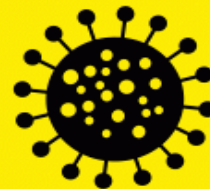




# Cork City Community Response



Local Information -- Local Assistance -- Local Care

Issue 020: Wednesday 15 July 2020

The COVID Tracker phone app is an important tool we can all use to reduce the spread of the virus. It supports the HSE's Contact Tracing team by keeping an anonymous record of people with whom the user is in close contact. The Covid Tracker App allows many of us to play an important part in helping everyone to stay safe and protect each other. The more people who download and use the app, the more effective it will be in helping us to suppress Covid-19. You can find more information on [www.covidtracker.ie](http://www.covidtracker.ie).



## Irish Hospice Foundation - Care & Inform Resources & Bereavement Support Line

The Irish Hospice Foundation wants to continue to keep you informed and supported in matters relating to end-of-life and bereavement during these trying times. With the knowledge and experience gathered over many years they are responding to emerging needs in the community with new resources on their Care and Inform hub and through the Bereavement Support Line. More details available here <https://hospicefoundation.ie/covid19careandinform/>



Health of the Nation, the official Department of Health podcast, was launched on Saturday 20th June. The series provides a platform where health officials, healthcare workers and experts deliver clear information on current health issues. The first episode was dedicated to the topic of face coverings; how, when and where to use them. In the coming weeks the podcast will continue to support messaging around COVID-19 and public health advice. The channel will evolve to focus on a variety of health issues into the future, including vaccines, key health trends and new health policy. More information can be found here: <https://www.gov.ie/en/campaigns/45b14-health-of-the-nation-the-official-podcast-of-the-department-of-health/>

text about it

50808

## Mental Health Policy and Support Line

The Department's new mental health policy, "Sharing the Vision: A Mental Health Policy for Everyone" was launched last week. A new Crisis Text line – Text **50808** was also launched. The new text-based mental health service will provide support to anyone struggling with any issue, big or small for free and at any time of any day. The service is staffed by 300 trained crisis volunteers and people can access support by texting 50808.

## Updated Guidance for Cocooners

The Department of Health has issued updated guidance for those cocooned for the past few months (see link below). Guidance has been updated to reflect the fact that restrictions are being lifted and people are able to access a greater range of shops, activities etc. which presents added anxiety for people as they re-emerge from a lengthy period of social isolation. The advice is there to inform people about the safe ways in which to engage with the wider community and the precautions to be adhered to. Remember it is natural to feel a level of anxiety at this time, if it becomes overwhelming that there are services available to address this. <https://www.gov.ie/en/publication/923825-guidance-on-cocooning-to-protect-people-over-70-years-and-those-extr/>  
<https://www.gov.ie/en/collection/428743-covid-19-coronavirus-physical-distancing-graphics/>



An Roinn Sláinte  
Department of Health



## Let's Get Moving!

Bex Townley, from **Later Life Training**, has great 'Movement Snacks', as part of **Make Movement Your Mission** <https://www.youtube.com/watch?v=VrpJ3QcZGEE> lots of movement videos from getting out of a chair to strength exercises.

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