



Many thanks to Christina from **Women's Aid** who sent on an information poster for people who may be in unsafe and abusive







homes during COVID-19. See poster here



Spinal Injuries Ireland Support at every stage	Spinal Injures Ireland is committed to supporting all of their service users and their families during CV19. Their services are being delivered remotely by a dedicated and experienced community outreach team. They are also delivering up to date accurate information and support via phone, text and email. Their weekly emails and online resources include yoga, exercises and mindfulness delivered by service users and experienced practitioners. Their expertly trained peer support volunteers are available to provide one to one phone support for people with a spinal cord injury and their family. If you are feeling worried, isolated or concerned or need advice you can call SII on <b>01</b> <b>6532180 or visit their website</b> <u>here</u>
DogsTrust	<b>Dogs trust</b> are giving people ideas of how to keep your dog happy and healthy within the comfort of your own home if you or anyone else is unable to take them out for a walk or run at the minute! From activities involving their favourite treats, to building doggy dens and treasure hunts, there are ample ways you can keep your dog active, without stepping outside your front door. For more info see <u>here</u>
	Did you know you can now take virtual tours of <b>Dublin Zoo</b> on their <u>YouTube channel</u> . They also have <u>live animal cams</u> where you can catch a glimpse of the giraffes, zebras and rhinos on the African Savanna, get a birds-eye view of the penguins or watch the wondrous herd of Asian elephants bathe and chomp on their lunch. For more information see <u>here</u>
Local Updates	·



Many thanks to our Age Friendly Programme Manager in Louth for sending us a video, prepared by the **Alzheimer's Society of Ireland** dementia support worker in Louth, Maeve Montgomery. This video includes guidelines around physical distancing for people with dementia. The video can be viewed <u>here</u>

EUREKA

Many thanks to Cllr Stephen McKee from **Eureka Secondary School** in Kells who emailed Meath Community Response Forum to let us know that there is a group of 5th year girls who were involved in the wonderful 'Never Home Alone' TY project last year, who are available to make phone calls to any vulnerable members of the community. The girls live in a wide geographical area from Kells over to Westmeath and up to Cavan and south to Navan. Cllr McKee is happy to act as a liaison to feed information back to the relevant people. You can contact him on **086 0432760**. What a lovely initiative – well done girls







<b>Vheelchair</b> Association	Many thanks to Patricia Cassidy from Meath CR Forum & Sean Whelan, Service Coordinator for <b>The Irish Wheelchair Association</b> in Meath for telling us about IWA's new initiative of compiling and delivering <u>activity packs</u> to the people they support on a weekly basis. The packs include some brain activities, <u>home</u> <u>exercises</u> , wellbeing supports and HSE updates and guidelines around Covid-19. If there are organisations or people who want to get this pack printed, they can give Patricia or Sean a call and they can organise for it to be delivered - by post or by hand. Patricia <b>0866027009</b>   Sean <b>0858723355</b>
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## **Your Voice**



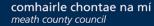


We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at <u>rleavy@meathcoco.ie</u> Information is one thing we can share right now!

Many thanks to our Age Friendly Programme Manager in Kerry for sending us the picture below of a beautiful butterfly themed patchwork quilt created by the **Chair of Kerry Older People's Council, Maura Fitzgerald** with a lovely caption 'When cocooning is over this is how we will emerge. Beautiful Butterflies as I imagine them '. Well done Maura, this is fabulous. Where can we place our orders?  $\bigcirc$ 











World Health Organization	The <b>World Health Organisation</b> want to spread the word that #OpenWHO has free #COVID19 online training from World Health Organisation experts in 17 languages, with more courses added every week. To sign up click <u>here</u>		
Important Tips			
Always have your <b>Eircode</b> close by in case of emergency. You can find your Eircode <u>here</u> Perhaps keep a <b>daily diary</b> to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them		COCOCOLATION COCOLATION COCOLATICO COCOLATICOCOLATICO COCOLATICO COCOLATICO C	<section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><image/></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header></section-header>

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





