

Contents in this issue:

What do you want to be now during COVID-19?	page 1
COVID-19 Psychological Wellbeing	pages 2-3
How to get more active – start walking	pages 4-6
Belly-Breathing	page 7
Resilience and problem solving	page 8-9
Distraction	page 10
Coronavirus and hay fever	page 11
Contact details for community response teams	pages 12-13
Citizen’s Information	page 14
MABS – Managing your money during COVID-19	page 15
New IHF & HSE Bereavement Support Helpline	page 16-17
If your home isn’t safe ‘ still here ’ campaign	page 18
Helplines/Counselling/Apps/Ted Talks	pages 19-21
Tips for wellbeing/YMH.ie/support info on COVID-19	pages 22-24
New ‘ Connect Call ’ support helpline for migrant people	page 25
New ‘ START ’ online suicide awareness training	page 26
Support numbers information	pages 27/28
Preventing the spread of COVID-19 –	
How to wear a mask and washing your hands	pages 29-33
Access previous issues	page 34

Prepared by **Helena Cogan & Maura McCauley**
Cork Kerry Community Health Care MHS

Getting Through COVID-19 Together



June 2020 Issue 2

Welcome to **issue 2** of ‘**Getting Through COVID-19 Together**’.

In this issue, we’ve put together some information that hopefully will be a contribution to you as we journey together towards the easing of the restrictions that have helped to reduce the levels of transmission of the COVID-19 virus in Cork and Kerry. These restrictions, while necessary were very challenging on various levels for all of us. Now we’re entering into a transition to slowly and carefully resume our lives, while still being mindful of the presence of the COVID-19 virus in our communities.

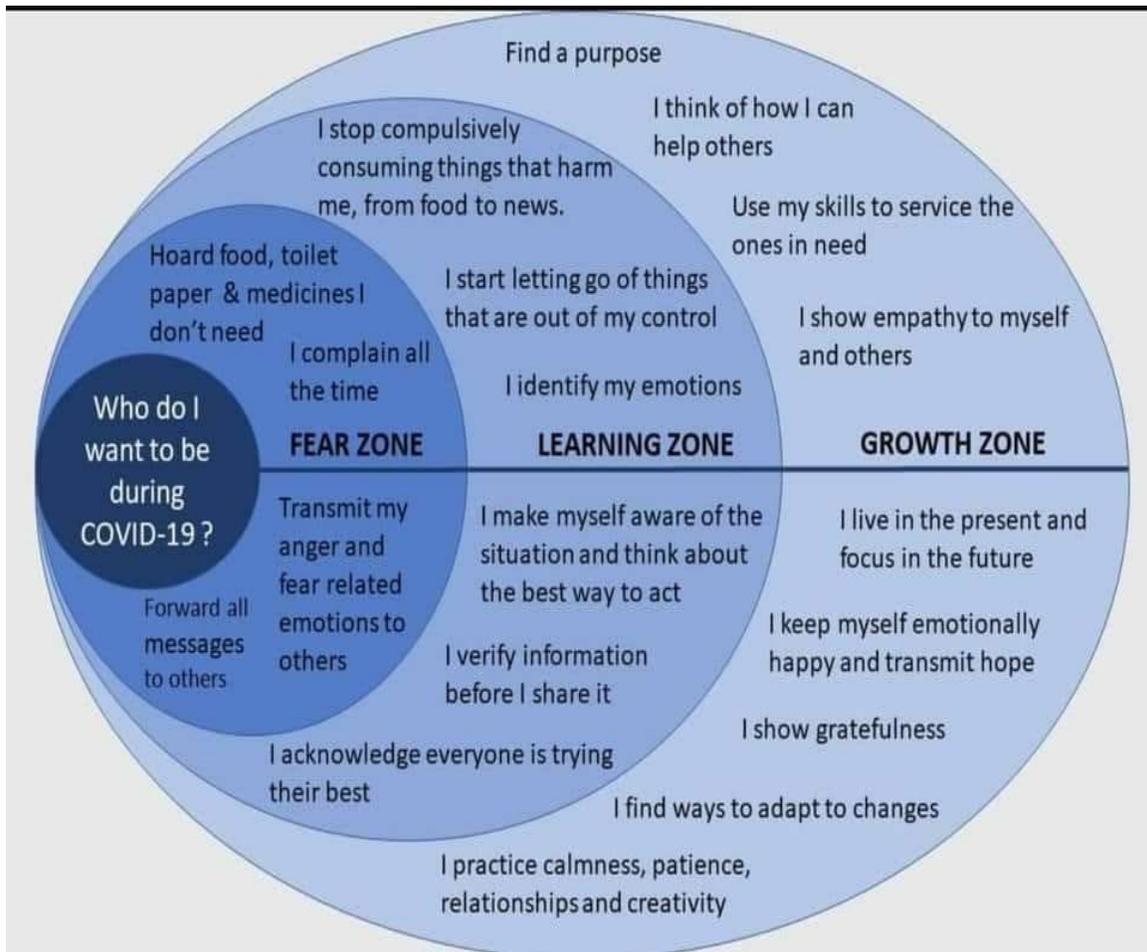
The reality that COVID-19 is still here (albeit in a reduced capacity) can result in some of us being fearful and anxious about being out and about and meeting people again. Such concerns are totally normal and understandable – but what can give us power and control over these anxieties is our awareness of it’s presence and choosing the practical and protective measures that our government is still asking us to choose to protect our health and wellbeing and in turn our very valuable mental health.

From **June 8th** we can now travel anywhere in within our own county or 20 kilometres (12.4 miles) from our home to another county. We can meet in groups of six. Many businesses have re-opened. The message now is to stay local and to limit the number of contacts we have. As before, hand hygiene, respiratory hygiene (coughing/sneezing into our elbow or a tissue), and the wearing of face coverings in shops and on public transport where the all-important 2 metre distance cannot be adhered to is vital. We are in this together and by adhering to the recommendations from the HSE, Public Health, and the Government, we can further reduce the rate of transmission of this virus.

Who do you want to be now during COVID-19 – what would you like to choose?

In the diagram below it gives us a visual of perhaps where we are and where we'd like to be in our thoughts, behaviours and choices during this stage of COVID-19.

We invite you just to reflect, without judgement of yourself and see where you'd place yourself – and what perhaps you could choose to move towards the next stage:



The information in the document will perhaps help you in your journey – a number of people have contributed to this issue to help us not only survive this experience but to thrive and to choose beyond it.

