

MAYFIELD MATTERS

FREE

YOUR COMMUNITY NEWSLETTER

FREE

Issue 108 2020 Easter Issue



Happy Easter 2020



**Wishing You all a Very Happy Easter
that is filled with Happiness,
Good Health and Plenty of Chocolate.**

**Mayfield Covid 19
Community Supports
Info Inside**



Coronavirus
COVID-19
Public Health
Advice

ST KILLIAN'S NATIONAL SCHOOL



Realtín, St. Killian's therapy dog and best friend to the whole school community would like to share one of her blogs with the Mayfield, St. Luke's and Dillon's Cross communities. Throughout the school closure, she's posted a daily blog on the school website, in which she passes on words of wisdom to the children and answers their questions. It's very uplifting and unites the whole school community. The following is her very first blog.



Feel free to follow her daily exploits on <http://www.stkillianscork.com/relns-blog->

Day 6. 18.03.2020

We have been off school for a while now. I have had to do lessons at home. My dad said that I needed to carry on with lessons at home even though school is closed. I thought that was a little mean, don't you? Have you been doing any lessons?

Have been practising my typing skills. Really hard when your paws are as big as mine. I am getting there though. Dad said that if I practised and got better, he would get me my own email address and I could start blogging. So here I am.

Still waiting for the email. He is really slow at this sort of thing. He told me that he could not do it and would have to ask Ms Rice to do it for him. You will be able to email me and tell me how you are getting on.

Imagine that. I will be a world famous blogger.

Almost as exciting as playing with my ball. When I play ball, I get to run around and get plenty of exercise. Playing with a ball is fun, fun, fun.

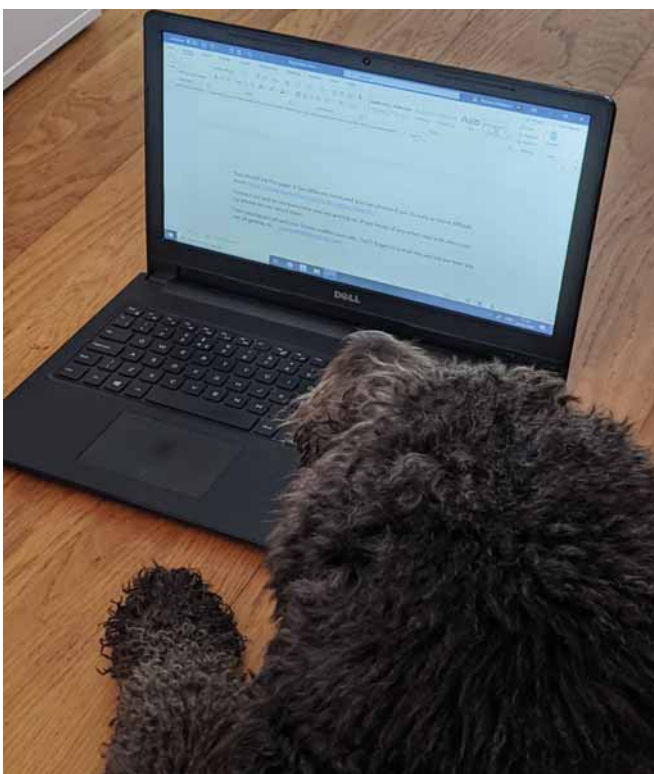
Do you agree?

What exercise do you do?

If you email me I will post it up for you and answer your questions if I can. Anyway I am tired now, so I think I need to take a paws.

Don't forget to wash your paws I mean hands!

Love Realtín.



irwinspharmacy

info@irwinspharmacy.ie

Irwins Pharmacy Mayfield
Mayfield Shopping Centre, Cork

Tel: **021 4506633**

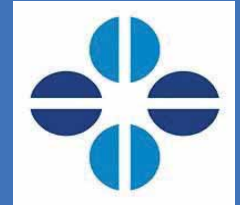
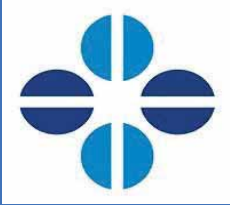
Revised opening hours:

Monday to Saturday

Open 9:00am – 1:00pm

Closed 1:00pm – 2:00pm

Open 2:00pm – 5:00pm



EASTER WORD SEARCH

S R Y Q I I S Y M J D N Y S U C Q K B N
B W J H L D Y I H F O U O P N B K P J C
N L Q N G S J Y E H I T B X R U Q F Y O F
X F A D V U Z E T A I C W N K Y A J Z U
N L A M L V O A L A I C W N K Y A J Z U
S O A P B N R F D L Y C V G A N K D I K
A W T M S B M D M A Y P L F D G X Z P N
T E A D E W T Z I U M B U Y C E H Q C P
C R G L M E Y R O L B H E E T L B C I C
Z S E Y Y W O F I L D N H A Y H U X C A
O C J I A L M R I M Q X P T N N G C R H
P Z F C H R I V U A G O R X I S P X F T
I O Z F Z A I L N G F C H L T H Q P K R
S O E L S N O Z N E L H W E C I H M C Q
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A R E T S A E S W J K F S D N F O E H Q
H O T E G G S K G R I W U T N C H B C R
Y C U C Y A N O S C U X N T O F T S T U
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S L B T P M E X F T B U A V W E X M V Y
O V H W X P B R T L X T Y K A Q U O M C
H P A R A D E K R D E B L B K X V W R Y
M X B T I I Z W J Y X Y M I Z G W T X E
X Q G B L C P J A L B U N N Y S C Q A F
X M T E N N O B W K Y Y N Z N Y Q S Y B

Easter	Jellybeans	Spring	Bonnet
Basket	Celebration	Candy	Fun
Bunny	Decorate	Hunt	Sunday
Hide	Chocolate	Lily	Parade
Eggs	Flowers	Chick	Lamb

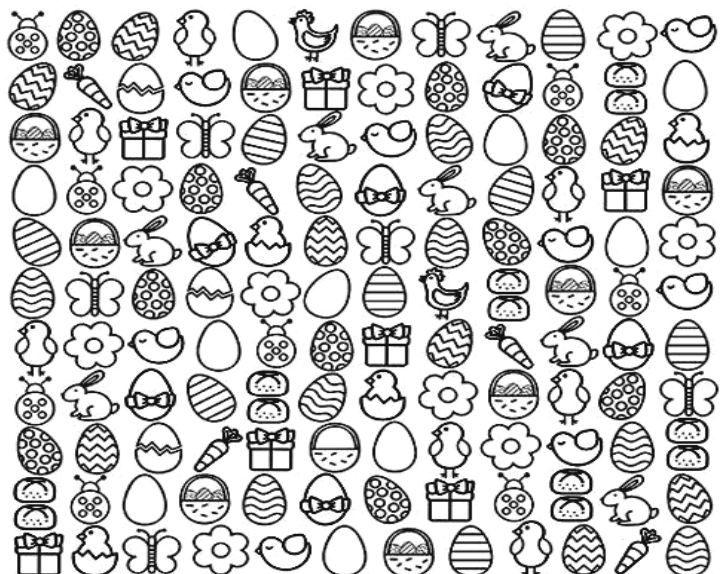


Easter Find and Colour

Find the following items and colour them in!

