

# CORK CITY PARTNERSHIP BI-MONTHLY NEWSLETTER

## Cork City Partnership Offices Are Open



Cork City Partnership continues to play its part in supporting our communities during level 5.

While we have to restrict face to face appointments during this time, all our services are still available via phone on 021 - 4302310 or email: [info@partnershipcork.ie](mailto:info@partnershipcork.ie) and other online platforms. We will also continue to deliver training in specific areas. Our outreach offices will also facilitate photocopying, printing etc.

So do get in contact, we are here to help.

## Hidden Harm

**Are you or is someone you know affected by a loved one's drug or alcohol misuse?**

If yes, free, confidential support is available from Cork City Partnership through the 5-Step Method Programme.

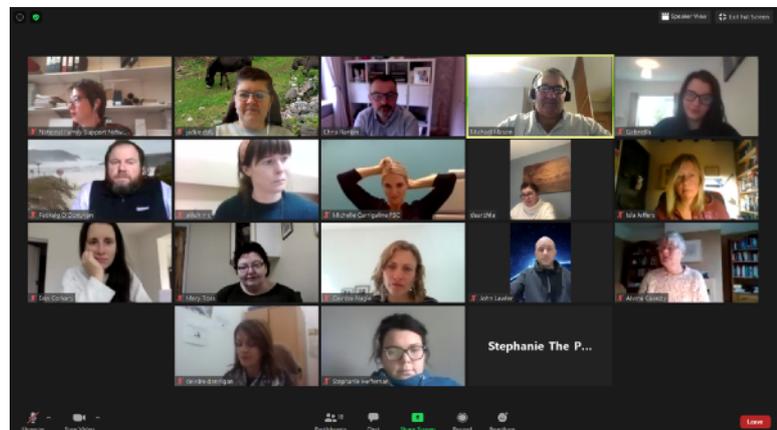
5-Step recognises the experience and expertise of family members when coping with the issue of substance misuse, supporting family members to play a central role in the course and outcome of their loved one's use. The programme is a non-directive, non-judgmental way of supporting family members over five sessions to develop their capacity to cope and respond.

The effectiveness of this programme in Ireland has been overwhelmingly positive, with almost 80 percent of families reporting lower overall stress since taking part. Family members also reported lower levels of family conflict and symptoms of stress and strain.

During COVID Cork City Partnership has been providing 5-Step remotely to family members by phone, WhatsApp, or Zoom depending on people's preference. We are also currently running an online 5-Step group with the support of Tabor Lodge Family Services Development Officer.

As well as providing 5-Step family support, the CODAAP project is also working with the Traveller Visibility Group Drug and Alcohol Support Project on a joint initiative to upskill 15 workers from a range of local and regional services to deliver 5-Step.

Contact Mella Magee on 021 4302310, 087 1962022, [mmagee@partnershipcork.ie](mailto:mmagee@partnershipcork.ie) to access this support or for referral to a local 5-Step practitioner.



15 practitioners receiving 5-Step training this October, delivered by the National Family Support Network as part of a joint CCP / TVG training project, funded by the HSE.

## Enterprise Support and Training

Cork City Partnership will host a series of online 'Business Review Workshops' with a focus on managing the finances and marketing your business during the Covid lockdown. These short 3 hour courses are aimed at self-employed people who are in receipt of the Back to Work Enterprise Allowance payment. Courses will begin on Nov 5<sup>th</sup> and run through November and December. Places are limited so booking is essential. Please contact the enterprise team on 021 4302310 for more details.

We will hold another Enterprise Information session on Nov 11<sup>th</sup> next for individuals who are interested in becoming self-employed. Contact Yvonne or Tony on 021 4302310 to book a place.

## Need to relax?



This November Cork City Partnership will hold 3 free online relaxation techniques and mindfulness workshops (via Zoom), these will be held from 12.30-2pm on Thursday November 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>. If you feel you would benefit from these workshops, contact Margo Hayes on 087 1962023 or [margo.hayes@partnershipcork.ie](mailto:margo.hayes@partnershipcork.ie) to book your place.



Cork City Partnership are delighted to be a participant on the interagency group bringing The Dolly Parton Imagination Library to Cork. The Dolly Parton Imagination Library was founded & launched in 1995 in Sevier County, Tennessee where Dolly grew up and is the flagship programme of The Dollywood Foundation. The Dolly Parton Imagination Library is a free book gifting scheme for children aged 0-5. Children can be registered anytime up to their 5<sup>th</sup> birthday. Age appropriate children's books arrive by post each month addressed to the individual child. Books are hand-selected by the Gold Medal Book Selection Committee. Each title is chosen to meet the growing needs of the child at pivotal stages of development. The first book has a letter from Dolly included and some books include reading tips specifically developed for that book. If a child is registered at birth they will have received a collection of 60 books by the time they turn 5 and graduate from the programme. Since inception the Foundation has gifted 132,397,655 books worldwide.

The Cork working group was established in June 2019 led by Young Knocknaheeny with a variety of interagency stakeholders including CCP. The initiative will be piloted in Knocknaheeny catchment area (Knocknaheeny, Hollyhill, Gurrabraher, Churchfield), Mahon and Carrigtwohill. It is inclusive of specific populations (e.g. families in Direct Provision, members of the Travelling Community) and areas without local libraries.

The Cork interagency group will host a virtual launch of The Dolly Parton Imagination Library on Wednesday 11<sup>th</sup> November at 11am and anyone who is interested in attending the launch can contact Linda Mc Kernan, Community Development Worker, Cork City Partnership on 087 1962025 or email: [lmckernan@partnershipcork.ie](mailto:lmckernan@partnershipcork.ie)

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

Cork City Partnership 021 4302310  
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