See below for more Online resources – videos and downloadable leaflets
See ‘Cork Kerry Community Healthcare’ Youtube channel for our
5 Ways in 5 Days series of support videos

Note: To access the videos and leaflets below please place your cursor over the blue underlined sections and while pressing Ctrl on your keyboard click on the link or just press it on your tablet.

Cork Kerry Community Health Care’s Principal Psychology Manager, Daniel Flynn, has developed a series of videos for [Cork Kerry Community Healthcare YouTube Channel](#) on how to manage our mental wellbeing.

There are three cycles of videos:

5 days over 5 days

1. [Understanding our Emotions](#) Why we have emotions and how we manage them even if we do not like them.
2. [Understanding our states of mind](#) How we balance emotion and reason and find a wiser mind.
3. [Daily Mindfulness](#) How to be in the moment; the “what” and “how” of everyday practice.
4. [Relationship Mindfulness](#) How to be mindful of others and protect your relationships.
5. [Coping with Distress](#) Some crisis survival tips when things are not how you want them to be.

5 more ways over 5 days.

1. [Working with young children](#) – featuring Ella Lovett, Principal Psychologist, Specialist in Child and Adolescent Health
2. [Working with Teenagers](#) – featuring Anthony Kiernan, Senior Psychologist, Child and Adolescent Health
3. [Working with Intellectual Disabilities](#) – featuring Paul Duggan, Senior Psychologist, Mental Health and Intellectual Disability.
4. [Working with Older People](#) – featuring Judy Wall, Senior Psychologist, Mental Health Services for Older People
5. [Advancing our Mindfulness Skills Practice](#) – featuring Coleen Cormack, Senior Psychologist, Adult Mental Health Services.

Mindfulness Practices

1. [Mindful Practice: Handwashing](#)
2. [Mindful Practice: Forest Walk](#)
3. [Mindful Practice: Breath](#)
4. [Mindful Practice: Body](#)
5. [Mindful Practice: Butterfly Hug](#)

Plus, for health care workers, there is a video, [Calm](#) with tips on how to manage emotional responses to unprecedented circumstances.

Downloadable Leaflets

Daniel and his team have also produced a series of downloadable 'How to' articles containing exercises and tips that can help with:

[Effective Use of Mindfulness](#)

[Managing My Sleep](#)

[Coping with Distress](#)

[Managing My Emotions](#)

[Finding Calm](#)

[3Bs](#)

[Be Kind](#)



How to Get More Active?

Physiotherapy advice on how to start walking

Cork Kerry Community Health Care's Physiotherapy Manager Liz O'Sullivan and her colleagues Senior Physiotherapists, Michelle McNamara and Niamh Kenny, have put the following information together for us on how to get more active by walking more. It also includes the links to an 10-12 minute exercise programme that is safe for people to do within their own homes.

Walking is a great way to get some activity into your day and it is completely free to get outside and take a walk!

Often the biggest hurdle is actually getting the runners on. Once you are 'laced in' and step outside the door you have the difficult part done and are ready to enjoy the time you have taken for yourself.

What happens to your body when you take a brisk walk?

- Your heart beats faster and you breathe deeper which directly *improves your heart and lung fitness*
- Blood flow quickens which improves blood pressure and heart health over time.
- The increased energy demand of a brisk walk *boosts your metabolism*
- *A healthy weight* can be achieved and maintained through walking
- Regular walking builds *muscle strength* and improves *bone health*
- Walking *elevates your mood* through the release of endorphins
- *Sleep is greatly improved* by walking as it boosts the effect of melatonin
- *Daily release of muscle tension* can be achieved through the motion created by brisk walking
- Walking enhances and *aids digestion*

How to succeed at walking

- ❖ 30 minutes of brisk walking throughout the week can go a long way to achieve some of the above benefits
- ❖ If 30 minutes it too difficult to achieve, try bouts of 10 minutes spread into 3 daily sessions – the key is build up gradually
- ❖ Include a warm up period by starting at a slow pace for the first 4-5minutes
- ❖ Aim for a certain time duration or distance to cover and progress gradually
- ❖ Change or reverse your route to add variety and add hills for more of a challenge

- ❖ Swing your arms – this helps to speed up your pace and you work harder when you include your upper body when walking
- ❖ Focus on your form by keeping your spine long, your back and shoulders relaxed and your stomach muscles tight
- ❖ You can add a step goal by keeping your phone in your pocket – most smartphones have step counters
- ❖ Keep hydrated with plenty of water and try to avoid sugary sports drinks
- ❖ Consider an upbeat walking playlist that will help to keep your pace high and consistent
- ❖ Make sure to factor in recovery time to avoid injuries, especially if this is a new activity for you
- ❖ It is also important to check with your GP before you start if you have an underlying health condition

How to build walking into your busy routine?

- ✓ Try to walk at the same time of the day that fits with your work rota – you are more likely to succeed if you build a regular routine
- ✓ Take the opportunity to walk during your lunch break – it can really help with productivity and creativity in the second part of your day
- ✓ If you travel by bus, chose to get off one stop from your destination and walk the final portion of your journey
- ✓ Opt for the stairs as oppose to taking the elevator
- ✓ Choose a parking space at the back of a carpark and walk the longer distance to the shop or your work building
- ✓ Take phone calls in standing and pace as oppose to remaining stationary

Physiotherapy Strength and Balance Exercises

Benefits Include:

- Improve your mobility
- Helps you to stay flexible
- Improves your brain health and concentration
- Enhances your memory
- Lifts your mood
- Maintains and improves you balance and agility
- Improves your bone and joint health

Doing strength and balance exercises regularly as well as cardiovascular exercise like walking, you will keep strong and healthy.

The key is to start slowly and regularly at your own level and build from there.

The physiotherapy exercise brochure (in the link) below refers to cocooning but can be used at any time. These exercises are safe for you to do and they work. You will be able to monitor your progress as you tick the boxes in the diary.

The exercises take approximately 10 minutes.

<https://www.iscp.ie/sites/default/files/documents/HSE%20COMMUNITY%20PHYSIO%20LEAFLET.pdf>

If you like to follow an instructor, our instruction video (link below) matches the leaflet. Included are all the different safety considerations to be aware of when you are starting out

<https://vimeo.com/405217262/0e71c573d6>

There is also a daily practice video that you can follow once you have completed the instruction video

<https://vimeo.com/410158568/9280ecf90f>

Daily exercise is a great way to give us all structure, purpose and enjoyment as we go through our day.

