?

As with Group 3, people do not need to register in advance or take any action at this time. Your hospital or healthcare team will contact you when it's your turn to be vaccinated.

### Which vaccine will be given?

This new Group 4 will be offered the AstraZeneca vaccine. The National Immunisation Advisory Committee (NIAC) advised any of the approved vaccines are suitable for use for patients in this group and that the priority was to offer an effective vaccine as quickly as possible.

The immune system of some of the people in Group 4, for example people with cancer or kidney failure, may not always work as well as most other people's immune system. For this reason, NIAC advised that there might be a stronger immune response in those people if they got the mRNA vaccine. NIAC also said that if those patients would have to wait 3 weeks or more to get the mRNA vaccine, it was better to give them an available vaccine now. This is because all of the vaccines are showing huge benefit in preventing severe disease, so the sooner people are vaccinated, the better.

The available deliveries of mRNA vaccine for the next few weeks are committed to the group of people aged 70 years and older (Group 3). It would take weeks before there was mRNA vaccine available for patients in Group 4. The AstraZeneca vaccine is available from next week. Given the risk of catching COVID-19 while waiting for the mRNA vaccine we consider that it is far safer give people in Group 4 the AstraZeneca vaccine as soon as possible rather than wait to offer them an mRNA vaccine later. This also fits with the advice from NIAC to avoid a long delay.

#### **How effective is this vaccine?**

The AstraZeneca, Pfizer and Moderna vaccines all provide a very high level of excellent protection against severe disease and hospitalisation. The initial research study of the AstraZeneca vaccine initially showed infection protection of about 60%, but most recent studies showed protection above 80% with two doses.

#### **What should I do now?**

Your hospital or healthcare team will get in touch with you over the coming weeks when it's your turn to have the vaccine.

You can find the patient information leaflet from AstraZeneca [here on the HSE website](#), and this is also being produced in a range of languages, and in Easy-Read format.

#### **COVID-19 vaccine information for people with sight loss**

Working with NCBI, information about COVID-19 vaccines for people with sight loss have been created in Braille, audio, and large print. These have been distributed to NCBI members. The large print format is also [available on hse.ie](#).

#### **Where to find COVID-19 Vaccination Information**

Age Friendly Ireland are delighted to be partnering with the HSE to support the distribution of COVID-19 Vaccination Information and 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](https://www.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](https://www.hse.ie/covid19vaccinematerials)
- Details on getting the COVID-19 vaccine is updated regularly [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)

- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)

### **Alcohol Information**

For all alcohol information, tips for cutting down and details of support services, use a trusted HSE source:

[www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)

For leaflets: [www.healthpromotion.ie/alcohol](http://www.healthpromotion.ie/alcohol)

For trusted HSE source on drugs: [www.drugs.ie](http://www.drugs.ie)

Contact the HSE Helpline for support on 1800 459 459 from Mon to Fri, 9:30am-5:30pm or email [helpline@hse.ie](mailto:helpline@hse.ie)

### **Resources to support people with long-term health conditions to Self-manage**

The national HSE Self-management Support Co-ordinator team have developed a number of resources to support adults in the self-management of their long-term health conditions.

The ‘**Minding your long-term health condition during Coronavirus (COVID-19)**’ leaflet originally developed in April 2020 has been updated and was launched this week. This leaflet provides practical and clear information to support people to manage their long-term health condition and to stay well. Each key message is supported by a helpful tip and people are signposted to supports, reputable websites or healthcare practitioners for further information. It also includes the new Dept. of Health recommendation on Vitamin D supplementation for those aged 65+. To view the leaflet go to

<https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/minding-your-long-term-health-condition-during-coronavirus-covid-19-.pdf>

Furthermore ‘**Tips for Self-Managing your Health when living with a long-term health condition**’ is another useful resource. It is designed to highlight 10 practical steps that people can take to live well with their long-term health condition. This leaflet could also be uploaded or signposted as a resource to support those with Long-term health conditions to self-manage. These leaflets, along with other resources, videos and information about Living Well, the HSE Self-management programme can be found at [www.hse.ie/selfmanagementsupport](http://www.hse.ie/selfmanagementsupport).