- | | |
|------------------|---------------------|
| 1 empty basket | 6 eggs with bows |
| 2 hens | 7 bunnies |
| 3 cracked eggs | 8 eggs with stripes |
| 4 chicks in eggs | 9 flowers |
| 5 carrots | 10 Eggs with spots |

What else can you find??





MAYFIELD CDP COMMUNITY RESOURCE CENTRE

328 OLD YOUGHAL ROAD, MAYFIELD, CORK.

Phone: 450 8562 Fax: 450 8507 Email: mayfieldcdpresource@outlook.com

Web: www.mayfieldcdp.ie Facebook: Mayfield CDP

CDP Resource Office

Photocopying, faxing, laminating, typing of projects, letters, CVs, binding, posters, fliers, leaflets,

Senior Alert Alarms for over 65s.



Mayfield Community Adult Learning Project (CALP)

See elsewhere in *Mayfield Matters*

for CALP's own article and what it offers!



Mayfield Matters

Local Community Newsletter.

Distributed every two months.

Volunteers Always welcome.



Rainbow Childcare Service

Morning Service.

Contact

Kathleen at 4508562 for more information.



Mayfield Community Garden

Grow your own food and learn new skills.

New members always welcome.



Services available at the CDP Centre that we can offer you:

- * Photocopying & Printing of Posters, Flyers, Leaflets, Pricelists, Invitations etc. in Black&White and now **IN COLOUR**
- * Typing of Projects, CVs, Letters etc.
- * Binding & Laminating.
- * Faxing.
- * Senior Alert Alarms for over 65s.
- * Training/Meeting room
- * (20-25 people capacity) includes an overhead projector.
- * Complimentary tea & coffee
- * An upgraded computer room which also includes an overhead projector.

MAYFIELD MATTERS is a local community newsletter produced in the **MAYFIELD CDP COMMUNITY RESOURCE CENTRE** by volunteers with the support of the CDP staff. It is funded through the adverts placed in the issue, fundraising and grant allocations.

DISCLAIMER: All information printed in this issue is understood to be true and accurate at the time of printing. The views expressed herein are not those of *Mayfield Matters* or Mayfield CDP. We do not accept responsibility for information found to be untrue, but we do accept responsibility for any grammatical and typing errors.

Please Note: To guarantee inclusion in the next issue of **MAYFIELD MATTERS** please ensure items are submitted before the deadline which is **15th May 2020**



HANIEL THERAPY
Caroline 085-818 8933
hanieltherapy@hotmail.com

Haniel Therapy, based in Cork City, offer professional remedial techniques beneficial for revitalising, calming and relaxing the body and mind.

We are fully accredited with both the Natural Healing Institute of Ireland (NHII), the British Complementary Medical Association (BCMA) and the National Register of Reflexologists (NRRRI).

Natural Aromatherapy
Skincare Products Made to Order



CHIROPODIST

Frances Nolan
NCC, LCCH, M.C.H.POD.ORG

Glanmire Medical Centre
Glanmire, Co. Cork

For appointments call:
021 486 6745 or 086 369 3204
Gift Vouchers Available

Home visits available on request

WINNIE'S

DRESSMAKING

&

ALTERATIONS

(085 7804008)

Old Youghal Rd, Mayfield
(Opposite The Cow Bar)

We Alter:

- School Uniforms
- Curtains
- Jeans
- Zips
- Jackets

"Let's save money"



Unit 1a, 4 Colmcille Avenue, Mayfield
(021) 239 0019 (Alongside All Round Beauty)

**Due to Covid-19 we are closed for the
Foreseeable Future.**

Check our Facebook page for updates

PRICE LIST

Gents €11
Senior Citizens €10
School Students €10
Kids (preschool/toddlers) €8
Headshaves €9
Wash & Cut €14
Foil Fades €12
Father & Son €17 (excluding foil fades)
Hot Towel Shave, Wash & Cut €25

OPENING HOURS

Monday to Saturday 9.30 - 17.30.



Cork City Libraries

Frank O'Connor Library, Mayfield
Old Youghal Road, Mayfield, Cork T23 E651

Stay At Home library e-services that can help.

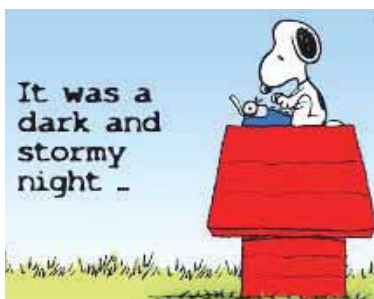
All branches of Cork City Libraries are closed until further notice. Why not use our online services while we are closed. You can borrow eBooks, eMagazines, listen to music, take an online course, all free with your library card. Those with an interest in history can browse Cork Past and Present, or our Interactive Timeline 1918 to 1923, or browse our online exhibitions.

If you are not a library member already, you can now join the library online. This will allow you to use our online services.

We have updated the due date for all items due between 13 March and 31 March. Your new due date is 06 April 2020. We have also extended all library memberships, due to expire soon, until 30 June 2020. You can also manage your library account online.

All links are available from our homepage at
www.corkcitylibraries.ie

Stay safe, from your Cork City Libraries staff.



POETRY PAGES

Please send your poems to: mayfieldmatters@outlook.com
or hand them into the CDP Resource Centre
(we will even type them for you)

SPRING

Harry A O'Shea

Half way through spring
Birds on the wing
Wagtails arrive
Here they will thrive.

Bees now awake
From their winter break
Flying non-stop
For their honey crop

The dog by the lawn
Was up since the dawn
Those daffodils bright
Dance in gold light.

But I must move on
There's work to be done
Thank god for spring
It makes one's heart sing.

Oh! Corona

Mike Loring.

It started in china the invisible death. W. O. H. A. N.
World Organization Health Across Nations.

A yellow peril that kills,
similar to the flu's ills,
so wash your hands & isolate before we have to incinerate.
it's spreading out across your land
do you people not understand?
keep your distance six foot apart,
don't cough,
don't sneeze,
don't even f**t.
wash your hands,
cover your nose,
touch nothing solid,
wear restrictive clothes.
shops & clubs must all close down,
how long will Ireland face the fight?
stay indoors & well you might.
Because schools have closed.
Old folks are the most at risk & people who carry a medical disc.
You mothers & lovers must command to others,
freedom on demand is for only nutters, precautions,
wash your hands,
why don't people understand?
Now doctors' surgeries have closed down, & nurses dress in extra gowns.
Exercise must come indoors,
shut the windows, clean the floors,
Parks & beaches are out of bounds, people walk around with hounds,
yet still the numbers are growing higher, ashes rise on the funeral pyre
And yet again the daffodils rise in back gardens near blue skies
a hint of hope for another day as eyes search calendars for May
So, wash your hands don't go away.

