

COVID 19 (Coronavirus): Info and Resources



Dear Galway County Public Participation Members,

We have collected some resources to help you and your groups that you may find useful during the COVID 19 (Coronavirus) Pandemic.

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GALWAY COUNTY COMMUNITY CALL HELPLINE

Galway County Council COVID-19 Community Response Forum

A helpdesk will respond to the needs of vulnerable members of our community. Vulnerable members of the community or those living alone who need deliveries of groceries, medicine and fuels or essential transport can call this Confidential Freephone Number and staff will get assistance for you.



Call **1800 92 88 94** (Freephone)
Lines Open 9.00am to 6.00pm (Monday to Sunday)
Email **covidsupport@galwaycoco.ie**

The Community Response Forum is a collaboration of State Agencies, An Gardaí, HSE, Local Development Groups, PPN Voluntary Groups, Sporting Bodies and Key Services across our County. The new phoneline is just one aspect of the Forum's work. Its core aim is contributing to the community-wide effort to limit the spread of COVID-19.



Comhairle Chontae na Gaillimhe
Galway County Council



Rialtas na hÉireann
Government of Ireland

Fóram Freagartha Pobail COVID-19 Chomhairle Chontae na Gaillimhe

Glacfaidh deasc chabhrach glaonna ó dhaoine leochaileacha sa phobal a bhfuil riachtanais acu le linn na géarchéime. Féadfaidh daoine leochaileacha sa phobal r daoine atá ina gcónaí leo féin a dteastaíonn uathu teacht ar earraí grósaera, cógas nó breosla, glaoch ar an Uimhir Saorghlao faoi Rún seo agus gheobhaidh an fhoireann cúnaimh duit i do cheantar féin.



Glaigh ar **1800 92 88 94** (Saorghlao)
Línte Oscailte 9.00am go 6.00pm (Luan go Domhnach)
Ríomhphost **covidsupport@galwaycoco.ie**

Fóram i gcomhar é an Fóram Freagartha idir Gníomhaireachtaí Stáit, An Gardaí, HSE, Grúpaí Forbartha Áitiúla, Grúpaí Deonacha, PPN agus Príomhsheirbhísí ar fud an Chontae. Níl sa líne fóin nua ach gné amháin d'obair an Fhórait. An aidhm is mó atá leis cuidiú le dícheall an phobail scaipeadh Covid-19 a mhaolú.



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GETTING THROUGH COVID-19 TOGETHER- Mental health and wellbeing initiative to support people during COVID-19

The Department of Health and HSE, in collaboration with a range of cross-Government partners, have launched a mental health and wellbeing initiative that offers support and resources to help deal with the stress, anxiety and isolation currently experienced by



many in Ireland during COVID-19.

[Gov.ie/together](https://www.gov.ie/together) is a new online resource that will offer advice to help people cope at home and that will promote the mental health supports and resources available on the HSE's [YourMentalHealth.ie](https://www.yourmentalhealth.ie).

Also, extra support is available in this period [on the phone or online](#).

PUBLIC AWARENESS CAMPAIGN ON DOMESTIC VIOLENCE DURING COVID-19

A major new TV, Radio and Social Media Campaign tackling the serious issue of domestic violence in the context of COVID-19 measures was launched on April 15th.

The campaign seeks to reassure victims that services are 'still here', and that victims are being prioritised.

It is important to know that the 2km restrictions on movement do not apply to a person escaping from a risk of harm or seeking to access essential services.

- Read more [here](#)
 - Watch the campaign [here](#)
 - Information on services and supports for victims is now available on a new website www.stillhere.ie
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HOW TO KEEP FOCUSED AND MOTIVATED- WORKING FROM HOME

Charities Careers Ireland CCI have put together a list of tips on how to keep **focused and motivated** and how to maintain your wellbeing **while working from home** during Covid-19.



Read more [here](#).

GUIDELINES TO HELP PARENTS PARENTING ALONE

One Family have put together a series of guidelines to help parents parenting alone during COVID-19.

- Parenting during Covid-19 - [read here](#)
- One-Parent Families and Covid-19 - [read here](#)
- Caring for your children if you get sick - [read here](#)
- Talking to your child about becoming seriously ill - [read here](#)



COVID-19 (CORONAVIRUS): A GUIDE FOR THE BEREAVED

The COVID-19 (Coronavirus) pandemic has forced us to **change the usual ways we deal with the loss of a loved one**. This guide is concerned with the period from the time a death occurs up to the burial or cremation. It is intended to **provide clear advice** as to what bereaved families **might expect as they make funeral arrangements**.

Read more [here](#).



THE COMMUNITY FOUNDATION OF IRELAND COVID-19 RESPONSE FUND- DEADLINE EXTENDED!

The Community Foundation for Ireland's Covid-19 Community Fund is aimed at the **immediate needs of organisations impacted by Covid-19** and focused on the following:



- People over 60
- People with respiratory illnesses or cancer
- People experiencing domestic abuse
- Isolated vulnerable people and families, particularly those living in rural areas
- Mental health issues for those affected by Covid- 19

Applications can be made to continue or adapt existing work or to pilot new work that will **support those most vulnerable** as a result of Covid-19.

Read more [here](#).

AGE ACTION AND IRISH RED CROSS COVID-19 HARDSHIP FUND

Age Action have launched a COVID-19 Hardship Fund in conjunction with the Irish Red Cross to **respond to the immediate needs** of older people in vulnerable situations across Ireland experiencing additional hardship as a result of the COVID-19 health crisis.



Read more [here](#).

GALWAY WIND PARK COVID-19 RESPONSE FUND

SSE Renewables and Greencoat Renewables, joint owners of Galway Wind Park, have launched a €70,000 COVID-19 response fund to **support local communities around the wind farm** in Connemara, Co. Galway.



The funding, which is being made **immediately available**, will support community groups that are currently **mobilising a rapid response** to support those most-in-need as a direct result of the impact of the Coronavirus outbreak.

Read more [here](#).

GAA COVID-19 COMMUNITY VOLUNTEER PROTOCOL

In light of the unprecedented challenges facing us in responding to Covid-19 the public health authorities and governments have **turned to the GAA to assist in the community-based response**.

These efforts are focused on supporting those most vulnerable to and most impacted by the virus – older people, those suffering from an underlying condition, and those living alone and forced to cocoon (without a family network immediately available to support them), or other members of the community who may require some practical assistance at this time. To support this effort the GAA Community Team have prepared a Protocol.



Read more [here](#).

AN POST SERVICES DURING COVID-19

An Post postal operatives **are checking in** on older and vulnerable people on their **daily routes**. They have added an additional element to this initiative. Family members of an older or vulnerable person currently cocooning will now be able to **request a specific 'An Post Check-In'** by the local Postal Operative.



Read more [here](#).

Family members can register for the free 'Request a Check-In' service by completing the postal address and Eircode of the customer on the website at: www.anpost.com/Community-Support

AWARE (SUPPORTS DURING DEPRESSION)

As Aware needed to suspend its national Support & Self Care groups due to Covid19 – they have introduced a **new Phone In Support & Self Care group** for **people experiencing anxiety, depression, bi-polar disorder and other mood related conditions**.



Please see <https://www.aware.ie/> **Support & Self Care groups** for details as to Registration.

They are also offering **additional Life Skills Online Programmes** to support people and continue to offer our Freephone Support Line 1800 80 48 48 and Supportmail@aware.ie.
