









	<p>This year, Mayo Day, the day that is unique to our county will go ahead on Sat, 2nd May. Mayo day is always special, but this Mayo Day will be even more special, given the unique situation in which we find ourselves. CE of Mayo County Council, Peter Hynes said “Mayo Day has always been about celebrating our people and place. While we will not be physically meeting in our communities this year to celebrate this year, technology and Mayo.ie will enable us all to be part of a moment of unity, of defiance, of commemoration and of hope for the future. It is probably the most important Mayo Day to date and circumstances which we hopefully will not see again”</p> <p>Mayo.ie will update you over the weeks ahead about ways you can get involved in Virtual #MayoDay2020, so please keep your eyes peeled for how you and your family can be part of a day that will bring our county together as we remain apart.</p> <p>Mayo.ie will update you over the weeks ahead about ways you can get involved in Virtual #MayoDay2020, so please keep your eyes peeled for how you and your family can be part of a day that will bring our county together as we remain apart.</p>
	<p>If you can't get to the post office to collect your pension, or any other social welfare payment, you can allow somebody else, known as a temporary agent, to collect it. The Temporary Agent form is available in all post offices or you can download the appointment of temporary agent application form.</p> <p>In addition, post offices will hold all payments for up to 90 days, and payments are now every two weeks.</p> <p>Postal Delivery staff will check-in on or older/vulnerable customers along their postal routes across the country.</p> <p>From Monday March 30, Postmen and postwomen across the country will call to the front doors of older and vulnerable customers along their delivery route, particularly those who are living alone in isolated areas.</p> <p>They will check on their well-being and check if they are in need of any support. In the event that the individual requires support, the An Post employee will recommend the individual call ALONE or will call ALONE on their behalf.</p> <p>An Post Postmen and women will:</p> <ul style="list-style-type: none"> Always wear an An Post uniform and carry An Post ID Adhere to HSE protocols and maintain 2 metre safe social distancing <p>Help Elderly & Vulnerable stay connected</p> <p>The postwoman/ man can also take any post this community might have for free and put it into circulation for them. The postal delivery staff will apply a postage mark in the local mail centre before onward circulation</p> <p>If an elderly person has a mail item they need collecting, they can put a sign in their window that says I HAVE MAIL and the postal delivery staff will collect it on their route.</p> <p>Newspaper delivery service</p> <p>An Post is working with newspapers to develop a delivery service for customers who cannot get to shops to get their daily newspaper. This initiative will be launched in the coming week and more details will be shared once available.</p>
	<p>Suspension of requirement for over 70's to provide medical report when applying for a driving licence.</p> <p>In light of the need to facilitate social distancing and the expected additional burdens on medical services from Covid-19, the Minister for Transport, Tourism and Sport, Shane Ross, has decided that the requirement for those over 70 (under certain circumstance) to provide a medical report shall be removed at this time.</p>
	<p>As a result of the increased demand, many shops are operating with different hours allocated specifically to older people.</p> <p>Social distancing also means most supermarkets have to make some little changes in store as to abide by</p> <p>Also, a quick guide to safe shopping, click here: https://globalhealth.ie/wp-content/uploads/2020/03/Safe-Shopping-Guidelines-COVID-19-1.pdf</p>

