



Cork City Community Response

Stay Safe -- Limit Contacts -- Protect Each Other



Issue 102: Wednesday 2nd March 2022

New Physical Activity Behaviour Change Programme – Be Active Be Well



'Be Active Be Well' - NEW Physical Activity Behaviour Change Programme for Cork starting this March!

A new physical activity behaviour change programme called **Be Active Be Well** will be available this March and is offered by the Cork Kerry Community Healthcare Health Promotion and Improvement Department.

This five-week programme is about supporting inactive adults to become more active. It will explore motivation and confidence to change, overcoming barriers, goal setting, identifying support and looks at why becoming more physically active is important for health.

Teach Mhuire Health Centre, Old Youghal Road, Cork (T23Y820)

March 24th, 31st, April 7th & 14th

2 - 4pm

Fifth follow up session to be confirmed with participants

For further information, contact Caroline Kelleher on 087 0920 853 or Caroline.Kelleher@hse.ie



Dear Age Friendly Forum member,

A reminder that the next meeting of the forum will take place on Thursday next, 10th March @11.30 am ONLINE.

Among items to be covered will be

- Report from forum representative to the Age Friendly City Alliance
- Delivery of Age Friendly seating in the city centre
- Planning for an outdoor Age Friendly event Summer 2022
- Feedback for City based CDPs on present activities

Click on the link below to access the meeting from your smartphone, laptop, tablet or computer.

We look forward to seeing you there.

Chris Dorgan

Cork Age Friendly City Programme/ Clár Aoibhábá Chathair Chorcaí

Topic: Zoom meeting Cork Age Friendly City Forum
Time: Mar 10, 2022 11:30 AM Cork

Join Zoom Meeting

<https://us02web.zoom.us/j/81750351727?pwd=TE0zNWJja3N2UTVvbHY4dEplZkxkdz09>

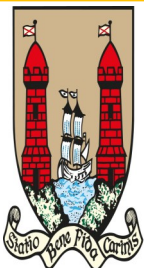
Meeting ID: 817 5035 1727
Passcode: 409246

Community Area Maintenance Grants

Reminder—Closing date 16th March

Cork City Council is pleased to announce the 2022 Community Area Maintenance Grants for projects with a Litter Prevention or Litter Reduction Focus. This funding stream is now open for applications from Community and Resident Associations and Groups, and Men's Sheds within the Cork City Council area.

To apply and to view the terms and conditions please go to <https://submit.link/Jv>
The closing date for applications is Wednesday, March 16th 2022 at 5pm



Comhairle Cathrach Chorcaí
Cork City Council

We are all in this together





Rialtas na hÉireann
Government of Ireland



Coronavirus
COVID-19
Public Health
Advice

How you can help stop the spread of COVID-19



STAY AT HOME:

If you have any symptoms of COVID-19 you should stay at home.



HAND HYGIENE:

Clean your hands regularly with soap and water or hand sanitiser.



MASKS:

Continue to wear a mask on public transport and in healthcare settings. Consider wearing a mask in crowded areas.



VENTILATION:

Let fresh air in if meeting indoors.



VACCINE:

Get a COVID-19 vaccine and booster dose.

Useful Phone Numbers

Cork City Council Customer Service Unit
021 4924000

Cork City Age Friendly..... 021 492 4076

Seniorline Freephone..... 1800 804 591

Age Action Cork..... 021 206 7399

Jigsaw Youth Support Cork..... 021 245 2500

Garda Síochána (Community)..... 021 452 2000

HSE National Helpline Number.... 1800 700 700

Friendly Call Cork.... 021 4301700 or 087 636 6407

Young@Heart Care-Ring Cork..... 087 298 7161



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Cork City Council



Wash



Cover



Stop



Distance



Avoid



Clean