



Cork City Community Response



Local Information -- Local Assistance -- Local Care

Issue 021: Wednesday 22 July 2020



Rialtas na hÉireann
Government of Ireland

Phase 4 Deferred as CoVid Reproductive Rate Rises

The Taoiseach announced yesterday evening that Ireland will not progress to Phase 4 of the roadmap on reopening as planned next week. Micheál Martin said that Cabinet has agreed that current health measures on Covid-19 should remain in place until the 10th of August. Speaking at a press conference following a Cabinet meeting at Dublin Castle, Mr Martin said that the Government identified five key priority areas:

- Face coverings must be worn in all shops and retail settings and shopping centres. Retail staff will also be required to wear them unless there is a partition in place or there is a space of 2 metres between them and customers.
- Pubs, bars, hotel bars, nightclubs and casinos will remain closed until the 10th of August. Pubs currently serving food can remain open.
- Social visits to people's homes should be limited to a max of ten people from no more than four different households.
- Current restrictions of 50 people in indoor gatherings, 200 at outdoor gatherings is being extended until the 10th of August.
- It is continuing to advise against all non-essential travel.

**NATIONAL
HERITAGE
WEEK 2020
15-23 AUG**



National Heritage Week 2020

National Heritage Week 2020 will take place from Saturday, 15th – Sunday, 23rd August. To take account of restrictions on gatherings due to COVID-19, rather than focusing on the organisation of events, this year, the Heritage Council invites local heritage groups, families and communities to develop projects around this year's theme of 'Heritage and Education: Learning from our Heritage'. Projects should be completed in time for National Heritage Week, when they will be showcased online. Accepted formats for showcasing may vary from online talks or exhibitions, to a video, podcast, slideshow presentation or blog, to media coverage, a dedicated website or moderated social media account, or by means of small, restricted social gatherings, which comply with official public health advice. To find out more, visit www.heritageweek.ie



Shine A Light Suicide and **Mental Health Awareness** in conjunction with Liam Mullaney MYO Café, Myles Gaffney musician and Unity Media are to deliver an online music event and information night to the public with live streamed performances from MYO Café on Popes Quay. On this **Friday the 24th of July at 7pm Online**. The event will be launched by Lord Mayor Cllr Joe Kavanagh.

The event **#MakeSomeNoiseCork** will be streamed live on Shine a Light's Facebook page on 24th July at 7pm and other media platforms to signpost people towards the services that are available and to give people hope in these challenging times. Numbers for essential services and supports will be rolled out throughout the event. <https://www.facebook.com/shinealightgroup/> https://twitter.com/unity_network?lang=en

At 7.45pm on the 24th July 2020 to **#MakeSomeNoiseCork**, we are asking for your support to encourage people in their areas to come out and **#MakeSomeNoiseCork** (rattle some pots and pans, sing, shout out from your door step) literally at that time to support positive Mental Health. If people would like to donate to this event they can do so at www.Idonate.ie/makesomenoise

Spread the Word!

We have had some wonderful feedback from the people of Cork regarding this newsletter as we continue to bring you updates, advice and assistance through this pandemic. Please share this newsletter with businesses, schools and others organisations you feel would benefit from this publication.



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