

Message from Covid-19 Health Communications Stakeholder Support

22nd APRIL

Update for PPN Members

Dear Colleague,

We wish to thank you for your ongoing support in helping to share information about COVID-19. This is a note to let you know of a few communications updates.

Cocooning video

We have added a [video explaining cocooning](#) which can be easily shared to our [video resources](#).

15 minutes of daily activity and fitness - running daily

In support of people cocooning at this time, RTE has launched a 15 minute programme to help older people to keep active at home. It will be broadcast daily on RTÉ One at 2.20pm. It will help viewers who are at home and some in self-isolation or cocooning and will offer tips, especially to older viewers, on how to keep healthy and happy.

Fitness 15 will be hosted Monday to Friday at 2.20 PM on with Ray Lally, the Today Show fitness expert, and Dáithí Ó Sé.

Resources for people with dementia, their families and carers

[Online resources](#) for people dementia, their families and carers and a [booklet of activities which can be carried out at home](#) have also been added.

Irish sign language videos

Irish Sign Language videos are available [online here](#). There are five videos, each covering a different section of the COVID-19 information booklet.

Mental Wellbeing Campaign

Finally, a reminder about the Mental Wellbeing campaign recently launched. The campaign offers support and resources for people to help deal with the stress, isolation and helps people maintain wellbeing and cope at home during this time. The campaign is running on all National and Local radio channels, as well as across social and digital

platforms. The website is www.gov.ie/together and the hashtag is #Together. We welcome your support on this and branding is available to all stakeholders creating messages in this space.

The link to the radio ads is here: <https://soundcloud.com/user-992575667/sets/getting-through-covid-19-together>

RTE are producing a 4 week programme series of Operation Transformation Staying Well Apart going out on Wednesday evenings at 9.30 in RTE 1 as a response to the need to help people cope with staying at home/cocooning at this time. The Gov.ie/together campaign is linking in with RTE to assist with this strategy and messaging.

We would be grateful if you would let us know if your organisation has any specific requests or urgent needs in relation to Coronavirus

COVID-19 public health information materials.

If you do, please email us at Partner.Pack@hse.ie to let us know. Thank you to those of you who have already been in touch.

Thank you again in advance for your support at this important time.

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