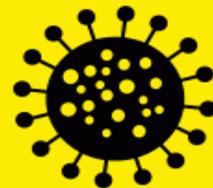




Cork City Community Response



Local Information -- Local Assistance -- Local Care

Issue 014: Wednesday 3 June 2020



Family Carers Ireland

- offering family carers free counselling sessions. Family carers sometimes have difficulty coping with their emotional well-being and their mental health and are more likely to struggle with stress, anxiety and depression than the general population. As a carer, there are times when you may find yourself struggling with your mental health and emotional wellbeing due to a combination of the demands of your caring role, and the additional challenges you might be facing as a result of the COVID-19 pandemic. Family Carers Ireland offer help to family carers, as they believe no one should have to care alone. They have developed a free, short-term online and phone counselling service for family carers and will connect carers with a qualified counsellor from a panel of approved professionals. The service can be accessed through the website <https://familycarers.ie/help-and-advice/online-and-phonecounselling-service/> or through the **National Freephone Careline** on **1800 24 07 24**.

DOs & DON'Ts of Cocooning

- **DO** remember that help and advice is only a phone-call away.
- **DO** make yourself aware of contact numbers for vital services and keep those numbers handy.
- **DO** keep in touch with neighbours.
- **DO** ask to see identification if a stranger calls to the door.
If in doubt, call the organisation they claim to represent for verification.
- **DO** remember to practice social distancing, keeping a space of two metres between you and other people.
- **DO** follow HSE guidelines around hand washing, sneezing and coughing into your arm or a tissue.
- **DON'T** answer the door to someone you don't know unless you feel comfortable doing so.
- **DON'T** shake hands with anyone that might come to the door.
- **DON'T** let someone into your home unless you know them or it is absolutely necessary.
- **DON'T** give ANY personal details including your bank details or your credit/debit card to anyone you don't trust – whether in person or over the phone.
- **DON'T** interact with other vulnerable members of your community if you have any symptoms of illness.
- **DON'T** be alarmed by false information on social media – stick to HSE advise.

We are all in this together



#HOLDFIRM

Audio Books



Ulvicroft are offering an audio book platform, free to all Library users in Ireland till July 31st on Twitter- Facebook etc. Please sign up to www.ulibrary.net/register (24 hr. turnaround on registration). Our free to download app can be found in both the iOS app store and the Google Play Store – search for uLIBRARY and download. Select the following drop down Library: eAudio Library Support.



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