### **Public Health Information Links**

As always, for the most up to date information and advice on Coronavirus, please go to: [www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/](http://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/) ; <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

**Engaging  
Dementia**

Formerly Sonas<sup>®</sup> apc

**National  
Dementia  
Office** Leadership, Integration  
and Innovation

**dementia**

under stand together

### **How to Set up a Dementia Cafe Workshop (Monday 8th March 2021)**

We are delighted to report that the HSE National Dementia Office has commissioned Engaging Dementia to continue to develop and co-ordinate the Irish Dementia Cafe Network for 12 months. A dementia cafe is a welcoming, once monthly meeting for anyone who is affected by dementia. People living with dementia, their families and friends, healthcare professionals, and people who are interested in supporting a dementia inclusive community, are all welcome to attend. Dementia cafes are run by local voluntary steering committees and are always free of charge. If you are interested in setting up a dementia cafe, check out the free upcoming event below. The Irish Dementia Cafe Network is a network of dementia cafes around Ireland, each of which is run according to a set of shared principles and guidelines. The network brings dementia cafes together and supports the start-up of new dementia cafes. The project is managed by Engaging Dementia, commissioned by the National Dementia Office (HSE) and has been funded by Dormant Accounts through the Department of Health.

#### **Monday 8th March, time: 9.30am – 4.30pm**

This workshop will provide you with the key information needed for setting up a Dementia Cafe. Find someone in your local community who might be interested in setting up a cafe and invite them to come along too or join by yourself.

Register here: <https://www.eventbrite.ie/e/how-to-set-up-a-dementia-cafe-workshop-tickets-140977271815?aff=Newsletter>

For more information contact [gdennison@engagingdementia.ie](mailto:gdennison@engagingdementia.ie) or visit [www.dementiacafe.ie](http://www.dementiacafe.ie)

#### **Legal Matters and Dementia**

Guest speaker Mark Felton is a solicitor and has been in private practice since 1992. His practice is based in Greystones Co Wicklow. Mark practices extensively in the area of Mental Health Law and Capacity Law. He is also a member of the Law Society of Ireland Mental Health and Capacity Task force, the Dublin Solicitors Bar Association Mental Health and Capacity Committee and the Mental Health Commission Panel of Legal Representatives. Mark has extensive experience in relation to the creation of and the registration of Enduring Powers of Attorney.

#### **Wednesday the 10th of March at 11am**

Register here: <https://www.eventbrite.ie/e/143305742333>

If you have any questions in advance of the webinar, please send them to [events@engagingdementia.ie](mailto:events@engagingdementia.ie)

#### **Dementia Research Network Ireland**

Throughout March – May 2021, Dementia Research Network Ireland will host a free online webinar series on the topic of Brain Health. The series is designed for a public audience and leading researchers in the field of brain health. For further details and to register please visit

<http://dementianetwork.ie/brain-health-online-webinar-series>

**Happy International Women's Day to all you fabulous ladies!**



**International Women's Day - March 8, 2021**

#ChooseToChallenge #IWD2021

**IWD 2021 campaign theme: #ChooseToChallenge**

A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world.

From challenge comes change, so let's all choose to challenge.

Check out <https://www.internationalwomensday.com/> to see how you can get involved and for a list of all the wonderful events taking place all over the world to celebrate!

**Áras confirms new 'puppy in training' for President Higgins**



Áras an Uachtaráin has confirmed that President Michael D Higgins has a new "puppy in training". The President lost one of his dogs, Síoda, in September last year. The latest addition has been named 'Misneach', which means 'courage'. President Higgins chose the name to "reflect the time we are in". The five-month-old puppy Bernese Mountain puppy joins Bród, who is also a Bernese Mountain Dog.

# Over 65 & in Ireland?

We would love to hear your experiences during COVID-19



## Become a WISE participant

The Well-being, Interventions and Support during Epidemics (**WISE**) study seeks to learn how the COVID-19 (Coronavirus) pandemic has affected the lives of older people, and how they are dealing with the changes it has brought. This will help us understand the kind of support that people find helpful and also to share people's insights with others in similar situations now or in the future.