Stay strong. Stay safe. Stay exercising!





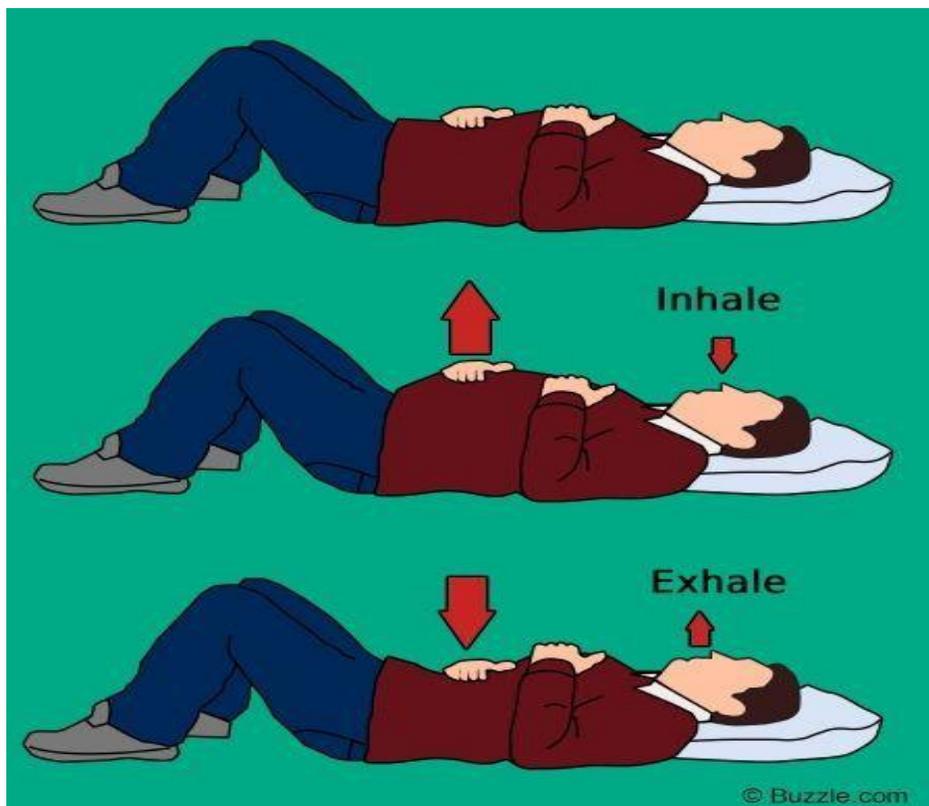
Belly breathing

Belly breathing or diaphragmatic breathing is a very effective way of controlling anxiety. It can take a little time to master the technique but “practice makes perfect”. Check the following link – www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/

Alternatively, follow the following guidelines.

Sit in a quiet room. Place one hand on your upper chest and the other hand on your abdomen just below your rib cage. Close your eyes. Breathe in through your nose and out through your mouth. Breathe calmly, gently and quietly. The hand on your chest should not move very much until the end of the breath in.

Do this for just 3-4 breaths twice a day – **Note: Doing it more often can cause lightheadedness.** Once you have become familiar with the technique, you no longer need to place your hands on your chest and abdomen. It can be done anywhere when you need to reduce anxiety symptoms.



Resilience – our ability to adapt and bounce back

By Dr. Marie O' Malley & Maura McCauley
Cork Kerry Community Health Care's Mental Health Scan Service

Having resilience simply means that we have learnt to recover, adapt or bounce back from difficulties. Resilience helps us cope with change, challenges or setbacks. As the world around us and how we live in it have altered in recent times. Learning to be resilient, to care for ourselves and our communities, has become increasingly important. We can all increase our ability to cope and adapt through simple steps and small changes. Some options to consider may include

- Making connections with people around us either casually or seeking out opportunities in our community (clubs, groups)
- Making realistic plans and taking action to carry those plans out
- **Problem solving** – something we do almost automatically but can be more difficult when we feel under pressure or stressed (*see steps to problem solving on the next page*)
- Managing our emotions – taking time to reflect on how we feel, why we might be feeling a certain way and whether we can do anything about this! Sometimes we may need to accept those things that are out of our control. We also may need to learn to ask for help or support
- Building our self-confidence – being kind to ourselves, checking that we are not being over-critical, challenging this self-criticism and reminding ourselves of the “good bits” in us
- Finding purpose and meaning in our lives
- Finding balance in our lives

Things that increase pressure



Things I do to reduce pressure

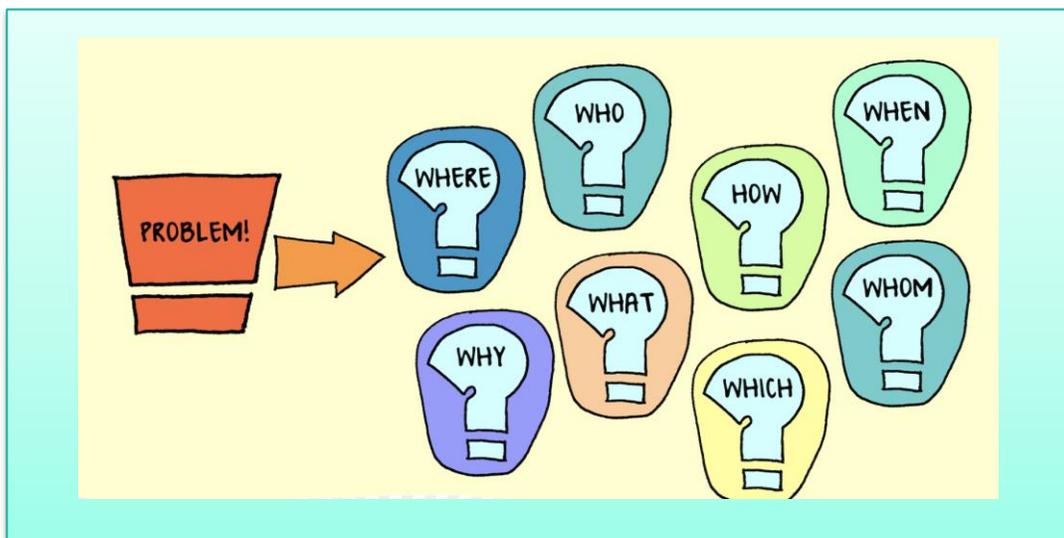
Do I have an even balance of pressure and activities to reduce pressure? If not, what could I do to even out the balance?

