



Useful links

If you wish to apply for a Covid19 social welfare payment please go online to www.welfare.ie

If you are an older person please contact the Irish Red Cross /Alone to avail of a once off grant of €500 to replace small items of equipment in your home during this isolation phase. Go to www.redcross.ie to download the application form.

www.revenue.ie have a lot of useful information about payments to employers who are retaining staff

Women's Aid helpline is 1800341900 if you are experiencing domestic violence or www.womensaid.ie to chat online and get support, you can also contact SafeIreland.ie for information on local supports in your area.

NALA helpline for people with literacy and numeracy problems have a free phone and online service to support people cope with the overwhelming amount of information on 1800 20 20 65 or www.nala.ie

Money Advice Bureau, MABS are there to help and give advice if you are struggling financially as a result of COVID19, MABS helpline is 0761072000 or www.mabs.ie

Contact An Garda Síochána at any local station to get support from the Community Gardaí at this time who are helping out in lots of ways around the city.

An Post are offering a number of services to those who are cocooning at present such as 'Request a Check-In'. Please visit www.anpost.ie for further information

The Department of Communications, Climate Action and Environment has announced that all major telecom providers have committed to a number of measures to help people stay in touch and work from home during Covid19. Go to <https://bit.ly/34OaQAp> for further information.

Mental Health Reform is the leading national coalition on mental health in Ireland with over 70 member organisations, representing a broad range of interests. Their services and supports can be accessed at www.mentalhealthreform.ie

HSE Health and Wellbeing are offering a free Stress Control programme online via Stresscontrol.org from the 13th April. Stress Control is an evidence-based programme that teaches you practical skills to deal with stress. Dr Jim White will live-stream the classes, free-of-charge, starting on Monday 13th April.

Cork Sports Partnership along with other partner organisations have developed a Keep Cork Active Booklet and online resource for people of all ages www.activecork.ie www.revenue.ie have a lot of useful information about payments to employers who are retaining staff. The Department of Justice and Equality have just launched a new website which brings together all of the domestic violence supports and services information. go to www.stillhere.ie