



Cork City PPN Newsletter | 23 April 2020

Hello Everyone, Spring has definitely sprung. We know you are busy and your work is evident and we hope you are well and finding time to enjoy the fine weather as best as possible. Please read on for a short overview of upcoming events, funding and consultations and other news.

Table of Contents

[Update and Notices](#)

[Funding](#)

[Consultations and Surveys](#)

You received an email yesterday from Volunteering Ireland on behalf of the Department of Rural and Community Development. We acknowledge the increased volume of information and communications. It is a decision taken to ensure communities are kept up to date in this public health emergency. Please let us know if there are any technical issues and also any public information resources you need.

Updates, News and Events



Input and agenda items for future meetings of the LCDC (Local Community Development Committee) Email Yvonne at coordinator@Corkcityppn.ie

The Cork City LCDC will meet today Thursday 23 April. The decision to meet was taken earlier this week and it was too short notice to ask for your input on this occasion. Depending on the outcomes of today's meeting, we anticipate a gradual return to more regular meetings. If your organisation has any item which it would like added to the agenda could you please forward it to coordinator@CorkCityppn.ie

The LCDC has a broad remit for all issues to do with community development. Cork City PPN has 6 representatives on the committee. [Click here to read more about the LCDC](#)

Cork City Community Response

Local Information -- Local Assistance -- Local Care

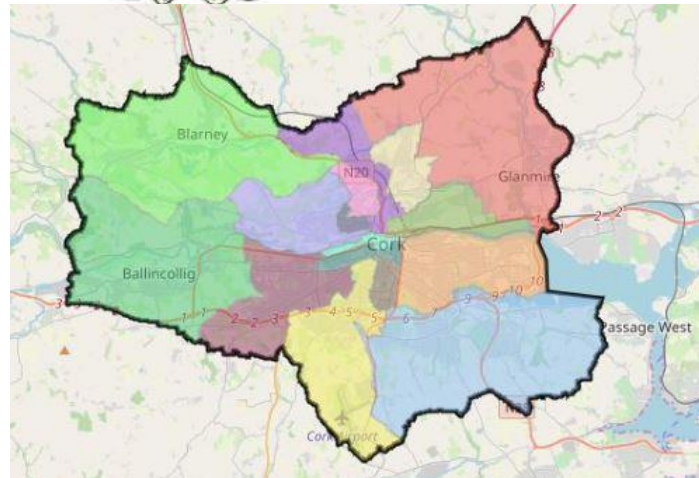
The Cork City PPN is proud to be part of the Cork City Community Response. Read more on the Cork City Council website: www.corkcity.ie

Read the latest weekly updates from Cork City Community Response:

- Issue 1, 16 Apr <https://www.corkcityppn.ie/corkcitycommunityresponsenewsletter001/>
- Issue 2, 22 Apr: www.corkcityppn.ie/cork-city-community-response-newsletter-002/



Comhairle Cathrach Chorcaí
Cork City Council



Interactive Online Map of Cork City

Add your organisation or service click this link [CorkCityCommunityResponse_OnlineMap](#)

The map, on www.corkcity.ie, breaks down the city into its 16 local Community Response areas. Users can then click on the service categories on the left-hand side of the screen to view details of the many support services available in their area.

USEFUL NUMBERS

Cork City Council Customer Service Unit Tel: 021 492 4000 for all enquiries

For general queries regarding Community response community@corkcity

Cork City Community Support Helpline: 1800-222-226 (Mon-Sun 8am-8pm) Email covidsupport@corkcity.ie

Cork Heritage Plan Online Workshop

Thursday April 23rd 7pm



Cork City Heritage Plan - Online Workshop

Thursday 23 April, 19:00

Use the Zoom link to take part: <https://us02web.zoom.us/j/85134590395>

Hosted by Cllr Lorna Bogue, Green Party on how to make submissions to the Cork city council Heritage plan.
Deadline for submissions is the end of this month.

Feel free to pass around to people who you think might be interested.

[Read more about the Heritage Consultation](#)



'Chronicles of COVID-19',
Be part of a people's chronicle of life at this moment in history.
Click here: [Chronicles of COVID-19](#)

Life is changing rapidly due to the COVID-19 pandemic, in Ireland and worldwide. Cork Folklore Project are interested in your accounts of how everyday life is changing, your stories and your observations, for our community-based archive.

Fill out the questionnaire at [Chronicles of COVID-19](#) (approx. 15 minutes to complete)
To add photos and/or written or audio accounts, contact covid19chronicles@corkfolklore.org,

Feedback from the Cork Folklore project following the first 20 responses highlights that people feel validated and heard through taking part in the project.



Cork Enterprise Network - Network At Noon **Next Session Wednesday 29 April, 12:00**

To Register Visit: www.eventbrite.ie/e/go-the-social-distance-network-noon-tickets-101827047440?aff=erelexpmlt

The online networking session runs every Wednesday at midday and is open to entrepreneurs everywhere.