Problem Solving

As mentioned previously, problem solving is a technique we all use automatically. However, when we are stressed or overwhelmed, our problem solving skills can desert us.

The steps below can help us to regain this skill:

- Take a blank sheet of paper.
- Write down the problem as clearly as possible. Be very specific about the problem. The problem may need to be broken down into smaller problems to ensure that solving it is achievable.
- List all the possible solutions you can think of to the problem.
- Write down the advantages and disadvantages of each solution you have identified.
- Pick the solution you feel will work best for you.
- Write down the steps needed to achieve this solution.
- Write down the steps to take if things do not go to plan.
- Evaluate what worked and what did not work.
- If the chosen solution did not address the problem, go back to the list of possible solutions, choose another, and follow the steps as before.



DISTRACTION

Distraction is a very useful way of dealing with stress and anxiety. This can be a very individual thing. Some ideas are crosswords, Sudoku, puzzles, jigsaws, and board games, card games such as patience, clock or listen to some soothing music, or anything else that will take our mind away from some of the stressful times we are going through at the moment.

- Counting things around you (e.g. how many blue things are in your room)
- Doodling or colouring
- Counting backwards from 10, then from 25, and then 50
- Focussing on your breathing, by breathing in for four, holding your breath for four and then breathe out for four. (Anna Freud centre for children and families – London)

It may be useful to have a list of ideas that can be used for distraction or stress relief. When we are overwhelmed it can be difficult to organise ourselves or remember what works for us to help reduce these feelings.

So a task for today is to write a list of as many things as you can think of that work for you to help reduce stress and act as a distraction. Ensure you have many fun, light hearted ideas in there too!





Compare hay fever and coronavirus symptoms

The pollen count is higher now so more people will experience hay fever. If you normally get it, you will be familiar with the typical [signs and symptoms of hay fever](#). They usually happen at the same time every year.

While there are some similarities between the symptoms of coronavirus and hay fever, there are also ways to tell the difference.

Hay fever symptoms get worse when you are exposed to certain triggers. For example pollen, weeds or grass.

Hay fever does not cause a high temperature and most people with hay fever do not feel unwell.

While coronavirus can cause symptoms in your upper airways such as loss of smell or a blocked nose, it is usually associated with a high temperature, aches and pains and a cough.

Click here for more information: <https://bit.ly/2Xvycsp>

Talk to your GP if you have severe or persistent symptoms.

Cork and Kerry Councils Community Response Teams

The Cork and Kerry Councils Community Response teams have worked and continue to work tirelessly to ensure that local resources - including social care support and social contact – are targeted at the people who need them most.

The following contact information is for the Cork and Kerry Community Response teams:

COVID-19 /CORONAVIRUS Kerry Community Response Forum

The COVID-19 Kerry Community Response Forum has been established to coordinate the community response to the current public health emergency. A confidential **freephone** service has been set up to deal with requests for non-emergency supports such as the **delivery of food, fuel and medical supplies**.



FREEPHONE: 1800 807 009

TEXT 'SUPPORT' followed by your NAME to 50555

EMAIL: covidsupport@kerrycoco.ie

Available 8am to 8pm seven days a week

The support of dozens of community and voluntary agencies and groups across Kerry is gratefully appreciated



Rialtas na hÉireann
Government of Ireland

Cork County Council 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 non-emergency health needs



Comhairle Contae Chorcaí
Cork County Council



1800 805 819

Call +353 21 428 5517 from outside Ireland



TEXT 085 870 9010

covidsupport@corkcoco.ie

Issue 010: Wednesday 20 May 2020

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

If you have problem debt, or if you are worried that your debt may become a problem, contact MABS today. Your first step is to call their Helpline on 0761 07 2000 (Monday to Friday, 9am to 8pm) or visit their website:

www.mabs.ie



Managing Your Money During COVID-19 (coronavirus)

Due to COVID-19 (coronavirus), Social Welfare Payments have been changed to a single payment every two weeks. It can be difficult to manage the single payment. Making a spending plan can help you feel more in control.

Four steps to making a spending plan:

1. Work out how much money you have

Take a pen and paper. First, add up all the money coming in to your household every two weeks. This can include:

- Social Welfare
- Child Benefit (as this is a monthly payment, divide it by 2)
- Wages
- Money given by other adults living with you

2. Work out your costs

Add up how much money is going out. Write down all your bills, including monthly or annual bills. Put the most important bills at the top of your list – like food, heat, light, and rent.

Working out how much things cost every two weeks

Weekly costs	Multiply by 2
Example: Weekly rent €71	$€71 \times 2 = \text{€142 over 2 weeks}$
Monthly costs	Multiply by 12 (the number of months in the year). Then divide that figure by 26 (the number of fortnights in a year).
Example: Monthly phone bill €50	$€50 \times 12 = €600 \div 26 = \text{€23 over 2 weeks}$

3. Make your spending plan

Now you know how much money is coming in and going out every two weeks. Next, decide how you will pay your bills over two weeks. Remember to pay the most important bills first, like rent, heat, light, and food.

Split your money:

- Can you split your money in two, and put half away in an envelope for next week?

Plan your spending:

- Can you spend less on anything? Make savings on your food shop – buy own brand.
- Can you pay anything in advance, like rent?
- Can you use Household Budget Scheme in the Post Office?
- Can you buy two weeks' worth instead of one? (Gas bottles, gas credit, or electricity credit)

Pay what you can:

- **Pre-pay meter customer:** Use your emergency credit wisely. The €100 emergency credit on gas meters is a loan. It will have to be paid back.
- **Bill pay customer:** Do your best to keep up your payments. Arrears will have to be repaid. If you can't pay all of a bill, pay something off it. Even €5 or €10 a week will make a difference.

If you are putting money away in an envelope, try to make sure it is safe and out of reach.

4. Keep checking the plan!

Check your plan often. Keep track of what you spend, so that you know how much money you have left. If you stray from the plan, don't be hard on yourself. This is a difficult time for everyone.

Need extra support? Contact MABS

MABS is the Money Advice and Budgeting Service. It is a free and confidential service. MABS can give you support if:

- You are worried about money.
- You are repaying a loan or debt.
- You fall behind on bills. MABS can make arrangements with the provider for you to pay a bit every week.
- You are managing on a tight budget. MABS can help you make a spending plan that works for you.