We are currently looking for people to take part in the study. Are you 65 or older, and living in the Republic of Ireland? If you are, we would very much like you to get involved! It is important that you are able to tell your story your way, so there are 3 ways to participate:

- 1) Write about your experiences during the pandemic or send us pictures, or a mixture of both. If you wish you can use the [COVID-19 diaries format](#) to help you get started.
- 2) Talk to us about your experiences in a chat over the phone or Zoom or (when it's safe) in person.
- 3) Do a 'go-along' interview where we talk about about a place that is special to you, and you show us around (online or if possible face to face).

If this sounds interesting and/or for further information, please get in touch with Viveka Guzman by email: [vivekaguzman@rcsi.ie](mailto:vivekaguzman@rcsi.ie), or call/text: 0873382732. You can also visit:

[www.wisestudy.ie](http://www.wisestudy.ie)



## Transport Mobility Forum Cork | Mix Your Mode Webinar Invite: A Year On.. Transport and Connectivity in a Post-COVID Ireland



Presenting Our

Annual Mix Your Mode Seminar



# A YEAR ON...

## Transport & Connectivity in a Post-Covid Ireland

March 19th 2021 9.30am- 1.30pm

Full webinar schedule & registration details on  
[www.transportandmobilityforum.com](http://www.transportandmobilityforum.com)



You can find out more details and register [HERE](#)



### Safeguarding Ireland | 40% of public don't understand coercive control

Greater public awareness is needed of coercive control after new research commissioned by Safeguarding Ireland found that 40% of people don't understand this type of abuse.

In [research carried by RED C](#) on a representative sample of 1,000 adults, 25% said they were not familiar with coercive control at all, while 15% said they had heard the term but did not understand it. Just over a quarter (28%) said that they understood it. When then provided with an explanation of coercive control – 30% said they had witnessed this happening to someone they knew and 13% said they had experienced it themselves. However, Safeguarding Ireland Chairperson Patricia Rickard-Clarke said she believes coercive control to be even more prevalent because of the low level of understanding, particularly in relation to it occurring to vulnerable adults. The RED C research found that almost a quarter of cases witnessed occurred outside of intimate relationships including between frail older people and family members, or in the care of people with intellectual or physical disabilities either at home or in an institution.

More information on coercive control is available on the Safeguarding Ireland website at [www.safeguardingireland.org](http://www.safeguardingireland.org). Safeguarding means living safely, free from abuse or neglect. It means our choices, particularly if we are vulnerable, are clearly heard and respected.

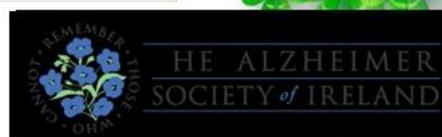
## Mark the Date!

### ASI Virtual Events in March 2021

*People from all over the country are invited to join us at any the following events!*

<b>Tues 2<sup>nd</sup></b>	Tipperary/Waterford Virtual Café	11:30 – 12:30pm
<b>Wed 3<sup>rd</sup></b>	Meath Virtual Café	11 – 12pm
	Mindful Melodies Social Club	1:30- 2:30pm
<b>Thurs 4<sup>th</sup></b>	The ASI National Virtual Choir	2 – 3pm
<b>Mon 8<sup>th</sup></b>	Castleknock Virtual Social Club	2 – 3pm
<b>Tues 9<sup>th</sup></b>	Clare Virtual Social Club	2 – 3pm
	Louth/Monaghan Virtual Café	4:30 – 5:30pm
<b>Wed 10<sup>th</sup></b>	Clare Virtual Café	11 – 12pm
	Mindful Melodies Social Club	1:30 – 2:30pm
<b>Thurs 11<sup>th</sup></b>	Malahide Virtual Social Club	2 – 3pm
	The ASI National Virtual Choir	2 – 3pm
<b>Tues 16<sup>th</sup></b>	Galway Virtual Café	11 – 12pm
<b>Wed 17<sup>th</sup></b>	Mindful Melodies Social Club	1:30 – 2:30pm
<b>Thurs 18<sup>th</sup></b>	Carlow/Kilkenny Virtual Social Club	2 – 3pm
	The ASI National Virtual Choir	2 – 3pm
<b>Mon 22<sup>nd</sup></b>	Castleknock Virtual Social Club	2 – 3pm
<b>Tues 23<sup>rd</sup></b>	Clare Virtual Social Club	2 – 3pm
<b>Wed 24<sup>th</sup></b>	Mindful Melodies Social Club	1:30 – 2:30pm
<b>Thur 25<sup>th</sup></b>	Carlow/Kilkenny Virtual Social Club	2 – 3pm
	Malahide Virtual Social Club	2 – 3pm
	The ASI National Virtual Choir	2 – 3pm
<b>Mon 29<sup>th</sup></b>	Donegal Virtual Café	2 – 3pm
<b>Tues 30<sup>th</sup></b>	Wexford Virtual Café	11 – 12pm
	Glasnevin Virtual Café	7 – 8pm
<b>Wed 31<sup>st</sup></b>	Mindful Melodies Social Club	1:30 – 2:30 pm
	Longford/Westmeath Virtual Café	7 – 8pm