Follow @CorkEntrepreneurs on social media



Calling all Community Groups interested in Health & Equality **Community Health Network Meeting (Zoom)** **Thursday 14 May, 12:30**

To attend or learn more contact jim.sheehan@socialandhealth.com



'Keeping Active' with Cork Sports Partnership
Read it here: <https://bit.ly/KeepCorkActive2020>
To visit the Keep Cork Active website - www.activecork.ie

The website www.activecork.ie has over 200 ideas and resources for people of all ages and stages and abilities. Hard copies can also be made available of some of the exercises and programmes.
For details, contact Claire Hurley, Programs Manager, Cork Sports Partnership, Tel: 021-4347096



'Healthy Food Made Easy' course (HFME) - 6 Session Programme

Seeking expressions of Interest from anyone over 16

Read more here: www.corksports.ie/contentfiles/HFflyer_draft9.pdf

The course is aimed at anyone aged 16 years and over, who wants to improve their health, save money and enjoy preparing and eating delicious food would benefit from taking this course. Each 2 ½ hour session includes nutrition theory and a practical cookery element. This course is free of charge, aside from a small donation from each participant to cover the cost of the food that is used.

For details and to apply email: Eoin Kaar, WellCommActive@CorkSports.ie Tel: 021 434 7096

Visit www.corksports.ie/index.cfm/page/healthy-food-made-easy



Does your organisation need volunteers?

If your organisation is looking for volunteer support,

contact Gosia Waldowska Tel 086 852 3462 gosia@volunteercork.ie

Cork Volunteer Centre has lots of registrations offering to volunteer to help during this time across Cork City & County.

Visit www.volunteercork.ie and **Check out the new Ireland wide campaign: #VolunteerAtHome**

Would You Like to Volunteer

www.volunteercork.ie

Check out the new Ireland wide campaign: #VolunteerAtHome

In order to continue to support and facilitate volunteering in our communities across Cork during COVID-19, this campaign is encouraging volunteers and organisations who need volunteers to consider a range of different types of volunteering that can be completed safely from home.



Dark Skies Week Sunday 19 April to Sunday 26 April

Visit: <https://www.bco.ie/events/dark-sky-week/>

As part of our celebrations BCO are compiling a suite of remote activities to ensure that even as we socially isolate, we can still come together under one sky.

Some of the activities being brought to you by the BCO team include [a live chat with space expert Dr Niall Smith](#), a [light pollution workshop with our Education Team](#), tutorials on how to participate in the [Globe at Night citizen science project](#), and a [live event](#) celebrating the [30th anniversary of the Hubble Telescope](#) on April 24th.



If you are a EU Citizen to please consider signing as these ECI's generally need 100,000 or so signatures from each country

Click here to participate: www.savebeesandfarmers.eu/eng

The "Save Bees and Farmers!" European Citizens' Initiative alliance is a growing network of currently over 140 environmental NGOs, farmer and beekeeper organisations, charitable foundations and scientific institutions distributed throughout the European Union, working together to reconcile agriculture, health and biodiversity. Click here to read more about the campaign: www.savebeesandfarmers.eu/eng/background



Young Social Innovators - open Call to Teenagers
Share your ideas here: <https://bit.ly/YSIOpenCall> by 31 May
All idea will be submitted to a weekly draw for €50

YSI are asking for young people's ideas about how to tackle the problems in our communities as a result of #coronavirus. This is an anxious and challenging time, but many young people are hopeful for the future, post-COVID-19 and are optimistic that society will change for the better.

This project supports young people to be part of this change. Follow on social media @YSIOpenCall



The website is continuously adding activities, performances and interviews, inspiration and messages from their many ambassadors

To Get Involved visit the website www.artsforall.ie.

- Submit your ideas/offers and
- Share through your networks and social media @ArtsForAllCork

If you have ideas or would like to contribute contact artsforallcork@gmail.com Tel: Eoin Nash 086-8074037



Recruitment : Project Coordinator

Deadline for applications Wednesday 06 May

View the job description: [Recruitment Project Coordinator - Gay Project](#)

Gay Project Ltd is recruiting for a Project Coordinator. The Project Coordinator will work in partnership with the Voluntary Board of Directors to implement the work of the project.

Email application to email to CGPChair@gmail.com

Upcoming Workshop Cork Gay Project : "Men In The Middle"

Expressions of Interest Are being Sought

To register and for details, contact: Michael O Donnell, michael@gayproject.ie Tel: 0873647901

The workshops will be free for all participants. The aim of these workshops is to assist a broad range of practitioners and service providers to develop practical strategies for effectively engaging with middle-aged men around mental health and wellbeing issues.