 <p>local link The new name for Rural Transport</p>	<p>Local Link Mayo rural transport services are now using their services to deliver essential services around Mayo. To find out if they deliver in an area near you please contact at details below:</p> <p>094 9005150 Mayo@locallink.ie https://locallinkmayo.ie/</p>
 <p>ALONE Supporting older people to age at home</p>	<p>Contact ALONE on 0818 222 024 if you have concerns about your own wellbeing, or the wellbeing of an older person you know. Further information can be found on www.alone.ie.</p>
 <p>TFI TRANSPORT FOR IRELAND</p>	<p>Transport for Ireland are providing details on Bus and Train services which moved to revised timetable from March 30th, services are for essential journeys only. Full details available on this link: https://www.transportforireland.ie/news/covid-19-information/</p>
	<p>Gardaí around the Country are urging people to beware of a significant increase in the number of bogus callers attempting to use the coronavirus crisis to take advantage of unsuspecting members of the public. People are advised not to give any person/bank details to an untrusted source over the phone and anyone who believes they may have been a victim of a scam is urged to contact their local garda station.</p>
 <p>AgeAction For all older people</p>	<p>Age Action has launched a COVID-19 Hardship Fund in conjunction with the Irish Red Cross to respond to the immediate needs of older people in vulnerable situations across Ireland experiencing additional hardship as a result of the COVID-19 health crisis. Full information here: https://www.ageaction.ie/how-we-can-help/age-action-and-irish-red-cross-covid-19-hardship-fund</p> <p>Age Action's Care and Repair Team is providing additional supports to older people who are able to transition quickly out of hospital, into their own home to ensure that their homes are safe and that they are in the optimum environment for their needs while also supporting our hospitals to respond to the Covid-19 health crisis. In emergency cases, Home Safe will also offer urgent repairs and other supports for older people in the community in order to keep people in their home safely. For more information: https://www.ageaction.ie/how-we-can-help/care-and-repair https://www.ageaction.ie/home-safe-making-home-safer-older-people</p> <p>Age Action has launched a COVID-19 Hardship Fund in conjunction with the Irish Red Cross to respond to the immediate needs of older people in vulnerable situations across Ireland experiencing additional hardship as a result of the COVID-19 health crisis.</p> <p>Older people in need of assistance, family members supporting an older person and carers of older people, social workers and local voluntary organisations or community groups providing direct assistance to individuals within this target group may apply for grant. Please ensure that you clearly outline the need for which you are applying, how the grant will alleviate hardship and how it will be used. Grants of up to €500 are available, for further information: https://www.ageaction.ie/how-we-can-help/age-action-and-irish-red-cross-covid-19-hardship-fund</p>
 <p>An Roinn Gnóthai Fostaíochta agus Coimirce Sóisialaí Department of Employment Affairs and Social Protection</p>	<p>Department of Employment Affairs and Social Protection Income Support Helpline is open 9am to 5 pm: 1890-800-024. You can use http://mywelfare.ie to quickly and easily apply for a range of covid19 income supports.</p>
	<p>The Irish League of Credit Unions want to let you know that if you are cocooning or unable to leave home your local credit union is there for you. Just phone or email them. Link available here for information leaflet.</p>
 <p>IRISH MEN'S SHEDS ASSOCIATION menssheds.ie</p>	<p>The Irish Men's Shed Association (IMSA), has launched an island-wide campaign #CallThemForACuppa calling on men's sheds and the public to pick up the phone and call someone at risk of social isolation. While all men's sheds are closed they continue to connect with one another through phone, text and WhatsApp.</p>



	<p>Knock Counselling Centre has launched a new weekend helpline service by phone to those in need during the COVID-19 crisis. The service is available to people who are struggling with any range of emotional issues including loneliness, isolation, anxiety, sadness, fear or despair. The phone helpline is available at weekends from 11am to 5pm. To speak with a volunteer call 094-9375032.</p>
	<p>Age & Opportunity have plenty of opportunities to enjoy the arts and creativity as people social isolate and distance. For further information: https://ageandopportunity.ie/online-activities-and-resources-for-arts-and-creativity/stance and isolate</p>
	<p>For daily updates from Age Friendly Ireland, please go to link: https://agefriendlyireland.ie/news/</p>
<p style="text-align: center;">Please share any good work/initiatives going on in your area so those innovative idea's can be shared with everyone. Email Maura at agefriendlymayo@mayococo.ie with your news.</p>	
<p>Important Tips:</p>	
<p>Always have your Eircode close by in case of emergency. You can find your Eircode https://finder.eircode.ie/#/</p>	
<p>Perhaps keep a daily diary to record the people you are in contact with every day, so if you have symptoms it will be easier to trace them.</p>	
<p>Useful contacts:</p>	
<p>Covid Helpline Mayo County Council: 094-9064660, 8am - 8pm 7 days a week</p>	
<p>Or email covid@mayococo.ie</p>	
<p>HSE Advice Line: Callsave 1850 24 1850</p>	
<p>Call from 8 am - 8 pm Monday to Friday and 10 am to 5 pm Saturday to Sunday</p>	
<p>Third Age Senior Line Helpline: 1800 804 591 - 7 days a week from 10 am - 10 pm 365 days a year.</p>	
<p>If you wish to receive a copy of this newsletter by post or if you wish to receive any of the information from any of the links detailed above, please email : agefriendlymayo@mayococo.ie</p>	