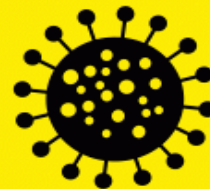




Cork City Community Response



Local Information -- Local Assistance -- Local Care

Issue 022: Wednesday 29 July 2020



Cork Age Friendly Warrior Phil Uí Mharcú on Cocooning Isolation.

Phil Uí Mharcú from Turner's Cross in Cork City is more worried about the loneliness her friends are experiencing than she is about herself. Having lost her husband Tadhg after a short illness last August, Phil experienced what she describes as a "wave of loneliness" during lockdown. The **Cork Age Friendly** Rep says while her phone never stops ringing from friends and family, there were times in the day when she felt loneliness sharply. While she was involved in many community organisations and events before lockdown, her own routine has been severely affected by the crisis. Read more of this article in the *Irish Independent: Wednesday July 15th 2020*. **Cork Age Friendly** can be contacted at **021 4924076**

Reopening in the Voluntary Sector Webinar

The decision to return and re-open operations poses a particular challenge for the not-for-profit sector. Cork Volunteer Centre and the Cork City PPN hosted a highly informative webinar "Reopening in the Voluntary Sector" with Liam Scollan.

If you missed this webinar, the recorded link is below, please use the password **6P+5%t0w** to access. https://us02web.zoom.us/rec/share/4eN-KerR61tIQYXA8QKYS0qGq_GX6a81yhPrqZemBq0X5FyzpyJWPPS-12ZWP0j

The accompanying manual to this presentation is attached to this email.

If you would like a printed copy, please contact the Age Friendly Team at agefriendlycork@corkcity.ie



volunteer centre
Ionad d'Obair Dheonach Corcaigh
CORK



Crawford Creative Cocooning Video Series

Crawford Art Gallery is delighted to have collaborated with artist Gillian Cussen on the Creative Cocooning video series. This video series is a way of welcoming anyone who may enjoy a gentle creative activity at home. Join Gillian in her garden with an invitation to look and enjoy being in the moment in these short videos. <https://crawfordartgallery.ie/creative-cocooning/>

Help Find AXA Community Heroes

Last summer AXA launched AXA Farm Hero to celebrate the unsung heroes that work hard to help others in the farming community. More recently, their Covid Car Cover initiative helped medics that returned to Ireland during our time of need. AXA were delighted to get them back out on the road safely with complimentary car insurance.

Following on from the success of AXA Farm Hero and the Covid Car Cover, they want to continue to champion the unsung heroes in communities all over Ireland. They need your help finding local heroes that go above and beyond for the people around them. So, if you're lucky enough to know a hero and proud to be their friend, AXA would love to hear from you! AXA will donate €20,000 to a charity of the winner's choice. Find out more about AXA Community Hero by clicking the link below and nominate your hero!

The closing date for entries is **31st August 2020** – More details at <https://www.axa.ie/articles/customer-service/axa-community-hero/>



National Concert Hall (NCH) presents Elegy: An evening of music dedicated to victims of Covid-19

Friday, the 17th July at 8pm saw the live stream of Elegy - an evening of reflection and remembrance through music dedicated to those who have passed away during the Covid-19 crisis. Ireland's leading choral ensemble, Chamber Choir Ireland and the Chamber Ensemble performed one of the most sublime works in the sacred classical canon, Fauré's Requiem. The evening also included performances by lauded Sean-nos singer and The Gloaming member, Iarla O'Lionaird; recent Irish resident the Grammy Award-winning Rhiannon Giddens, and multi-instrumentalist Francesco Turrisi.

If you missed the live stream on Friday night you can watch it again here:

https://www.youtube.com/watch?time_continue=457&v=xfAq8SctnZM&feature=emb_logo

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



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