THE ROCKDIVER

Anthony O'Callaghan

Makes his way out onto the final ledge
Below him chiselled crags and gorged-out caves
The violent roar of a thunderous ocean
Throws crashing spray from breaking waves.

He scans the nearby deserted beach
Where wading plovers do battle for catch
While out to sea on distant rocks
Guillemots plunge for shoaling sprats.

Amidst the booming noise of breakers
He must judge the waiting pools
Like a younglet's maiden flight from nest
So much to chance, so much to lose.

Standing like a crucified man
Nature calms to grant the attempt at fate
An intake of breath, the decision made
He's gone to drop the vertical face.

THE WORLD IN THE WORLD

Maggie L. O'Shea

Where is there fear?
Everywhere...
A World in turmoil
Daily...
Sickness, death,
Every country affected
Infected...

The name of a beer,
It was never meant to cause sadness.
But this has no joy attached, not a beer
A virus.
A battle; a fight; who will win?
We will!
We will thrive
That's the beauty of a life.

Love conquers all they say,
But so does bravery
So does strength,
The human race is strong
We are brave,
If we listen we will save
Each other.
Brother to Sister
United.

Blind-sighted;
Yes we were blind,
For a while,
We will win,
No choices,
We have the voices,
Raise them clear so the whole world
can hear,
We are here and we can beat this fear.
Concern will triumph
Concern for our fellow humans.

Yes this virus is everywhere
But so is love, so is strength,
So are the brave.
***We are those brave
And we can save each other
Sisters and brothers of our world.***



In February 2020 an unmanned ship, the Merchant Vessel, 'Alta', was cast up on the rocks near Ballycotton, Co Cork during the storm named 'Dennis'.

“SHIP TO SHORE!” MV Alta (A Poem)

Richard Goodison

'There's a ship in the offing' rudely battered by waves.
"Ship to shore! Ship to shore!" the cry is abroad.
Lifted high on a storm-tossed wave destined for caves
The ship's carried forward and hurled on the sword,

On the sword-like rocks hurtled and held by their teeth,
No crew on board, animals, merchandise, coal,
A ghost-ship, unmanned, like a dog without leash
By wild waters lifted o'er full fishy shoal

To be beached and, yes, held there, resting at last,
O where did you come from and what is your name?
Were you ripped from your moorings at Athens held fast
Or loosed from Bermuda through thick fog and rain?

Did you cross the Atlantic all empty and lone
Like a turtle astride the mild waters' Gulf Stream,
Like a lonely white kittiwake off her course blown
Without guidance by star or by clear light-house beam?

Were you the object of curious whales,
The companion of dolphins or porpoise out there?
It must have seemed lonely being battered by gales,
Being whipped like a criminal by hail severe.

And what of your captain and what of his crew?
Were they pirates or decent men robbed by storm's whim?
Did a one-legged man have a parrot that spoke?
Was the ship's cook called 'Silver'? the cabin-boy 'Jim'?

Was a fresh barrelled apple selected by knife
With a cry: "Yo, ho, ho! and a bottle of rum!"?
Or were the men clients of Mary, God's wife,
Transporting rich treasure of resin and gum?

Or did you bear cargo of bright silver fish
Or cheeses from farms on America's plains?
Or what about bottles of whiskey and gin
Or furniture fashioned with pinewood red stains?

If you were a fighting ship now you are ruined
With your gunnels a-flooded, your gunpowder damp.
Or were you a fishing-boat used to the wind
Or a passenger ship causing travellers' cramp?

Whatever the story now you are here
To be salvaged or pillaged before you break up
While the visitors come, yes, from far and from near
To view the ghost-ship in her last resting cup.

ON HEARING SYMPHONY NO 3 BY GUSTAV MAHLER (BERLIN PHILHARMONIC/CLAUDIO ABBADO)

Richard Goodison

Appealing to the lonely, sinful soul
When all seems lost, hope slain by cold rejection,
To the person disapproved of, to one feeling as it were forsaken
by God and men's judgements foul
You present the ultimate in beauty and musical perfection
O 3rd Symphony of Gustav Mahler heard,
Music angelic in force and tenderness,
Played and sung and rapturously applauded,
The ultimate in beauty, rendering breathless!

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SACRED HEART

Richard Goodison

When on the wood, transfixed there,
Christ felt as if forsaken,
Abandoned by his Father,
All joy, all love, just taken,

The crimes of the world pressed on him
To crush, to choke his life.
He became, as it were, sheer sin
Destroyed by death's cold strife.

To conquer sin and death,
To set forever free
His sibling human beings
His heart was pierced, oh see!

But God did not abandon;
God does not forsake;
He accepted His Son's surrender;
His sacrifice did take.

He heard the pleas of His child,
Abandoned him not in death,
Restored him to life again,
Renewed his living breath.

So there are times in life
When all is confused and dark
We feel bereft, forsaken,
Like dogs that cannot bark.

But He is there, yes always there,
Watching, ready to seek,
To take us back to His arms,
To the Heart of His loved Son meek.

MARCH (A Sonnet)

Richard Goodison

With roars like those of lions approaches March,
A dash of sleet and hail on window-pane.
Such noisy fuss sees also frost like starch;
The shifting winds confuse the weather-vane.
A bud that like a slender javelin was
Straight as a die, a lonely daffodil,
Soon bitter-sweet, green-yellow, seemed to pause,
But now, full yellow, nods or stands so still.
In month of March the earth all 'round revives;
Each bird begins his territorial song.
The thrush is foremost; buds foretell new leaves;
The freshened streams, foam-flecked, now purl along.
On March the 25th we raise a toast;
A maid conceived, yes, of the Holy Ghost.





Scoil Mhuire agus Eoin

The Staff of Scoil Mhuire agus Eoin would like to wish our community all the best at this time. We will continue to liaise with our families and support remote learning as best we can. Our pupils have been busy doing some lovely activities in our school for the last few months! Here are just a few of the things we did!

Vex Robotics- Ms O'Leary's 4th class competed in the annual Vex Robotics Competition in CIT and we're delighted to announce that not only did they make it to the regional finals, but they also won the Design Award! Huge congratulations to the students and teachers involved!

We celebrated *Attendance Week* at the beginning of March. Ms O'Connor gave out prizes and entertained us with quizzes for the week. The children spoke about how important it is to come to school on time and all the fun things they might miss if they weren't in school each day. Well done to all!

Literacy News- Our pupils are enjoying regular visits to Mayfield Library. Our first classes took part in Graffiti's Fighting Words Workshop and enjoyed writing 'The Dragon and the Princess'. 2nd and 3rd class went to a special screening of the play 'This Girl Laughs, This Girl Cries, This Girl Does Nothing' in Blackpool in October. Our girls and boys did us proud with their wonderful behaviour. Happy Talk have been visiting Junior Infant classes with Nibbles and Twitch and we would like to thank all the parents who took time to come to the classes with their child. World Book day was celebrated on 5th March. In line with this, Ms O'Leary's 5th class have been reading 'Millions' by Frank Cottrell Boyce. It is part of the One Book, One Community project. The boys and girls did beautiful art to go with the books theme of 'family', for the Opening Ceremony in Mayfield Library in January.