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





LIVE EXERCISE CLASSES TO STAY ACTIVE

@SIELBLEUIRELAND

	CIRCUIT CLASS	STRENGTH & BALANCE	MOBILITY & STRETCH	CHAIR GYM	
MON 8TH	 CIRCUIT WITH JAMES 	 STRENGTH & BALANCE WITH PAUL 	 CIRCUIT WITH MAGGS 	 STRENGTH & BALANCE WITH MATT 	 MOBILITY & STRETCH WITH MATT 
TUE 9TH		 CHAIR GYM WITH MICHELLE 	 CHAIR GYM WITH MICHAEL 	 CHAIR GYM WITH CORMAC 	 CHAIR GYM WITH SHANE 
WED 10TH		 CHAIR GYM WITH MICHAEL 	 CHAIR GYM WITH MICHAEL 	 CHAIR GYM WITH CORMAC 	 CHAIR GYM WITH SHANE 
THU 11TH			 CHAIR GYM WITH CORMAC 	 CHAIR GYM WITH SHANE 	 ON FACEBOOK  ON YOUTUBE
12TH					
SAT 13TH					
11AM					
2PM					

DISCLAIMER: SIEL BLEU IRELAND STRONGLY RECOMMENDS THAT YOU CONSULT WITH YOUR GP/PHYSIOTHERAPIST BEFORE BEGINNING ANY EXERCISE PROGRAMME. THESE EXERCISE VIDEOS SHOULD ONLY BE ATTEMPTED IF YOU ARE IN GOOD HEALTH AND ARE PHYSICALLY ABLE TO PARTICIPATE. IF YOU FEEL ANY PAIN OR DISCOMFORT STOP EXERCISING IMMEDIATELY AND CONSULT YOUR GP. IF YOU ENGAGE WITH THESE EXERCISE VIDEOS YOU DO SO AT YOUR OWN RISK.

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



Join us live on Facebook  
Monday 8th  
Wednesday 10th  
and Friday 12th

at 11am for  
Age & Opportunity  
Movement Minutes



#AgeandOpportunity

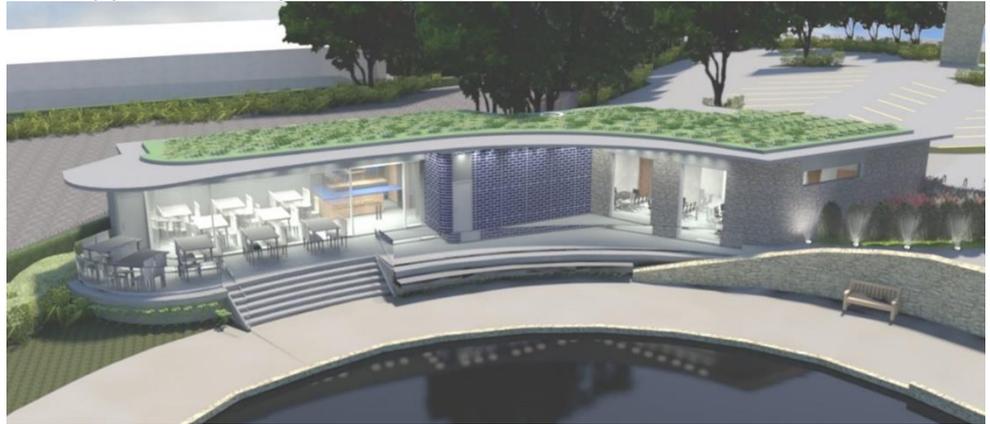
Sessions can be watched live on their Facebook page [www.facebook.com/ageandopportunity](http://www.facebook.com/ageandopportunity) or afterwards on their YouTube page [www.youtube.com/ageandopportunity](http://www.youtube.com/ageandopportunity) where a playlist of all Movement Minutes sessions to date can be viewed.

