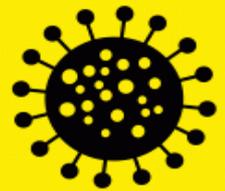




Cork City Community Response



Local Information -- Local Assistance -- Local Care

Issue 002: Wednesday 22 April 2020

Cocooning Support from Bank of Ireland

'Cocooning Support' has been offered by Bank of Ireland to make it easier for a trusted friend or next-door neighbour to help those in isolation. Customers who are self-isolating, or who may need to in the coming weeks and months, can nominate another person to make in-branch cash withdrawals and lodgements on their behalf. The facility has built-in safeguards such as limits on withdrawals and daily monitoring by Bank of Ireland's dedicated Vulnerable Customer Unit. Customers who wish to avail of this service need to complete the "Cocooning Support" form which is available on the Covid-19 Customer Hub on www.bankofireland.com. The facility is in addition to priority hours in branches for over 65s and carers (10 am and 11 am) Monday to Friday. There is a dedicated phone line, staffed by the banks Vulnerable Customer Unit, for - **1800 946 146** (9.30am - 4.30pm Mon-Fri).



Mind Your Mental Health

We need to look after our mental health. Here are some little things you can do to look after your mental health:

Keep active: Regular exercise can really give your mental health a boost.

Talk about it: Problems feel smaller when they are shared with others. Talking about feelings is a good way to deal with a problem.

Eat and sleep well: Having a balanced diet and a good sleep pattern will not only help the way you feel, but it will also help the way you think.

Do something you enjoy: Setting aside some time to do something you enjoy, especially if you are not feeling great, will help you feel better.

Stay in touch: Trusted friends and family are important, especially at difficult times. You do not have to face things on your own.

Ask for help: Asking for help is not a weakness but a sign of personal strength. Everyone needs help from time to time and there's nothing wrong with asking for it.



Meals on Wheels

The increased recognition of the importance of the meals-on-wheels service in improving older people's nutritional status, health and quality of life has been recognised by The National Council on Ageing and Older People (NCAOP). There is an increased awareness of the service as a vital source of social contact and connectivity for many older people who are vulnerable to social exclusion and social isolation: The meals-on-wheels service provides regular meals and essential social contact for many older people and contributes to older people remaining at home and in better health. Meals on wheels services are available in all localities. If you need the service and have any difficulty contacting them please call the helpline:



1800-222-226 or email covidsupport@corkcity.ie



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
- ✓ Library books



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



Care-Ring Douglas..... 087 2987161



Wash



Cover



Stop



Distance



Avoid



Clean