

# CORK CITY PARTNERSHIP WEEKLY BULLETIN UPDATE

## Education/Courses

Staying fit and active, or taking part in creative activities, can be key to maintaining our mental health/wellbeing. In response to this CCP is continuing to offer various classes such as Pilates and Art through its online platforms. Please see our Facebook page or contact 021 4302310 for further information

## Staying Connected

At the moment it is more important than usual that connections between people continue. Cork City Partnership staff are maintaining regular phone contact with existing clients and other people in the community who we know are particularly vulnerable at this time. This is addition to the daily phone call which is made through our Friendly Call Service to older and isolated people. Friendly Call alone is now making more than 330 daily phone calls.

We know that when people are self-isolating or cocooning they have more time. We have been getting increasing requests from people for books to read. We are working with a local education provider to respond to this need and also offer jigsaws and other games to our older and isolated clients.

## Mental Health Services & Supports During COVID-19

### Shine A Light Suicide & Mental Health Clg (Cork)

Aware of the potential impact on people's mental health at this time, CCP are continuing to support the work of Shine A Light Shine A Light Suicide & Mental Health Clg (Cork). Shine A Light provides counselling at a low cost through Coiscéim. Due to COVID 19, Coiscéim have put in place a new service to help and support people in these challenging times. Please contact the numbers below if you require help and support. This is a free and confidential service.

#### SHEP Coiscéim Low- Cost Counselling

Free and confidential 'Support Line' Service

Coiscéim, in addition to its usual counselling service is offering a coordinated '@Support Line' for anyone who is experiencing anxiety, have underlying health issues and in self-isolation and for families whose loved ones are in hospital or who have had a family member die from COVID 19

Phone Coiscéim: 087-7998602 or SHEP 087-1719724

Coiscéim Cairde counselling is also providing a helpline to people living in Direct Provision Centres.

Phone: 087-3370542 Time: 9am-9pm – 7 days a week.

### Barnardos Children's Bereavement Service

Bereavement Helpline 01 4732110

Barnardos Bereavement Helpline is open from:

-10am-2pm Monday to Thursday

-Offering information and advice in relation to how to support children through bereavement

-Open to members of the public and professionals who are in contact with bereaved children

Fully trained staff operate the Helpline

<https://www.barnardos.ie/our-services/work-with-families/bereavement-services>

## Connect Call Service

The Connect Call Service is an initiative of Cork City of Sanctuary Movement Covid-19 Task Force. It offers a free confidential phone call up to 5 days per week to those living in direct provision accommodation, or who have been moved from DP into self-isolation facilities, and to migrants living in the community under lockdown.

To access the Connect Call service contact Cork Migrant Centre on 086 824 6087

## Additional Mental Health Supports

HSE: Cork Kerry Community Healthcare - Five Ways in Five Days

<https://www.youtube.com/playlist?list=PL7o5gAZKyaQfV3FnbLOVe09dLsIzWf5AV>

The Creativity Tonic - Crawford College of Art & design

<http://creativitytonic.ie/>

Greater Good Magazine -

<https://greatergood.berkeley.edu/>

## Don't Stress

HSE Health & Wellbeing offer an Online Stress Control Programme which started on 13th April. This 3 week programme for adults aged 18 and over is free of charge to the public and delivered by Dr Jim White, Consultant Clinical Psychologist.

HSE Mental Health Services run this course for service users, family members, carers and staff in a variety of HSE and community venues. You can avail of this FREE courses online. The course will teach you skills to cope positively with stress - skills which are crucial in these unprecedented times. Please visit [www.stresscontrol.org](http://www.stresscontrol.org)

## HSE Family Connections

What is the Family Connections Programme?

The challenges facing family members and significant others of individuals with Borderline Personality Disorder (BPD) are often of such a magnitude that they can, over time, deplete a person's capacity to cope effectively.

Family Connections (FC) is a 12-week group for family members and significant others of a person with chronic self-harm, suicidality and a diagnosis of BPD, who is or has been involved in a Dialectical Behaviour Therapy (DBT) Programme.

For further information about the Family Connections programme that runs in Cork, please view the

**Family Connections** Playlist. **HSE** Ireland. 7 videos for Open Your Mind Before You Open Your Mouth - Module One - Introduction.

**HSE** Ireland. Available on You Tube

## Pieta House

Pieta have 24/7 freephone supports and text support services.


#  1800 247 247


 text HELP to 51444

In light of the Covid situation, Pieta have now implemented phone-based support for all clients.