## Local Updates



### South Dublin | Tymon Park Intergenerational Centre Design Being Finalised

South Dublin County Council's capital budget has provided €1.29million for an Intergenerational Centre at Tymon Park. The current concept plan develops an idea of a multi-use facility that is adaptable to a variety of purposes, such as age-friendly and community groups. There are several larger function rooms, a multi-functional community space, a coffee/tea shop with indoor and outdoor seating and an outdoor terrace sheltered by a canopy, which can provide space for out- door cinema and other events.



The landscape plan for the proposed facility ensures the building is integrated into the parkland setting; the landscape plan realigns the vehicular route; upgrading the walking route into the park from Wellington Road and providing an enhanced pedestrian entrance to the park; putting the emphasis on pedestrian/wheelchair access. The preliminary design for the project is currently being finalised and, once complete, it is intended to commence the Part 8 stage in 2021.



### Clare 'Shedder of the Year' 2020

To celebrate the work carried out within Men's Sheds in County Clare, the SICAP programme within Clare Local Development Company developed the 'Clare Shedder of the Year'. This was in recognition of the work carried out in local shed within the county. Men's shed were asked to nominate someone they believed fit the criteria of Clare shedder of the year.

A large number of nominations were received and after some deliberation Flan Hehir from Ennis men's shed was found to be a worthy recipient. Flan joined Ennis Men's Shed early 2014 and immediately understood the concept of Men's Sheds and the benefits to community. He was chosen not only for the help and support he gives to his own shed but also the support he gives throughout the county. Flan will receive a trophy and €200 Shannon Side voucher for his shed.

Congratulations Flan!



## 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 Virtual Town Hall | In Conversation with Dr. Xenia Scheil-Adlung: Addressing Changes and Challenges in the World of Work for Older Persons Globally



The International Federation on Ageing held a Town Hall event earlier today called 'In Conversation with Dr. Xenia Scheil-Adlung: Addressing Changes and Challenges in the World of Work for Older Persons Globally'. A recording of this event will be available on the Federation's website <https://ifa.ngo/>

## 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.doh.ie](http://www.doh.ie)

### 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

### How to Prevent



### 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)  
[www.hse.ie](http://www.hse.ie)

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

The following is the list of each **Local Authority's Helpline phone numbers**

### Local Authority

Carlow County Council  
Cavan County Council  
Clare County Council  
Cork City Council  
Cork County Council  
Donegal County Council  
Dublin City Council  
DLR County Council  
Fingal County Council  
Galway City Council  
Galway County Council  
Kerry County Council  
Kildare County Council  
Kilkenny County Council  
Laois County Council  
Leitrim County Council  
Limerick City and County Council  
Longford County Council  
Louth County Council  
Mayo County Council  
Meath County Council  
Monaghan County Council  
Offaly County Council  
Roscommon County Council  
Sligo County Council  
South Dublin County Council  
Tipperary County Council  
Waterford City and County Council  
Westmeath County Council  
Wexford County Council  
Wicklow County Council

### Community Response Number

1800 814 300  
1800 300 404  
1800 203 600  
1800 222 226  
1800 805 819  
1800 928 982  
01 222 8555  
1800 804 535  
1800 459 059  
1800 400 150  
1800 928 894  
1800 807 009  
1800 300 174  
1800 326 522  
1800 832 010  
1800 852 389  
1800 832 005  
1800 300 122  
1800 805 817  
094 906 4660  
1800 808 809  
1800 804 158  
1800 818 181  
1800 200 727  
1800 292 765  
1800 240519  
076 106 5000  
1800 250 185  
1800 805 816  
053 919 6000  
1800 868 399