



Cork City Community Response



Local Information -- Local Assistance -- Local Care

SENIORLINE SUPPORT

Issue 013: Friday 29 May 2020

SeniorLine has been the national, confidential listening service for older people, run by trained older volunteers since 1998. This peer-to-peer helpline for older people receives in excess of 10,000 calls per year. As the corona virus is a threat to older people SeniorLine has put in place a number of protocols to support our many older callers from all over Ireland. Any caller, concerned about Covid 19, will receive the most up to date guidance as recommended by Government sources. Good health practice is reinforced at all times. This information is updated daily as the situation changes and is available to each of our volunteers at the phones.



SeniorLine is a FREEPHONE service and our older callers can call for free 10am and 10pm every day of the year on 1800804591

YOUR HEALTH

Resources to those living with long-term health conditions during Covid-19



People living with long-term health conditions may be more at risk of serious illness if they get coronavirus and need to take extra care to protect themselves. It is really important that they continue to manage their long-term health condition(s). The HSE have launched a leaflet '**Minding your Long-term Health**

Condition during Coronavirus (Covid-19)' which is attached. This leaflet provides practical and clear information to support people to manage their long-term health conditions and to stay well. It was developed by the National Self-management Support Programme and approved by the National Clinical Care Programmes for Diabetes, Respiratory and Heart Failure and by the Health Protection and Surveillance Centre. Each key message is supported by a helpful tip and signposts to resources available. See <https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html>).

Using the Health service during COVID-19

This week saw new communications for people who may be concerned about using health services, or are uncertain that they're operating as normal. Our health service is open for urgent care, and they have taken extra precautions to ensure patients are safe. There are national and regional radio ad's about using GP and Emergency services, and the National Cancer Control Programme shared two really informative new videos about people who may be showing signs of cancer, and those who are attending for cancer treatment.



An Roinn Sláinte
Department of Health

For the most up to date information and advice on Coronavirus, please go to:

<https://www2.hse.ie/coronavirus/> and

<https://www.hpsc.ie/az/respiratory/coronavirus/novelcoronavirus/>

For information on face coverings for public use, please see:

<https://www2.hse.ie/conditions/coronavirus/face-masksdisposable-gloves.html>

We are all in this together #HoldFirm



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