Our Creative Schools Project is doing wonderfully well in our school. The Westlands Theatre entertained us with their production 'The Bluebird' and 5th class enjoyed a trip to the City Hall for the Cork Pops Orchestra. We are very grateful to the Army band who performed wonderful music for us at Christmas in our school hall. The children also enjoyed an Opera performance by the lovely Niamh O'Sullivan who was accompanied by Ciara Lynch, Conor's mum in Ms Synnott's class. Parents and pupils are enjoying ukulele lessons in 2nd class in conjunction with Music Mash-Up. The 6th class had a workshop from Irish National Opera. Sixth class pupils also attended the Opera 'Hansel and Gretel' at the Everyman theatre. It was a unique opportunity to experience opera at first hand and was thoroughly enjoyed by pupils and teachers alike. Brass Band held lessons on Friday afternoons for 3rd to 6th classes! Thank you so much to Liam O'Sullivan and his colleagues.

We were delighted to welcome the grandparents of Ms Quaid's 3rd class in January. The visit was to celebrate *Grandparents Day* and the children did a wonderful job of hosting this lovely event during Catholic Schools Week. 3rd class were also busy participating in Ficheals Chess Competition in Carrigtwohill! Busy class! They had a great day and thank you to the teachers involved for organising this exciting event. Seachtain na Gaeilge was celebrated by games and fun. Go raibh maith agat to Iníon ní Riain for organising the Ceili for all classes.

Sport is very important to us at Scoil Mhuire agus Eoin. Before Christmas, pupils from 5th and 6th class were involved in Sciath na Scoil and more recently, the school basketball team competed in Neptune Stadium at the Garda Basketball Blitz. The FAI 5-a-side blitz took place in Mayfield Soccer Club and once again our 6th class pupils made us proud!

To top it all off, thanks to Ms Walsh, we enjoyed Healthy Eating week recently and many thanks to the fabulous parents who chopped up plates of fruit and veg for each class!

Once again, many thanks to our wonderful Parents Association. They work tirelessly behind the scenes, organising fundraisers and fun activities for all our pupils. We couldn't do it without you!

Finally, junior infant enrolments are being finalised at this time. Should you be interested in a place please phone the Homeschool Liaison, Emir Flynn, on 086-3805164. Thank you.



We at Scoil Éanna Special School are manning the phones for our families and sending our second resource packs to pupils. Teachers are contacting all our families by phone to see how they are getting on.

Everyday, we are putting new activities on to our blog scoileannans.scoilnet.ie/blog/ so that our pupils know we are thinking of them and missing them loads and giving them ideas for fun and educational activities.

We can also be followed on [Twitter@EannaScoil](https://twitter.com/EannaScoil) so there is no excuse but to keep in contact!

Many of our families and staff celebrated World Down Syndrome Day by wearing their funky socks and we are delighted with the photos we received.

We ask everyone to stick to the rules on social distancing - we want to get back to school soon...



New Inn School

FRIENDSHIP GARDEN



GRANDPARENTS' DAY





ST JOSEPHS (MAYFIELD) NO NAME CLUB – NEWS

St Josephs (Mayfield) No Name Club that was set up in 1998 to cater for young people aged between 15 – 18 years in the local community is currently celebrating its twenty first year in operation and plans are being drawn up to mark this great achievement in an appropriate manner later in the season.

The decision taken by St Josephs Community Association in 1998 to set up a No Name Club for the benefit of young people and their families has been totally vindicated as the clubs records show that almost 900 young people have benefited greatly from their involvement in this club since its formation.

Over the past 20 years through the commitment and dedication of many adult volunteers who have provided strong leadership at all of the club events and with the help and co operation of the young people they have together provided a wide range of age appropriate social activities that has enabled the club members to socialise with their peers in a warm, safe and friendly environment where they are free of the dangers of becoming involved with alcohol and drugs.

Since its formation in 1998 as a subcommittee of St Josephs Community Association the No Name Club has developed into being amongst the foremost clubs in the national organisation with the young people rating their membership of the club very highly.

Throughout the past 20 years members of the club have been awarded no fewer than 10 Cork City Garda Youth Award Trophies through their involvement in the club along with the guidance and encouragement they have been given by the clubs voluntary adult leaders.

Over the past number of weeks the club members have been engaged in a variety of entertaining events commencing with their Christmas outing to the Mahon Ice Skate Rink on the 10th December 2018 that they thoroughly enjoyed. They have also been preparing for their involvement in the upcoming events on the national calendar of activities for all young people in No Name Clubs that are operating in communities countrywide.

On the 24th February last two of the club members competed in the southern Regional Finals of the Youth Awards event that were staged in the Fusion Centre in Dungarvan, Co Waterford. Both Melanie O Connor (Hostess) and John O Flynn (Host) performed admirably in their respective categories against the representatives of the following clubs: Killarney, Cobh and Dungarvan with the following results being achieved – In the Hostess competition our representative, Melanie O Connor was among the front runners to succeed but unfortunately she was not among the winners on that occasion. In the Host category John O Flynn was a popular winner for the St Josephs No Name Club and he has qualified to compete in the 2019 National Youth Awards Finals in the Lyrath Hotel, Kilkenny on the 13th April next. John will be the fifth member of this club to reach the finals of these prestigious competitions since the club was formed in 1998. Everyone associated with this club wishes him well in the final where he will be among the group of ten contestants (5 Hosts and 5 Hostesses) who will take part in what is the showpiece of the organisation's National Programme of Events and the winners of these finals will receive a trophy and a bursary towards the cost of their third level education.

On the 23rd March three members of the club will compete in the semi finals of the National Super Talent Competitions being held in the Good Counsel Secondary School, New Ross, Co Wexford and hopes are high in the club that the success in the 2018 finals by Peter Curtin in the Solo Musician Event will encourage this year's entrants in the Solo Singing and Group Singing events.

oOooOo- oOo-oOo

ODE TO A FRIEND

DANNY O'NEILL

As I am driving out past Killarney with its lakes so restful and quiet, turning right heading out the Dingle road, travelled now a thousand times memories coming flooding back, moods grow heavier .

The scenery hits and draws your eye towards the untouched rugged landscape and narrow roads, twisting and bending as we are climbing .On my right is Skellig Bay as we continue all along the wild Atlantic way, in all weathers the terrain retains its beauty, up on the hillside, the old stone cottages, tell tales of times past good and bad, the green fields surrounding them resemble a patchwork quilted blanket, the Conor Pass and Lady's view, take you onwards.

Today a stillness fills the air, carries in the breeze, The froth over the ocean, gives a haunting look as the sound of the seagulls echo a lonely sound, another chapter has now sadly ended, but Kerry remains the same.