Call the MABS Helpline: The MABS Helpline is available Monday to Friday, 9am to 8pm. The Helpline is confidential and you can remain anonymous. You can request a call-back from the Helpline. The number is **0761 07 2000**.

Contact your local MABS: Find the number for your local MABS at: www.mabs.ie

This flyer was compiled by National Traveller MABS in collaboration with South Munster MABS, South Connacht MABS and Dublin South MABS. Funded and supported by the Citizens Information Board.

New Bereavement Support Helpline developed by the HSE and IHF

Irish Hospice Foundation and HSE launch first bereavement support line

The Irish Hospice Foundation, in conjunction with the HSE have launched a national bereavement support line, the first of its kind in Ireland. The national FREEPHONE service

(1800 80 70 77)

will be available: Monday to Friday from 10am to 1pm.

The support line aims to provide a confidential space for people to speak about their experience or ask questions relating to bereavement. Callers will be listened to with compassion, and be provided with emotional support and information on any practical issues that may be helpful.

HSE CEO, Paul Reid said, “This has been a very difficult time for families and friends of people who have died in recent times. We want to support people during this time and I welcome the establishment of this support line that has been developed in association with the HSE. We would encourage people to seek support and information as they grieve and this support line can help families with very practical ways to cope”.

On the day when
the weight deadens
on your shoulders
and you stumble,
may the clay dance
to balance you.

And when your eyes
freeze behind
the grey window
and the ghost of loss
gets into you,
may a flock of colours,
indigo, red, green
and azure blue,
come to awaken in you
a meadow of delight.

When the canvas frays
in the currach of thought
and a stain of ocean
blackens beneath you,
may there come across the waters
a path of yellow moonlight
to bring you safely home.

May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.

And so may a slow
wind work these words
of love around you,
an invisible cloak
to mind your life.

Beannacht / Blessing

by

John O'Donohue

From *Echoes of Memory* (Transworld Publishing, 2010)
reproduced by permission of the author's Estate



STILL HERE CAMPAIGN

The poster features a dark teal background with a faint image of hands. In the top left corner is the harp logo of the Department of Justice and Equality. The text is in white and reads: 'An Roinn Dlí agus Cirt agus Comhionannais Department of Justice and Equality'. The main headline is 'IF YOUR HOME ISN'T SAFE, SUPPORT IS STILL HERE'. Below that, it says 'Public awareness campaign on domestic abuse during the Covid-19 pandemic'.

It is important that you know you are not alone – domestic and sexual violence support services from state agencies and the voluntary sector have been adapted and increased to ensure they remain available to support you, even during the restrictions which are now in place due to Covid-19.

The Department of Justice & Equality are currently running the '**Still Here**' campaign, you can read a bit about it, and listen to the ads here:

<https://www.thejournal.ie/domestic-violence-support-ad-campaign-ireland-5074546-Apr2020/>.

Helpline Support Numbers

Support for older people – Elder Abuse Helpline Low Call 1850 24 1850

Women's Aid - Support for female victims of domestic abuse & violence
Call Free 1800 341 900

ANYMAN – For men experiencing domestic abuse and violence – 01 554 3811

Male Advice Line – For Men experiencing domestic abuse & violence call free
1800 816 588

Sexual Violence Helpline – for Men and Women experiencing sexual violence –
Call Free 1800 77 88 88

Some information on HELPLINE Supports if you'd like to talk with someone:

- ✚ **SeniorLine** is a FREEPHONE service that operates between 10am and 10pm every day of the year on **1800 804591**.
- ✚ **ALONE** – Covid-19 support for older people. **0818 222 024** available from 8 am to 8 pm Monday to Friday.
- ✚ **LGBT Ireland** – **1890 929 539**
- ✚ **BeLong to** text support for young people. Text LGBTI+ to **086 1800 280**
www.belongto.org

MENTAL HEALTH SUPPORTS:

- ✚ Your mental health – an information line is available anytime on **FREEPHONE 1800 111 888** or google: www.yourmentalhealth.ie
- ✚ **Crisis text line Ireland** - text TALK/ spunout/YMH to - 086 1800 280
- ✚ **AWARE** support line – **FREEPHONE 1800 804 848**. They also have a Life skills on line programme
- ✚ **GROW** mental health recovery – information line available 1890 047 4474.
www.grow.ie
- ✚ **National Traveller Mental Health Service** – 01 872 1094 (and press 1) available Monday to Friday 9am to 5 pm. Also, Traveller specific information line – 083 100 6300 available seven days a week from 9 am to 9 pm.
- ✚ **Next Step** – 085 716 1960. A “chat line” is available for participants and an online course is being developed. www.thenextstepcork.org
- ✚ **Bodywhys** – www.bodywhys.ie - phone, text and email support is available. Email - alex@bodywhys.ie
- ✚ www.spunout.ie youth information website. Text spunout to 086 180 0280
- ✚ www.jigsawonline.ie is available for young people between the ages of 12 and 25 years.
- ✚ www.shine.ie – phone and email support available for anyone with mental ill health. Email: phil@shine.ie

Counselling Supports

- + www.turntome.org. Free online counselling and online groups for anyone over 18 years.
- + www.mymind.org – low cost counselling via telephone or video call.
- + **Helplink** – www.helplink.ie – free and low-cost counselling available online. This can be accessed via their app or via Skype. Call 091759887 or 0818 998 880 during office hours. Appointments are available seven days a week and are available for anyone struggling with their mental health or emotional wellbeing during Covid-19
- + **Coiscéim low cost counselling** in Cork and Kerry – 087 799 8602.
- + A **Direct provision** helpline is available on 087 337 0542.

Self -Harm Supports:

At times when we are in crisis, we can feel overwhelmed and may consider self-harm. Help is available. Listed below are counselling services, websites and phone numbers that will help develop ways to cope with thoughts of self-harm.

- + **Pieta House Counselling**. They can be contacted on 1800 247 247. This is a free phone number available 24 hours a day. Or you can text help to 51444.
- + **The Samaritans** can be contacted on 116 123 at any time. They are a listening service.
- + www.suicdeorsurvive.ie - there are online wellness workshops available on this site.

Stress control classes were available in the community. These are now available online at www.stresscontrol.org These are free, and help us to understand more about anxiety, depression, panicky feelings, poor sleep and poor wellbeing and how to manage these. They are available on YouTube from the **8th June 2020**.

