



Cork City Community Response



Local Information -- Local Assistance -- Local Care

Issue 003: Friday 24 April 2020

Someone to Call

Friendly Call Cork City is a **FREE PHONE CALL SERVICE** for people living alone and is available to older people and anyone feeling lonely or isolated. Friendly Call operates 5 days a week. Friendly Call have increased the numbers of people available to respond to our clients needs during the current crisis. We have many people we daily and a range of volunteers from Cork City Partnership, Cork City Council and many other agencies who make the calls, all doing wonderful work with Friendly Call. Each day a **Friendly Call** volunteer phones individuals to check in with them and ensure that they are ok and chat to them about their worries and arrange practical supports where possible. If you would like to know more about this service please contact Brenda Barry on **087 6366407** or Brenda.Barry@partnershipcork.ie



Your Mental Health

Be aware that not everything being said about COVID-19 is accurate.

Go to reliable sources like the Health Protection Surveillance Centre (www.hspc.ie)



Remember what you've done in the past to help manage stress and challenges.

Know that you have developed skills and strategies to manage your emotions. Use them during this time too.

Try to reduce stress caused by constantly watching or reading the news.



Limit time on social media especially when the content is upsetting you.

Self-care is key.



Stay healthy by eating well and getting enough sleep, exercising when possible and keeping in touch with loved ones.

POST Online Safety

An Post will **never** send you a text message or email asking for personal details.

Never give anyone else access to your card or PIN. If you are cocooning, you can transfer money to a trusted third party via online or telephone banking.

If you can't get to the post office to collect your pension or any other social welfare payment, you can now 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 from:

<https://www.anpost.com/AnPost/media/PDFs/Appointment-of-Temporary-Agent.pdf>

Don't keep large amounts of cash at home during this time. An Post are aware of scam messages being sent that claim to be from An Post asking for financial details for information on parcels.

An Post are offering a number of services to those who are cocooning at present such as 'Request a Check-In'. Please visit www.anpost.ie for further information.

Stay Fit Stay Flexible

The Cocooning Exercise booklet developed by HSE Physio, Age Friendly, Cork Local Sports Partnership and Healthy Cities has now been complimented with a great video – not everyone will have access to the internet but for those who do this will be very helpful

<https://vimeo.com/405217262/0e71c573d6>



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