Hello All

Although Mayfield Arts Classes are currently suspended, we are thinking of you, missing everyone and hoping you are all staying safe and looking after each other in these uncertain times.

Our new classes in Textiles, Printmaking, Design and our Family Art classes all started/ were due to start on the week we had to close. We hope to continue these as planned when everything returns to normal.

The April Library Exhibition of work from our Painting classes and Print classes has also been postponed for now – but we want to thank everyone for their amazing contributions and we are still planning on going ahead with this later in the year. I know a few of our participants are currently at home painting or drawing, so hopefully there will be some amazing new work to contribute too.

Our Bealtaine Print workshop has been cancelled but we will definitely be working with the Bealtaine team again next year.

Our schools workshops will also re-start as soon as the current restrictions are lifted.

We are thinking ahead and currently planning our Creative Kids Summer Camps for the following dates :
July 20th- 24th Age 5-8 and July 27th-31st for Age 8-12.

So please feel free to register your interest as we are still contactable by email.

Hopefully everyone can take this time to try some new creative activities, on our own or as families, from decorating Easter eggs to painting spring flowers or even getting inspiration from the many galleries currently putting their exhibitions online for free.

Happy Easter and stay safe

Deirdre Hunt, and all the Mayfield Arts team



OUR FRONT LINE STAFF

YOU'RE FAMILIES & LOVED ONES
MUST BE SO VERY PROUD,
TO HAVE SOMEONE
SO VALUABLE AMONG
THIS HUGE SCARY CROWD,

WITH SO MUCH PRESSURE
DAY IN & DAY OUT,
YOU STRIVE TO KEEP US ALIVE
WHILST FEELING
NOTHING BUT SELF DOUBT.

BUT, PLEASE REMEMBER
WE THANK YOU FOR ALL THAT YOU DO,
EVERY DAY THINKING
AND FEELING WORRIED FOR YOU

THANKFUL TO YOU
FOR PUTTING ON A BRAVE FACE,
RISKING YOUR HEALTH
TO TRY SAVE OUR HUMAN RACE.

ONE DAY SOON,
WE PROMISE YOU WILL,
BE ABLE TO SMILE AND LAUGH
AND REMEMBER YOUR WORTH
AS OUR FRONT LINE STAFF.



Mayfield East Est 2000 2020 Indoor short mat bowls club

Due to the Kerrigan/Tyrell association centre being closed the proposed final of the single bowls knockout will **Not Now** take place on April 7th 2020 at which the lord mayor was invited to present the trophies on our 20th year as a men's bowling club. A future date will be announced when the club resumes playing.

Regards M. Loring club secretary.



**CORONAVIRUS HELPLINE FOR
OLDER PEOPLE:
0818 222 024**

If you have concerns or queries about COVID-19
call ALONE's dedicated support line, 8am-8pm



BRIAN DILLONS HURLING, FOOTBALL & CAMOGIE CLUBS



BRIAN DILLON'S GAA CLUB REPORT.

The annual Alan (Bags) O'Sullivan & Barry (Tanner) Kelleher Street League Finals took place in the Tank Field where teams battled it out over several weeks in both Hurling & Football. The morning started off with the traditional parade with both camogie and academy players marching behind the Piper to the Tank Field Pitches. All the coaches and helpers had the blue and white flags flying and pitches all set out for the finals. Parents of the children were also catered for with Teas, Coffee, Sandwiches, Cakes to all add to the occasion. Jess O'Sullivan Chairperson of Brian Dillon's GAA Club and wife of Alan O'Sullivan thanked all for attending the day along with Alan's mother Margaret, sisters and brother. Barry Kelleher was represented by his mother Maura and sister to present the cups to the winning teams.

The Camogie Section also ran the traditional Eddie Porter Cup which was presented by wife Josie in the presence of daughter and granddaughter.

The Academy train every Saturday Morning from 10am and all are welcome, also new players welcome from 5 yrs. upwards, trained by qualified coaches who are Gardaí vetted and have child protection courses complete also.

Away from the playing fields the major fundraising event took place with "Strictly Brian Dillon's 2020" taking place in Clayton Hotel Silversprings where over 800 people enjoyed a great night of dance.

Brian Dillon's GAA Club would like to pay tribute to all the dancers who gave up their time in support of the club, to all the sponsors and the large attendance that supported the event- Thank You All.





MAYFIELD

Community Adult Learning Project C.A.L.P.



Due to the present Covid-19 crisis the Mayfield Community Adult Learning Project C.A.L.P. has had to postpone the provision of courses to the community of Mayfield. In the coming months we hope we will be able to resume some courses, however decisions regarding this are dependent on the management of Mayfield CDP, Cork ETB and any national government direction.

For all of you who had started courses, when they resume we will contact you accordingly.

However if you are stuck at home, you might be able to practice your computer skills or use your Mindfulness/Pilates skills that you have learned so far.

If you want to make contact with us with any queries please email us at mayfieldcalp1@outlook.com

Keep washing your hands,
Keep your physical distance and above all stay well and healthy

Happy Easter to all...



Mayfield Learning Festival

OVER 50 STANDS
FREE Community Event

EXPLORE

- Faces of Learning
- Kids Zone Face
- Communi
- Edu

CELEBRATE

PARTICIPATE

- For All Ages
- Music & Dance
- Courses, Clubs & Services
- Sport & Leisure
- Health & Wellbeing

WEDNESDAY APRIL 1st 2020
MAYFIELD SPORTS COMPLEX
Old Youghal Rd.
12 - 4pm

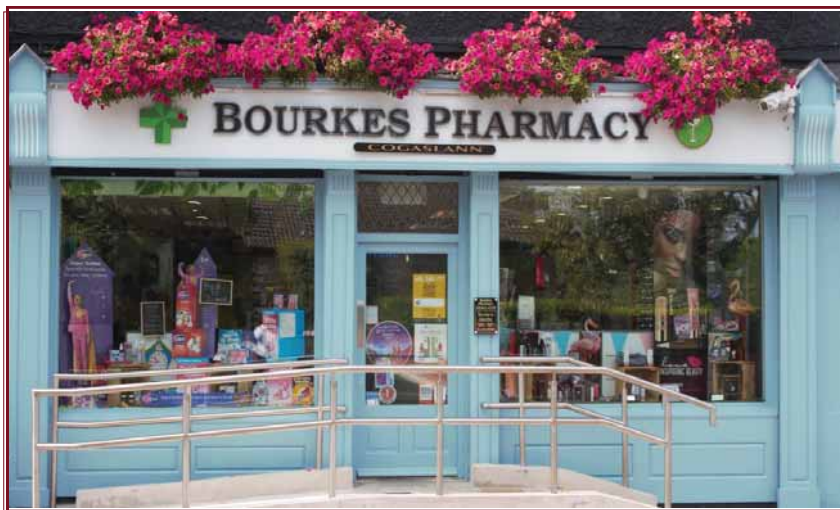
More Info: 021 4508562

WHEN THIS IS OVER

Laura Kelly Fanucci

(Found online)

"When this is over,
may we never again take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbours
A crowded theatre
Friday night out
The taste of communion
A routine check-up
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.
When this ends
May we find?
That we have become
More like the people
We wanted to be
We were called to be
We hoped to be
And may we stay
that way — better
For each other
because of the worst."