Please contact your [Centre](#) to confirm your appointment time with your therapist who will work with you over the phone. If it is your first time calling a Pieta Centre our therapists will explain how we can support you over the coming weeks.


**Exchange House Ireland National Traveller Mental Health Service offers support by phone, 7 days a week.**

#  01- 872 1094


 <https://tinyurl.com/u3t7sq3>

**GROW Mental Health Recovery is running a six-week online programme dealing with the various challenges involved with COVID-19 and an online peer support group.**

 <https://tinyurl.com/w9d539n> (six-week programme)


 <https://tinyurl.com/t8qofpv> (peer support group)

**Helplink provide free/low cost online counselling and therapy 7 days a week including free counselling for people laid off by crisis, people with addictions, people returning home and the Irish stuck or living abroad.**


 <https://tinyurl.com/wfzwqv4>

 [helplinksupport@helplink.ie](mailto:helplinksupport@helplink.ie)

**HSE 24/7 Mental Health Information Line.**


#  1800 111 888

**HSE Mental Health Supports and Services During COVID-19 webpage.**

 <https://tinyurl.com/yx5839em>

## **Samaritans are available 24/7 for free support by phone or email.**


If you're worried about your mental health during the corona virus outbreak. We're here to listen, no judgement, no pressure, and help you work through what's on your mind. We'll never tell you what to do. . You can get in touch about anything that's troubling you, no matter how large or small the issue feels.

#  116 123

 [jo@samaritans.ie](mailto:jo@samaritans.ie)

**MyMind are providing counselling and psychotherapy both online and by phone.**

 <https://tinyurl.com/w3lqlcb>

#  076 680 1060

**The Psychological Society of Ireland provide an online directory of chartered psychologists in all disciplines, as well as information about psychological services.**

 <https://tinyurl.com/t46k7ry>

**Shine is currently providing remote support and an outreach service to people experiencing mental health problems and their families and supporters by phone and email.**

 <https://tinyurl.com/sjt7mun>

 [phil@shine.ie](mailto:phil@shine.ie)

**SpunOut.ie provides information and practical advice created by young people, for young people.**


 <https://tinyurl.com/sxj47qa>


**Suicide or Survive provide a free online wellness workshops for adults and young people.**

 <https://tinyurl.com/u623vtp> (youth workshop)

 <https://tinyurl.com/s4homal> (adult workshop)

**The Traveller Counselling Service offers information and counselling by phone.**

#  01- 868 5761

#  086 3081476

**turn2me.org offer peer support, online support groups and professional support.**

 <https://tinyurl.com/svkew9o>

## Covid-19 Community Response Forum (CRF)

Local authorities across the country have been tasked with coordinating the community response to the Covid-19 crisis. A Covid-19 Community Response Forum (CRF) is now in place in Cork to ensure that vulnerable members of the community or those living alone can access vital; grocery, medicine and fuel deliveries and social care supports.

**A dedicated helpline is available from 8am-8pm, seven days a week. The Cork City Covid-19 CRF helpline is 1800-222-226. Support can also be accessed via [covidsupport@corkcity.ie](mailto:covidsupport@corkcity.ie)**

## Keeping Physically Active

### Older People

Age & Opportunity are running live "Movement Minute" sessions on their Facebook page every Monday, Wednesday and Friday at 11 am. These are 20-25 mins guided exercise sessions which can be followed in your own kitchen/living room etc. Every session can also be played back on Facebook at any time.

<https://www.facebook.com/AgeandOpportunity>

PE for Seniors - Joe Wicks - (see under Adults and Children below)

The Irish Society of Chartered Physiotherapists has partnered with the HSE Community Physiotherapy Service in Cork to encourage Older People to exercise during this period of cocooning.

<https://www.youtube.com/watch?v=8JG9unCq-yM>

### Children

Over the Easter school holiday period Cork Gaa Rebel Og hosted online coaching sessions over a number of days to replace the traditional Easter camps. These were split between Juniors (4-8 year olds) and Seniors (9-12 year olds) and all sessions are available on the Rebel Og website here:

<https://www.rebelogcoaching.com/easter-camp/>

The Football Association of Ireland (FAI) is posting a skill for kids to practice on You tube every day. These brief videos are hosted by Irish international coaches and are designed for practice in the smallest of spaces. Kids are encouraged to post videos of their efforts. Day 1 can be accessed here:

<https://www.youtube.com/watch?v=HALQzx6M12M>

CCP continues to work closely with all its clients during this difficult time for people.

Cork City Partnership 021 4302310

[info@partnershipcork.ie](mailto:info@partnershipcork.ie)



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