Some useful apps that you can download to you phone or tablet:

- ✚ **Headspace app** – payment is required after 10 exercises.
- ✚ **Mindshift app** - this is useful for anxiety and is based on cognitive behavioural therapy (CBT). It is free to download. CBT is based on our thoughts, feelings and behaviours and how they interact.
- ✚ **Clear fear app** – this is also based on cognitive behavioural therapy and helps to reduce the physical responses to a threat. It is free to download.

Helpful TED Talks

- ✚ **Dr Alan Watkins- Being Brilliant every single day.** *An excellent two part talk and demonstration on the power of the breath on the autonomic nervous system. Useful for anyone who is feeling anxious and/or experiencing concentration problems.*
- ✚ **Tiffany Watt Smith- The History of Human Emotions.** *This can help give clients an understanding of emotions and how attitudes have changed over time. It can be helpful in gaining perspective on distressing emotions.*
- ✚ **Alison Ledgerwood- Getting Stuck in the Negatives** (and how to get unstuck). *Useful for clients who ruminating to help change to focus of attention and to gain an understanding of how this can help.*
- ✚ **Guy Winch- Why we all need to practice emotional first aid.** *A funny and heart-warming talk on the importance of caring for ourselves.*
- ✚ **Guy Winch- How to turn off your work thoughts during your free time.** *Very useful for understanding the importance of boundaries, rest and structure.*
- ✚ **Lisa Fieldman Barrett- You aren't at the mercy of your emotions.** *A very informative talk about the nature of emotions to help gain understanding and perspective.*
- ✚ **Juna Mustad- Anger is your ally: A Mindful approach to anger.** *People often struggle and are frightened of anger. This can help give perspective and understanding.*
- ✚ **Kristen Neff- The space between Self-Esteem and Self Compassion.** *A lovely and honest talk about treating ourselves with compassion.*

Tips for wellbeing at this time...

Please do the following:

✚ **Contact our GP** if we are concerned about our physical or mental health.

✚ **Have a routine** that includes, eating well, getting some exercise within 5 kilometres of our homes (3.1 miles), not drinking more than the recommended units of alcohol in the week and sleeping well. One unit of alcohol is half a pint of beer or a small glass of wine or one shot of spirits. The recommended number of units of alcohol in a week for a woman is 11 units and for a man it is 17 units.

✚ **If sleep is affected** try a cup of warm milk and a plain biscuit before going to bed to see if that will help. If sleep problems persist, talk to your GP.

✚ **Practice some relaxation or mindfulness.** Mindfulness is being in the present moment. For example if we are washing our hands or brushing our teeth we focus on that, being aware of the noises, the sensations, the smells and perhaps the taste of the toothpaste in the instance of brushing teeth. Relaxation can be taking two or three deep, slow, calming breaths or practicing a relaxation exercise we may already know or can find on YouTube.

Relaxation can also be sitting reading a book, a magazine, doing a crossword or jigsaw or doing some gardening or craft work. It can be anything that works for us.

✚ **Set some time aside** to do something that is just for you.

✚ If possible, **maintain contact** with family, friends, and neighbours as always maintaining that very important social distance. Make a phone call, send a text message or write a letter.

✚ **Watch something funny** on the television.

✚ **Limit the amount of time on social media.** Perhaps, look at news once a day, check news apps on the phone once a day. This may help to reduce our stress and anxiety levels related to the world we are currently living in.

In a crisis, a mental health assessment is available within the mental health services by contacting our GP and they will give advice regarding a referral to the mental health services.

your mental health.ie

Information | Support | Services

We all need to look after our mental health, and just like our physical health, it needs to be maintained. Here are some things you can do to look after your mental health:

Keep active

Regular exercise can really give you a boost.

Talk about it

Problems feel smaller when they are shared with others.

Eat and sleep well

A balanced diet and a good sleep pattern will help the way you feel and think.

Drink less alcohol

Avoiding too much alcohol is important, especially if you're feeling down or worried.

Do something you enjoy

Setting aside quality time for yourself can really help, particularly if you are not feeling great.

Stay in touch

Trusted friends and family are important, especially at difficult times. You're not alone.

REMEMBER:

Everyone is different and we all need help from time to time. Asking for help is a sign of strength. Visit yourmentalhealth.ie for information on minding your mental health and supports and services.



Connecting for Life

yourmentalhealth.ie



Heathú, Míre
Ólá, Fear & Faisnéis

Building a
Better Health
Service

And for more great information on 'Getting through COVID-19 Together'

Our government departments have created this website that gives us access to information on:

- ✚ Looking after our Mental Health
- ✚ Coping at Home
- ✚ Staying Active
- ✚ Helping in the Community
- ✚ Healthy Eating
- ✚ Cocooning

Just click in the web site below to get access to this information:

<https://www.gov.ie/en/campaigns/together/?referrer=/together>

Some additional support information
and advice are contained in the following
pages:



Connect Call is an initiative of the Cork City of Sanctuary **Covid 19 Taskforce** and participating organisations, overseen by the Cork Migrant Centre, that provides informal support via a phone call, up to 5 days per week. Support is available for those who call the service in 20 languages from Arabic to Zulu. It aims to provide an informal (non-clinical) phone support service available to members of the migrant community, who are either in isolation, living in direct provision, out in the community or simply feeling under pressure due to Covid restrictions, and who may be feeling lonely or isolated.

Cork City of Sanctuary COVID 19 Taskforce **Connect Call Service**

**Would you like to talk with
someone while you are in
self – isolation or lock down?**



Cork City of Sanctuary



Connect Call Service

**Psychosocial Support:
A Listening Ear
while you are in
lock down or
Self-isolation**



**To connect with us phone 086 824 6087 (Cork Migrant Centre)
and ask to register for the **Connect Call Service****

One of our City of Sanctuary **Connect Call** team will get in touch with a daily phone call to help provide a human connection while you are in self – isolation or lock down.

The phone calls are free, CONFIDENTIAL, and a place where you can chat.

You can request to speak with someone who:

- ◆ speaks your language
- ◆ lives in direct provision & understands the system
- ◆ is a sanctuary runner
- ◆ is of your religion, including Islam
- ◆ is part of an organisation you are engaged with such as Cork Migrant Centre or Welcome English
- ◆ is part of any of the City of Sanctuary participating organisations listed below

Looking forward to speaking with you! 📞

The **Connect Call Service** is being hosted & managed by the Cork Migrant Centre, Mob 086 8246087, in collaboration with Cork City Partnership and Welcome English and with the support of Cork City of Sanctuary Movement



Cork Migrant Centre



Cork City Partnership Cig



**Welcome English
Language Centre**

The **Connect Call** phone team are part of Cork City of Sanctuary COVID 19 Taskforce and include representatives from Cork Migrant Centre, Welcome English, CYPSC, UCC, Cork City Council, CCP, International Community Dynamics, KARTI & Nasc.