Bourkes Pharmacy

"Serving the People of Mayfield since 1955"
Iona Park, Mayfield, Cork.

Opening hours:
Monday-Saturday 9am - 6pm
Telephone: (021)4502862
 E-mail: dispensary@bourkespharmacy.ie
Let's Keep It Local

Hi All,

These are indeed unprecedented times and many of us are worried what the future holds.

However, we would like to reassure you that at Bourke's Pharmacy we are working harder than ever to ensure that everyone will continue to get their prescription medication. We are a critical part of the healthcare system and we will continue to be there for our customers.

We must also protect our staff, who have shown real bravery and commitment during this time. They have put their own wellbeing aside to ensure they will be there for our customers. Our staff, together with all the other essential workers who are stepping up to the mark during this crisis are now our heroes.

So, with the wellbeing of our staff in mind, we have decided to split them into two teams. Each team will work three days a week and there will be no overlap between the teams. This is to ensure that we have a consistent healthy team to look after you.

Staff will work late (after the shop has closed) to catch up on any backlogs so that we can maintain the supply chain of medicines to our customers and also to ensure that the shop is cleaned thoroughly.

WE ARE IN THIS FOR THE LONG RUN AND WE WILL BE THERE FOR YOU IN THE WEEKS AHEAD WHEN YOU NEED US MOST.

We have decided to make some changes to help us maintain social distancing in the pharmacy but we are determined that the pharmacy will be open as per usual - Monday to Saturday, 9am to 6pm.

As there will be fewer staff on a daily basis, we are asking for you to be patient. Please cooperate fully with our staff at this stressful time. Please phone in your prescription request and allow as much time as possible for it to be dispensed.

To our older and more vulnerable customers who have stood by us throughout the years - We are going to stand by you now more than ever. Please listen to the HSE advice and **STAY AT HOME**. Stay safe. We will deliver your medication to you. In the weeks ahead when things may get more difficult and more isolating, we will still be there for you. Whatever your need is, we are here to help you.

Please do not be too proud to ask for help - Bourke's Pharmacy is here to help in whatever way we can. Not everybody will get to read this so if you have an elderly relative, neighbour or friend, please pass on my message to them.

Thank you for your support – we are in this together!

Thelma and all the team. *'If we winter this one out, we can summer anywhere' (Seamus Heaney).*

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



RESIST www.hse.ie/handhygiene

HSE hpsc

Protecting yourself and your loved ones from #coronavirus is simple:

- Clean your hands often
- Cough or sneeze in your bent elbow – not on your hands!
- Avoid touching your eyes, nose and mouth
- Limit social gatherings and time spent in crowded places
- Avoid close contact with anyone who is sick
- Clean and disinfect frequently touched objects and surfaces.

Make Staying Safe a Habit.



#MentalHealth #COVID19 #coronavirus



World Health Organization
Western Pacific Region

What the Pandemic Tells Us About Capitalism

Cllr. Ted Tynan, The Workers' Party 25/03/20

The pandemic is revealing that capitalism is incompatible with public health. In Ireland and the UK right wing governments are now implementing measures which only a few months ago would have been dismissed as the idealistic and unaffordable dreams of socialists. But now, the public health emergency of COVID-19 is making socialism the only alternative.

Against the background of the pandemic, Ireland's two-tier health system appears for what it always has been: an unjust, unequal distribution of care to those who can afford it. We needed the virus, it seems, to convince ourselves that this cannot continue. The injunction to 'stay in home', meanwhile, has forced us to confront the precarity of people's daily lives in a context of insecure work and eroded public services. Many have no savings to fall back on, cannot afford to take time off work, lack access to sick pay, and are at the mercy of rapacious employers and landlords. Many others are homeless. The inequity of this state of 'normality' suddenly becomes apparent in the context of the pandemic.

It has taken a contagious disease to cause the political establishment in this country and elsewhere to reckon with the fact that capitalism as we know it today is itself a kind of disease proliferating upon the Earth. The novel coronavirus was produced not by an angry Nature but by the poverty and overcrowding that current economic conditions force upon so many in the poorest parts of the world. Trump and others try to blame China, but the more humanity as a whole exploits animal life and the natural environment, the more these kinds of crises will become the norm as the 21st century goes on.

Many of the world's leaders now talk about a 'war' with the virus, but such metaphors demonstrate a deep misunderstanding. A virus is a replicator, a fragment of genetic code that copies itself over and over, and which needs organisms (such as humans and animals) in order to do so. Although viruses are not technically alive, they show us life at its most basic level: as a will to propagate. We should not go to war against life but should learn to care for it properly. Caring for life properly means attending to all kinds of life, human and non-human, as best we can.

But capitalism only cares about a certain kind of life it calls economic 'growth'. There is a conflict here between two kinds of life, and the economic disruption caused by the virus shows us this dramatically. In one week, six trillion dollars were wiped off the stock market. The phenomenon of panic buying resulted when people believed their ability to be consumers was compromised. The idea of being a citizen and not just a consumer is becoming so alien to us that, when our habits of consumption are threatened, we enter into a frenzy of irrational shopping until the shelves are bare.

It sometimes seems as if money can propagate like a virus, making more of itself constantly on the stock market, and the capitalists cheer when the markets go up as if it were all down to the magic of money. But when workers withdraw their labour, money dies as surely as a virus does without a body to carry it. The pandemic is life taking its revenge on us for caring only about a certain kind of flourishing that goes hand in hand with economic growth.

From the point of view of the working class, the solution to this crisis lies not in keeping the economy going no matter what but in challenging the dominance of the economy over all other aspects of life. It is not a question of going to war against the virus, but of caring for life in all its forms. This requires that capitalism, based as it is on an unsustainable commitment to economic growth at all costs give way to a healthier system

MAYFIELD COMMUNITY SCHOOL.



Student achievement awards at UCC for second years.



Visit by Army Band

Seactain na Gaelige activity, Cup Song



Some of the students that have 100% attendance since end of August 2019

Celebrating World Book Day





Mayfield GAA visited the all new Gaelscoil An Ghoirt Alainn as part of their schools initiative, and also as an appreciation to the community of our recent unprecedented Lotto, which ran for one whole year before being won.

The club currently has our schools coach Paddy Corkery working with the kids within the school. A donation of GAA equipment was donated on behalf of the Club Lotto Committee by Neil Crean (Juvenile Chairman) Tony Hegarty (Club Vice Chairman) Nicola Foley (Child Welfare Officer & Club liaison) and Sharon Bones (Youth Coach & Liaison Officer).

