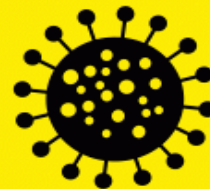




Cork City Community Response



Local Information -- Local Assistance -- Local Care

Issue 015: Friday 5 June 2020

ADVICE for Renters Whose Tenancies are Affected by COVID-19 Measures



Tenancies are being impacted by the current pandemic in a number of different ways. Making rent payments is not the only difficulty being faced by renters: those living in house-shares are also being impacted by self-isolation and social distancing requirements. You can contact Threshold if you need advice, need their help in

contacting your landlord to protect your tenancy or engaging with the Department of Employment Affairs and Social Protection. Their helpline is open from 9am to 9pm, Monday to Friday and can be reached at **1800 454 454**. Alternatively you can contact them by email at <https://www.threshold.ie/advice/help.html>. They have also created a dedicated freephone helpline to support workers in the hospitality sector impacted by the COVID19 pandemic. If you are worried about making rent payments, you can contact them for advice on **1800 778 899**.

COMPUTER TRAINING

Cork ETB is offering online IT Training in Office 365 for those who have been made unemployed due to the current pandemic. It covers such topics as Microsoft Office 365, Microsoft Teams and other



cetb
Bord Oideachais agus
Oiliúna Chorcaí
Cork Education and
Training Board

collaborative online tools, as well as providing tuition in Microsoft Office applications such as Word, Excel, PowerPoint and Access. For more information please follow the link

<https://www.fetchcourses.ie/course/finder?sfcw-courseId=299029>

We all need to look after our mental health, and just like our physical health, it needs to be maintained. Here are some little things you can do to look after your mental health:

Keep active

Regular exercise can really give your mental health a boost.

Talk about it

Problems feel smaller when they are shared with others. Talking about feelings is a good way to deal with a problem.

Eat and sleep well

Having a balanced diet and a good sleep pattern will not only help the way you feel, but it will also help the way you think.

Drink less alcohol

Avoiding too much alcohol is important, especially if you're feeling down or worried.

Do something you enjoy

Setting aside some time to do something you enjoy, especially if you are not feeling great, will help you feel better.

Stay in touch

Trusted friends and family are important, especially at difficult times. You do not have to face things on your own.

Accept yourself

Everyone is different and is entitled to respect. Many different things, including your background, race, religion and sexual identity, make you who you are.

Ask for help

Asking for help is not a weakness but a sign of personal strength. Everyone needs help from time to time and there's nothing wrong with asking for it.



#HOLDFIRM



Connecting for Life

yourmentalhealth.ie



Seirbhís Sláinte
Níos Fearr
á Forbairt | Building a
Better Health
Service

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