Read more on our website: www.corkcityppn.ie/workshop_men-in-the-middle/

Awards & Funding



Age Action and Red Cross Hardship Fund
for Older People who need extra support during the Covid 19 period

Visit: www.ageaction.ie

www.ageaction.ie/how-we-can-help/age-action-and-irish-red-cross-covid-19-hardship-fund

For more details, contact: 01 4756989



Community Foundation for Ireland's Covid-19 Community Fund

Click here to apply: [Covid-19 Response Fund](#)

This fund is aimed at the immediate needs of organisations impacted by Covid-19. The focus is on the following groups: People over 60; People with respiratory illnesses or cancer; experiencing domestic abuse; isolated vulnerable people and families, particularly in rural areas; Mental health issues for those affected by Covid-19. Grants between €1,000 and €10,000.

Apply here [Covid-19 Response Fund](#)

For queries contact the Grants team covidresponse@foundation.ie



Social Entrepreneurs Grants - Ideas Academy Deadline for application extended : 30 April, 12:00

The Ideas Academy is for people who have identified a social problem and have an idea to help solve it. Participants on this programme receive training and support in key areas of importance to idea-stage social entrepreneurs such as how to develop your idea, pilot it, and set up your project. The Ideas Academy will help you to take those first steps to move from idea to action.

Visit: <https://socialentrepreneurs.ie/theideasacademy/>

Consultations and Submissions and Surveys



Cork City Council Heritage Plan 2021-2025 Open Consultation Deadline Tuesday 30 April (opened: 02 March)

Complete the survey here:

<https://consult.corkcity.ie/en/content/cork-city-council-heritage-plan-2021-2025>

Cork City Council want to know the aspects of Cork City's heritage that you value and want to see understood, enhanced and celebrated. Heritage is also what we the community who live, work and study in Cork city have inherited from the past, what defines Cork city, and makes it unique and distinct from any other place. Complete the survey to feed into the upcoming Cork City Heritage Plan, which will guide the implementation of priority heritage actions over the next five years.

The 2015-2020 Heritage Plan can be viewed via the following link, along with other information: www.corkcity.ie/en/council-services/services/arts-culture-heritage/heritage/



Public Consultation on the Draft National Marine Planning Framework

Deadline: Thursday, April 30, 2020 (Opened: Nov 12, 2019)

www.housing.gov.ie/planning/marine-planning/public-consultation-draft-national-marine-planning-framework

Public Consultation on the Significant Water Management Issues for the third cycle River Basin Management Plan for Ireland 2022-2027

Deadline: Friday, June 26, 2020 Opened Dec 20, 2019

Visit: www.housing.gov.ie/water/water-quality/water-framework-directive/public-consultation-significant-water-management

Useful Telephone Nos

EMERGENCY / CRISIS NUMBERS:

- YOUR LOCAL GP OR NOWDOC OUT OF HOURS GP SERVICE**
1850 400 911
- GARDAI / EMERGENCY SERVICES**
999 / 112
- THE SAMARITANS**
116 123
TEXT: 087 250 9090
EMAIL: jo@samaritans.org
- DOMESTIC VIOLENCE SERVICE WOMEN'S AID NATIONAL HELPLINE**
1800 341 900
- AWARE SUPPORT LINE**
1800 80 48 48
Email: supportmail@aware.ie
- 24/7 SUICIDE HELPLINE**
1800 247 247
TEXT: 'HELP' TO 51444 (P18 HOURS)
- NATIONAL RAPE CRISIS 24/7 HELPLINE**
1800 778 888
Email: counselling@rcc.ie
- CHILDLINE**
1800 666 666
- FARM AND RURAL STRESS HELPLINE**
1800 742 645

OTHER SUPPORTS:

- PIETA HOUSE**
074 91 26594
- JIGSAW**
074 97 25926
- SHINE**
1890 421 431
- GROW WITH CARE**
1890 474 474
- NATIONAL LGBT HELPLINE**
1890 929 539
- MABS**
0761 072 000
- Living Links Bereavement Listening and Support Service**
087 928 6007
- ONLINE COUNSELLING**
www.helpline.ie
- SUICIDE MANAGEMENT LIAISON SERVICE**
085 877 2028
- MENTAL HEALTH IRELAND**
www.mentalhealth.ie
- PARENT LINE**
1890 927 277
www.parentline.ie

Learn about mental health and how to support yourself and those you love.
www.yourmentalhealth.ie **Heilbrunnacht is hálíúil Síne**
Health Service Executive

Visit www.yourmentalhealth.ie for a list of useful telephone numbers

A detailed list of resources will follow in the next issue

Thank You for Reading

Please stay in contact. We are here to support and connect. Tag us on social media @CorkCityPPN. Forward on resources, and info to update the network. Contact:

- Yvonne Murphy, Coordinator coordinator@corkcityppn.ie Tel: 086 1422 747
- Carol Doyle, Support Worker email info@corkcityppn.ie Tel: 083 0157662

Cork City Public Participation Network, PPN, 13 North Main Street, T12 Y6W0, Cork
Our offices are currently closed due to COVID-19. We are available on mobile, email and social media.