We wish the principle Deaglán Ó Deargáin and staff all the best for the future in the new facility and hope to see some stars in the future.

Due to COVID19 Scoil Mhuire & Eoin had to be postponed until a new date.

Please Note ALL Mayfield GAA facilities are closed until further notice STAY SAFE



WE NEED TEAM PLAYERS!

Covid-19 will only be beaten if we all take it seriously and all do the right thing.

Social distancing WILL save the lives of our parents, grand parents and relatives with health issues.

Be responsible, don't go out in groups risking lives.





Trip to Southern Gaels

With an early start on a wintry Saturday morning we headed off up the M8 to reacquaint ourselves with our new found friends from Southern Gaels of Athlone. On arrival to their outstanding club house, we were greeted with the familiar smiley faces of Martin and Danny, who showed us to the 'players' lounge' where warm soup and sandwiches were lined up for our pre match meal.

This set the tone for the exceptional hospitality we were to receive over the 2 days from everybody involved in Southern Gaels.

By 12:00 we were hearing most senior inter county fixtures had fallen victim to Storm Dennis, but we didn't travel 200kms to skip the game. To be fair to everyone who travelled, meticulous planning went into managing substations to ensure everybody got equal game time. However, this plan didn't last too long. When the teams emerged from the tunnel they had to fight to stay upright against the driving wind. The cold and rain meant we had plenty volunteers to start in the comforts of the dugout. The saying "you wouldn't put a dog out in that" came to mind as with each step across the pitch you would see less of your boots.

Following the match, Martin and Danny had hours of games organised to be played off in a Ryder Cup style competition. There was great enjoyment for all the boys as they competed in table tennis, pool, tug of war, badminton, darts, rings, hang tough, skipping and bottle flips.

On the Sunday we headed to Cusack Park in Mullingar to watch Cork take Westmeath. Storm Dennis wasn't enough to dampen the spirits as both Mayfield and Southern Gaels players provided a guard of honour as the teams arrived on to the pitch.

The whole weekend will live in our memories for years to come and we are very grateful for the hospitality provided by Martin, Danny and every one of the members of Southern Gaels GAA we met.

We would like to extend a huge thank you to all at Southern Gaels GAA, the parents and kids who opened their doors to welcome and accommodate our kids. Huge Thanks also go to the parents of Mayfield GAA who travelled and made the weekend such a success, also to the executive committee of Mayfield GAA who were a tremendous support in the logistics of the trip.

A Special mention has to go to Martin and Danny of Southern Gaels, Clive Hurley, Tony Hegarty, Nicola Foley and Neil Crean who all made the trip so memorable. On behalf of Jamie & Michael.





www.lilliancourtneycoaching.com / lilliancourtneycoaching@gmail.com

Free Coaching Life or Business session with this article
Free motivational talks to Mayfield & surrounding areas for students /groups. 0860339842.

How to stay SANE in these challenging times

No doubt, this is the most worrying time we are experiencing in our lifetime, (Global Shutdown), other than those who have lived through wars and personal trauma.

We must try and stay sane in these times. We must make a daily plan, a project, keep our minds occupied as otherwise one will ramble into negativity and form a doom and gloom outlook. Remember our brains are negative biased, meaning as human beings we first look at the negative things as that is how we are programmed. (Another days article).

Positive thinking will keep us all sane. It actually changes one's chemical balance to be happier and settled. It gets rid of depression, fear, anxiety and morbid feelings of doom for the future.

Negative thoughtsNegative results Positive thoughtsPositive results.

Scientifically and medically proven.

So today, look around in any area of work or life and can you do something to change it and make it better? This is an opportune time to recharge and rethink your life. It took a virus to get the world to recharge and look inside themselves, family and the world.

We all have our own beliefs and we should all respect that but look at the pollution rate, it is gone down, plants and animals are going back to their habitats.

“Out of every overgrown garden you will find a beautiful flower flourishing”. Lillian Courtney.

You are strong and we will see this pass, once we stick with the rules and keep our families and neighbours safe. Some people ask am I religious? I have always been due to an outer body experience during a very serious operation at 7 years of age I will never forget, also from home life. Some say NO, but as soon as something happens they will immediately say “please pray that they or this will be ok” so there is a higher power when things get out of hand.

I would like to share a few points that might help in these times.

Self Employed: this has never been a better time to get your content out to a mass audience.

People at home: spring clean, plant a vegetable garden, get a window box. paint, write letters, organize photographs, ring friends and family. Knit.

With children: Get them to paint a picture for grandparents, teacher, make maula, set a garden. Give them jobs. Tell them stories about your life. Get them to tell you their stories; you will be surprised what you might not know.

News: only listen to the news once a day. If on-line scroll past the posts without reading.

Download “Zoom” for family parties, chats online. FREE.

Facebook chat is excellent also or Skype.

Learn how to use the net and download etc..... Put up videos.

Learn something new, courses are FREE at the moment.

URGENT.....EXERCISE AND STAY FIT.

Be the leader in your household if others are not.

Disinfect shoes, taps, kettle, fridge door and any handles.

May we all stay safe and rise up recharged with new life.

Happy Easter let us Rise again with God's love and care, Stay safe, Coach Lil xxx



Darragh McNamara
Resource Worker | City North Area
Cork Education and Training Board
156 Árd Bhaile Community Centre,
Mayfield, Cork
021 4500434 | 086 8526999
darragh.mcnamara@corketb.ie

I would like to inform the local public that CETB can offer any support necessary for those in the area i.e. everything from printing to grocery support and everything in between.

Also, we have some home learning activities/tasks for people to engage with during this isolation period that we could post to learners if they are interested.

Riddle:

You have me today,
Tomorrow you'll have more;
As your time passes,
I'm not easy to store;
I don't take up space,
But I'm only in one place;
I am what you saw,
But not what you see.
What am I?



Memories.
Answer:

What has cities, but no houses;
forests, but no trees; and water,
but no fish?

A map.
Answer:



***KEOHANE'S FUNERAL HOME
KNIGHTS HILL***

Old Youghal Road, Mayfield & Copley Street, Cork.

Tel: 021 431 1000

Web: www.keohanescork.ie 24-Hour Service

***'Our commitment is to personally serve bereaved families in the
Cork region with a sincere and professional service.'***





**Our Lady Crowned
Credit Union Limited.**

Comhar Creadmheasa Mhuirí Banníon Teoranta,

Here to Help

We'd like to let members know we are still open, should you need to use our services. We'd also like to remind members they can still conduct business over the **PHONE** on 021 450 4923 or view their balance **ONLINE**.

To avoid queues we also have a **QUICK LODGE** facility in our Mayfield office.

Any member who finds themselves in financial difficulty, please call us -
WE'RE HERE TO HELP.

**For more info on Covid-19 related updates,
please visit the news section of olccu.ie**



Coronavirus
COVID-19
Public Health
Advice



olccu.ie

IMAGINE MORE

Cllr. Joe
KAVANAGH
PC



Happy Easter!

