



# Cork City Community Response



**Stay Safe -- Limit Contacts -- Protect Each Other**

Issue 044: Wednesday 13 January 2021

In light of the significant increase in Covid-19 cases and the current public health advice for older people to once again remain at home we want to again promote the awareness and availability of the local authority based COVID-19 Community Call Forum Helpline, particularly for older people who need help with practical supports such as shopping, prescription collection and many others.

## Cork City COVID-19 Community Call Helpline



**1800-222-226**

Monday to Friday 9.00am - 5.00pm



**covidsupport@corkcity.ie**

**RELAXATION SKILLS LEVEL 2 THROUGH ZOOM**

INCLUDES:  
- RELAXATION, MEDITATION, SAGE SMUDGING, LEARN TO SLOW YOUR MIND AND RELAX

WHEN: WEDNESDAY STARTING 13TH JAN 2021  
TIME: 11.30AM  
VENUE: ONLINE THROUGH ZOOM  
COST: FREE OPEN TO ANYONE  
TUTOR: NIAH TOWEY

TEL: 086-7912485  
EMAIL: SADIE.ALLEN@CORKETB.IE

## New Bereavement Support line to assist staff and public during the COVID-19 pandemic

A new national free phone bereavement support line has been launched by the Irish Hospice Foundation in conjunction with the HSE. The national free phone service, **1800 80 70 77** is available **Monday to Friday from 10am to 1pm**. The support line aims to provide a confidential space for people to speak about their experience or ask questions relating to bereavement. Callers will be listened to with compassion and be provided with emotional support and information on any practical issues that may be helpful. Read more about the new Bereavement Support line here:

<https://hospicefoundation.ie/bereavement-2-2/bereavement-support-line/>

Since we're a tight knit group

## HOOK LINE AND SINKER CROCHET!

ONLINE THROUGH ZOOM

OCTOPUS FOR THE PREMATURE BABIES

SUPERHERO HATS FOR SICK CHILDREN

BLANKETS FOR HOPE

PREMATURE BABY OUTFITS

THURSDAYS  
ONLINE  
11.30-1.30  
TEL: 086-7912485

## Armchair Azure

Armchair Azure is a free online experience designed for people living with dementia and their families and friends. During Armchair Azure, you will explore a selection of artwork from IMMA's Collection with a facilitator who has received special training in dementia-inclusive arts programming. Armchair Azure is facilitated online via Zoom three times per month from January 19<sup>th</sup>.

Full details and how to book can be found via this link:

<https://imma.ie/learn-engage/art-and-ageing/armchair-azure/>

**CRAFTY ART**

Online through Zoom  
Starting: Thursday  
14th Jan 2021  
Tutor: Ann Burns

Time: 11.30-1.30  
Free to attend  
TEL: 086-7912485  
EMAIL: SADIE.ALLEN@CORKETB.IE

**We are all in this together**





# 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



#HOLDFIRM



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**KEEP WELL**

## Other Useful Phone Numbers

Cork City Age Friendly..... 021 4924076

Seniorline Freephone..... 1800 804591

Age Action Cork..... 021 2067399

Jigsaw Youth Support Cork..... 021 2452500

Garda Síochána (Community)..... 021 4522000

HSE National Helpline Number..... 1850 241850

Friendly Call Cork.... 021 4301700 or 087 6366407



KEEPING ACTIVE



KEEPING IN CONTACT



SWITCHING OFF



EATING WELL



MANAGING YOUR MOOD

<https://www.corkcity.ie/en/council-services/services/community/keep-well-in-the-community/>



Wash



Cover



Stop



Distance



Avoid



Clean



Comhairle Cathrach Chorcaí  
Cork City Council