



Cork City Community Response



Local Information -- Local Assistance -- Local Care

Issue 001: Thursday 16 April 2020

Cork City Libraries Stay at Home Library

Access to online newspapers from around the world and full-colour and interactive magazines to download to your computer, laptop, or mobile device. Adults and children can access eBooks and eAudiobooks online...all free!

Freegal is a music streaming service, free of charge for members of Cork City Libraries. It allows access to unlimited streaming of up to 16 million music tracks and you can download five tracks per week, including music videos and audio books.

Cork International Film Festival allows you to stay home and keep up social distancing and yet enjoy cultural cinema from across Europe. Simply contact patricia_looney@corkcity.ie for details.

Remember you can now join online for free by visiting www.librariesireland.ie or see www.corkcitylibraries.ie for details.



Don't Stress

HSE Health & Wellbeing offer an Online Stress Control Programme which started on 13th April. This 3 week programme for adults aged 18 and over is free of charge to the public and delivered by Dr Jim White, Consultant Clinical Psychologist.

There is a history of successful Stress Control courses in Cork City and County over the past 8 years. In that time thousands of people in Cork have learned to manage their stress in a positive way. HSE Mental Health Services run the course for service users, family members, carers and staff in a variety of HSE and community venues. Due to current CoVid-19 restrictions the programme cannot be delivered in the community. Instead you can avail of this FREE course online. The course will teach you skills to cope positively with stress - skills which are crucial in these unprecedented times. Please visit www.stresscontrol.org



Age Action Care and Repair

Age Action's experienced Care & Repair Team is providing additional supports to older people who are able to transition quickly out of hospital, into their own homes, to ensure that they 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. Home Safe is free of charge with the service user paying for any materials that need to be purchased. Home Safe will carry out minor repairs or installations, move furniture such as a bed to a sitting room or kitchen, de-clutter to deal with trip hazards and install grab rails.

Please contact Age Action Cork on **021 2067399** for more details.



Cork City COVID-19 Community Call Helpline



Here for you if you need ...

- ✓ Food, household items, fuel, medications collected or delivered
- ✓ Someone to talk to or other social supports
- ✓ Meals delivery
- ✓ Response to Garda related concerns
- ✓ Help with other medical or health needs



1800-222-226



covidsupport@corkcity.ie



Comhairle Cathrach Chorcaí
Cork City Council

Other Useful Phone Numbers:



Cork City Age Friendly.....021 4924076

Friendly Call Cork.....021 4301700 **or** 087 6366407



Garda Síochána (Community).....021 4522000

HSE National Helpline Number.....1850 241850



Seniorline Freephone.....1800 804591

Age Action Cork.....021 2067399



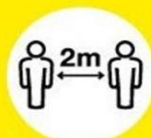
Wash



Cover



Stop



Distance



Avoid



Clean