Cork City of Sanctuary movement is an interagency and voluntary body committed to making Cork a place of welcome, support and safety for Refugees, Asylum Seekers and Migrants and those of migrant origin

New FREE Online 'START' Suicide Awareness Training

About the HSE's National Office for Suicide Prevention (NOSP)

The role of the NOSP is to effectively support, inform, monitor and co-ordinate the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020.

The NOSP coordinates and funds LivingWorks Start, safeTALK and ASIST training at a national level and these programmes are free for all individuals to attend.

LivingWorks Start is one of a number of suicide prevention training programmes coordinated at a local level by HSE Resource Officers for Suicide Prevention.

Visit www.nosp.ie/training;

For contact details of your local training coordinator who can issue you with a free licence to complete LivingWorks Start.

For information on other training programmes that are available or coming up in your area.

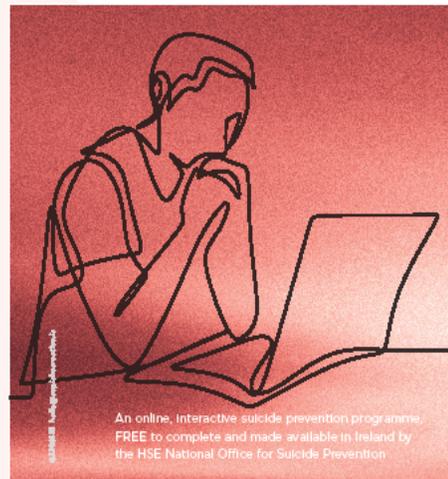
your
mental
health.ie

Visit www.yourmentalhealth.ie for information and support services for your mental health and wellbeing.

This leaflet is available to order on www.healthpromotion.ie and has been produced by:
The National Office for Suicide Prevention
HSE Community Strategy and Planning
Stewarts Hospital, Palmerstown, Dublin 20
Tel: 01 620 1670 / E: info@nosp.ie



Suicide Prevention Skills Online



An online, interactive suicide prevention programme, FREE to complete and made available in Ireland by the HSE National Office for Suicide Prevention

Learn suicide prevention skills and improve your knowledge to keep others safe from suicide

What will I learn from LivingWorks START Online Training Programme?

You will;

- Become more comfortable talking about suicide
- Feel more confident in keeping a person safe in times of distress
- Be able to support members of the community, friends and co-workers
- Build your own professional skills
- Have peace of mind knowing you're ready to help

This new online suicide awareness training is available for those **over 18 years of age** and are working or involved with people – who may emotionally vulnerable and are at risk of taking their own life.

To express interest in attending this FREE on-line training programme, please email: **your NAME, your ROLE and your LOCATION** to: SP.enquiries@hse.ie

Numbers When you need them



NUMBERS WHEN YOU NEED THEM - Help at your fingertips during COVID-19

If you are experiencing distress or worried about someone else please contact your GP, your Emergency Department or call the Samaritans for support on Freephone: 116 123 or email: jo@samaritans.ie

The YourMentalHealth.ie website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services 1800 111 888 (any time, day or night).

TO GET MORE INFORMATION ON GETTING THROUGH COVID-19 TOGETHER PLEASE VISIT:
<https://www.gov.ie/en/campaigns/together>



Availability of services during COVID-19 circumstances

Dated: 01.05.20

Subject to change

EMERGENCY SERVICES Ambulance Service, Fire Service, Garda Síochána	Emergency Support	CALL: 112 OR 999
HOSPITAL EMERGENCY DEPARTMENTS	Emergency Support	Cork University Hospital: (021) 492 0200 Mercy Hospital Cork: (021) 493 5241 Kerry General Hospital: (066) 718 4000
SOUTH DOC GP - OUT OF HOURS SERVICES	Urgent out of hours GP Care <i>This service is available after 6.00pm</i>	Cork: 1850 335 999 Kerry: (064) 6650299 <i>Available after 6.00pm</i>
SAMARITANS	Emotional Support Service	FREEPHONE: 116 123 or email: jo@samaritans.ie
AWARE HELPLINE	Listening service for people with depression or those concerned about family or friends	CALL FREE: 1800 804 848 (10am-10pm) www.aware.ie
PIETA HOUSE	24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm	CALL FREE: 1800 247 247 / Text HELP to 51444 www.pietahouse.ie
CHILDLINE	Confidential line for children and young people	CALL FREE: 1800 666 666 Free (24/7) Text Talk to 50101 (Free) 10am-4am / www.childline.ie
HSE - DRUG AND ALCOHOL LINE	Drug and Alcohol information and support	CALL FREE: 1800 459 459 (9.30am - 5.30pm)
MABS	Money Advice and Budgeting Service	CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) Or email: cork@mabs.ie / kerry@mabs.ie / www.mabs.ie
GROW	Peer support groups for over 18s who may struggle with any aspect of their mental health	LOW CALL: 1890 474 474 www.grow.ie
ALONE	Covid-19 support for older people	CALL: 0818 222 024 (8am to 8pm Monday to Friday)
SUPPORT FOR OLDER PEOPLE	Elder Abuse Helpline – for older people experiencing abuse and violence	LOW CALL: 1850 24 1850
WOMENS AID	Support for victims of domestic abuse and violence	CALL FREE: 1800 341 900 (24/7) / www.womensaid.ie
ANYMAN	For men experiencing domestic abuse and violence	CALL: (01) 554 3811
MALE ADVICE LINE	For men experiencing domestic abuse and violence	CALL FREE: 1800 816 588
SEXUAL VIOLENCE HELPLINE	For men and women – experiencing sexual violence	CALL FREE: 1800 77 88 88

For an updated list of Mental Health Services during COVID-19 please visit - www.hse.ie/coronavirus



Need to talk?

Help is a phone call away



Free-phone 24/7 on **116 123**
Text **087 2609090**
Email: jo@samaritans.ie



Call **1800 247 247**
Email: info@pieta.ie



Free-phone 24/7 **1800 666 666**
Text "Talk" to **50101**
Go to www.childline.ie

If you are in crisis please contact your local GP. Out of hours, contact SouthDoc on 1850 335 999 or your nearest Emergency Department.

