



Cork City Community Response



Local Information -- Local Assistance -- Local Care

YOUR MENTAL HEALTH

Issue 004: Wednesday 29 April 2020

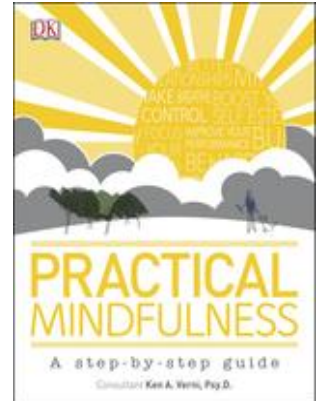


The **Your Good Self Programme** is a collaboration between Cork City Libraries and the HSE providing books recommended and approved by Clinical Psychologists from Cork Kerry Community Healthcare. This title is available as an eBook from Cork City Libraries and is reviewed by Dr. Rosarie Crowley:

A great guide for the beginner to mindfulness concepts: easy to read and understand, with delightful drawings, diagrams and coloured illustrations and a truly step-by-step guide to help the reader put mindfulness into practice. It explains both principles, concepts and practice very well. This is an ideal resource for someone starting a mindfulness practice at home.

For more information and resources please visit

<https://www.hse.ie/eng/services/list/2/primarycare/yourgoodself/>



INCREASED BROADBAND SUPPORT

The Department of Communications has announced that any customer who does not have fixed broadband and who relies solely on mobile access to the Internet will have the opportunity to avail of affordable unlimited mobile data access/package from their service provider. Any fixed broadband customers who do not have unlimited usage already as standard will be given the opportunity, if they require, to upgrade their package (which may be on a temporary basis), with their current service provider.

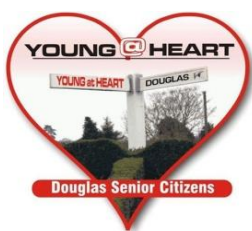


Roinn Cumarsáide, Gníomhaithe ar son na hAeráide & Comhshaoil
Department of Communications,
Climate Action & Environment

See full statement here: <https://www.dccae.gov.ie/en-ie/news-and-media/press-releases/Pages/Increased-Supports-from-Telecoms-Providers-during-Covid-19.aspx>

YOUNG AT HEART

Young@Heart Douglas has operated **Care-Ring Phone Call** a friendly phone call to those who need it for the past 10 years. Our volunteers call almost 500 people three times a week, each volunteer has been supplied with a mobile phone during the Covid-19 Pandemic and can make calls from their homes.



They also operate Seniors Alert Scheme enabling people over 65 to get a free Personal Pendant Alarm – these units are a great source of comfort knowing that at the press of a button help is at hand if you get a fall or need urgent assistance. Young@Heart deliver a food programme where over 400 food parcels are delivered to those that need them most. For more details call **Phil** on **087 2987161**



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



Wash



Cover



Stop



Distance



Avoid



Clean