For further information and a list of other supports please access:

www.yourmentalhealth.ie

www.bereaved.ie

Issued by the HSE/Cork Kerry Community Healthcare



Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANISATION

HOW TO WEAR A MASK?



Face coverings

Wearing a face covering when shopping is recommended. This is because it can be difficult to practice social distancing when in a shop.

But face coverings are not suitable for everyone. It is ok if some people choose not to wear them.

Face coverings are not suitable for children under the age of 13 or people with special needs who may feel upset or very uncomfortable wearing one.

[Read more about cloth face coverings, medical masks and disposable gloves](#)

The following link can also be used for guidance on how to make a face covering.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

“I protect you, you protect me”, this is how some people in the Czech Republic view wearing face coverings or masks.

There is some further information on the wearing of a face covering below and a reminder of the importance of putting it on and taking it off correctly.

Wearing a mask is now recommended in areas where the 2 metre social/physical distance cannot be maintained such as in shops and on public transport. In Ireland, this is not something we have been accustomed to. However, you do see some people wearing masks in shops now and this will probably become more frequent as we continue to work together to reduce the spread of Covid-19.

Some people are unable to wear face coverings/masks for various reasons.

When you have got your mask, it is vitally important to use it correctly as if this is not done, it can increase the risk of transmission of the virus.

The mask needs to cover your nose, mouth and chin and fit closely at the sides.

Once you have put it on, the mask must not be removed until you are either going to dispose of it or wash it. **The mask must not be left hanging around your neck and then put back on again.**

How to put on and take off a mask:

- Wash your hands for the recommended 20 seconds – check the poster at the end of this newsletter to ensure hand washing is being done correctly.
- Put on the mask before you go into the area where you cannot maintain that two metre social distance.
- Make sure it is fitting comfortably and the loops/ties are securely in place.
- Some masks which can be bought or made have a metal strip across the top which you press down firmly to give a tight fit across the nose.
- Once the mask is on do not touch the front of the mask again. This is because if there any droplets of the virus transmitted they will most likely be on the front of the mask.
- When you are ready to remove the mask, catch the elastic or ties from behind your head and remove the mask by pulling it forward ensuring again that you do not touch the front of the mask.
- If it is a reusable mask, drop it into a plastic bag until you are ready to wash it. It can be washed with normal laundry at the highest temperature possible. It must be washed after every use.
- If it is a disposable mask, again these can only be worn once. When you have removed it, you need to put it in the waste rubbish bin in a plastic bag which is tied.
- **Once you have removed the mask, you need to wash your hands, again for the 20 seconds.**

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty



www.hse.ie/handhygiene



Washing your hands

Hand washing is important:

- ◆ If hands are not clean they can spread germs.
- ◆ You should wash your hands thoroughly and often with soap and warm water and especially:
 - When hands look dirty
 - Before and after preparing, serving or eating food
 - Before and after dealing with sick people
 - Before and after changing the baby's nappy
 - Before and after treating a cut or a wound
 - After handling raw meat
 - After going to the toilet or bringing someone to the toilet
 - After blowing your nose, coughing or sneezing
 - After handling rubbish or bins
 - After handling an animal or animal litter/droppings
 - After contact with flood water
- ◆ A quick rinse will not work – your hands will still have germs. To wash hands properly:
 - ~ Rub all parts of the hands and wrists with soap and water for at least 15 seconds (or as long as it takes to sing the "Happy Birthday to you" song two times!)
 - ~ Don't miss out on washing your finger tips, between your fingers, the back of your hands and the bottom of your thumbs – the pictures here will help.

Getting ready to wash your hands:

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| <p>◆ Remove hand & wrist jewellery - rings, watch, bracelets</p> | <p>◆ Wet hands thoroughly under warm running water</p> | <p>◆ Apply a squirt of liquid soap to cupped hand</p> |

Washing your hands - take at least 15 seconds/the time it takes to sing the "Happy birthday to you" song twice!

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| <p>◆ Rub palm to palm 5 times making a lather/suds</p> | <p>◆ Rub your right palm over the back of your left hand and up to your wrist 5 times</p> <p>◆ Repeat on the other hand</p> | <p>◆ With right hand over the back of left hand, rub fingers 5 times</p> <p>◆ Repeat on the other hand</p> |
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| <p>◆ Rub palm to palm with fingers interlaced</p> | <p>◆ Wash both thumbs using rotating movement</p> | <p>◆ Wash nail beds—rub the tips of your fingers against the opposite palm</p> |

Rinsing and drying your hands:

- | | |
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| <p>◆ Rinse hands well making sure all the soap is gone</p> | <p>◆ Dry hands fully using a clean hand towel or a fresh paper towel</p> <p>◆ Bin paper towel after use</p> |





Getting Through COVID-19 Together

Contents	
Looking after your mental health and wellbeing	page 1
Various Supports available	page 2
Contact details for community response teams	page 3
If your home isn't safe, still here' campaign	page 4
Money Advice and Budgeting Service (MABS)	page 5
Helplines/Counselling/Apps/Ted Talks	pages 6-8
Tips for wellbeing at this time	pages 9-10
Getting Through COVID-19 and other supports	pages 11 - 13
Prevent the spread of COVID-19	pages 14 - 16

Prepared by Helena Cogan & Maureen McCauley
Cork Kerry Community Health Care NHS



May 2020 Issue 1

Covid-19 has changed how we live our lives for now, we have become familiar with the terms:

- ➔ Social distancing
- ➔ Physical distancing
- ➔ Cocooning

And been asked to wash our hands a lot more, as well to cough and sneeze into our elbow if we don't have a tissue etc. these are all essential choices we need to make to stay healthy.

For some of us this can be a very stressful time, as we may not be able to visit with family, give a loved one a hug or be close to people generally.

It is important that we continue to have contact with people while maintaining the social /physical distance of 2 meters (approximately 6 feet). And making sure that our trips outside of our homes must be for essential travel only – that is to get food and medicine, we can also exercise within a distance of 5 km or 3.1 miles.

But it is very important to know that these **restrictions are just for now and that they will end.**

We can only ensure that we keep well and healthy by staying apart for this short time...but we know that this can be very difficult for some of us.

Get access to **issue 1 - May 2020** of 'Getting Through COVID-19 Together

Visit:

<https://www.corkcoco.ie/en/together/together-look-after-your-mental-health>

or

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/connectkerry.html>



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