☎ 086 2307507 📧 joe_kavanagh@corkcity.ie

📺 /joekavanagh.397 📱 @JoeKavanaghCork

FINE GAEL

Flower Point

Your local florist

297 Old Youghal Road
Mayfield

(next to Donatello's Pizzas)

Tel: 085 189 2766



CLOSED UNTIL
FURTHER NOTICE.
DUE TO GOVERNMENT
RESTRICTIONS

- **Fresh flowers bouquets**
- **Funeral flowers tributes**



**Say it with flowers.... flowers
talk more than words can
express.**

Advice for Vulnerable People

DO's

- **DO** remember that help and advice is only a phone-call away
- **DO** make yourself aware of contact numbers for vital services and keep these numbers handy
- **DO** keep in touch with neighbours
- **DO** ask to see identification if a stranger calls to the door. If in doubt, call the organisation they claim to represent for verification.
- **DO** remember to practice social distancing, keeping a space of two metres between you and other people
- **DO** follow HSE guidelines around hand washing, sneezing and coughing into your arm or a tissue

DON'TS

- **DON'T** answer the door to someone you don't know unless you feel comfortable doing so.
- **DON'T** shake hands with anyone that might come to the door.
- **DON'T** let someone into your home unless you know them or it is absolutely necessary.
- **DON'T** give ANY personal details including your bank details or your credit/debit card to anyone you don't trust – whether in person or over the phone.
- **DON'T** interact with other vulnerable members of your community if you have any symptoms of illness.
- **DON'T** be alarmed by false information on social media – stick to HSE advice.

How to Protect Against Fraud and Generate Trust

Unfortunately, there are a number of people and groups who will use the COVID-19 outbreak as an opportunity to take advantage of people and commit fraud. Here is some advice on how to protect yourself.

For people receiving help from volunteers

The following tips should help you protect yourself from such criminal practices.

- Do not answer the door to someone you don't know unless you feel comfortable doing so.
- Do not let someone into your house unless you know them or you are expecting them
- Do not give your bank details or your credit/debit card to anyone you do not trust. You may be asked for the details by text, by email, over the phone or in person, do not reply.

- If someone calls to the door from an organisation to provide support, ask to see their identification. If you are still unsure, ring the organisation directly but verify the phone number independently rather than using the number on the card they hand you. Close and lock the door on the caller as you make the enquiry.

- If someone offering help is not with an organisation that you know and you are not comfortable with this, don't worry. A genuine volunteer will respect that you are being careful.

- You can contact a recognised helpline or support service like Alone on 0818 222 024 or Seniorline on 1800 80 45 91 if you need support.

- Do not buy 'testing kits' or other testing materials from any source. Medical tests will be provided free of charge by the HSE if they are required.

- If any caller makes you uncomfortable ask them to leave. Tell the caller you will contact the company directly.

- Have the number of a trusted relative, friend or neighbour to hand in case you need to call someone.

- If you suspect that someone is trying to commit fraud, contact your local Garda station (not 999/112).

For volunteers

- Vulnerable people may have heard of such criminal practices and may be concerned if they are contacted by a stranger. If you are volunteering to help people in your community who you do not know, please be aware of this anxiety.

- These tips should help reassure people that you are a genuine volunteer.

- Don't contact someone you have never spoken to before (unless you are working through a voluntary organisation). Calls from strangers can be distressing to older and vulnerable people. Consider dropping a note through the letterbox with your name and phone number to let them know you are there to help. You could also make contact through someone the person already knows and trusts.

- Don't call to a vulnerable person's door unannounced – it could cause undue stress and worry for the person.

- If someone has asked you to help them, do not enter their home unless absolutely necessary. If you are dropping off shopping or a prescription for someone, simply call and let them know that you are at their door. Please follow the social distancing guidelines.

- If you call to someone's door, do not take offence if they wish to see identification and call the organisation to verify that you are a genuine volunteer. They are protecting themselves, and this should be respected.

- If you suspect that someone is trying to commit fraud, contact your local Garda station (not 999/112).



AgeAction
For all older people

Home Safe

0818 911109 Home Safe
9am and 5pm Monday – Friday

What is it?
Home Safe makes the older person's home safer for them to live in or ready for their return on discharge from hospital.

How does it work?
Call Home Safe with the job details. In line with HSE COVID19 guidelines one of our team will come to your home to complete the job.

How does it help?
Carry out minor repairs, move furniture such as a bed to a downstairs room, declutter to deal with trip hazards, install grab rails.

Age Action COVID19 Emergency Response March 2020

Home Safe making home safer for older people after hospital stay

Age Action's experienced Care & Repair Team is providing additional supports to older people who are able to transition quickly out of hospital, into their own homes, to ensure that their homes are safe and that they are in the optimum environment for their needs while also supporting our hospitals to respond to the Covid-19 health crisis. In emergency cases, Home Safe will also offer urgent repairs and other supports for older people in the community in order to keep people in their home safely.

What is it?

Home Safe aims to support the existing health and social care services. Understanding that many older people want to remain at home or return home after a hospital stay and that those who do not have complex needs may just need small adjustments to their home environment to accommodate them, Home Safe completes small jobs in the home of the older person to make the home safer for them. Home Safe is carried out by Age Action staff and volunteers who are observing strict HSE COVID-19 protocols.

Currently Home Safe is available in Dublin City, Cork City and Waterford City. Home Safe is free of charge with the service user paying for any materials that need to be purchased.

How does it help?

Home Safe makes the older person's home safer for them to live in or ready for their return on discharge from hospital.

Home Safe will

- Carry out minor repairs or installations
- Move furniture such as a bed to a sitting room or kitchen
- Declutter to deal with trip hazards

- Install grab rails
 - Complete other small jobs as required
- Home Safe is not in a position to complete tasks such as those below due to health and safety concerns:
- Major building work
 - Complex plumbing or electrical work
 - Tasks that require working at a height above 8ft

How does it work?

The individual, their representative or health care professional contacts Age Action's Home Safe requesting the service.

An Age Action representative will contact the individual or their representative to make arrangements to gain access to the home to carry out the requested job.

In a hospital discharge case, once the job is complete, the patient or their representative is contacted to confirm that their home is ready for their return.

How do I get in touch?

Between 9am and 5pm Monday – Friday access to the service by calling 0818 911109 and selecting Home Safe



Crois Dhearg na hÉireann
Irish Red Cross

Age Action has 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.

Who Can Apply:

Older people in need of assistance, family members supporting an older person and carers of older people, social workers and local voluntary organisations or community groups providing direct assistance to individuals within this target group.

- Small household maintenance, repairs and safety improvements
- Food and basic provisions and associated delivery costs
- Upgraded or New Small Appliances (fridge, freezer, washing machine, TV, cooker, etc.)
- Providing Digital Technology Equipment, for example smart phones or tablets
- Contribution towards increased energy costs or telephone bills
- Contribution towards additional home or personal security costs
- Contribution towards additional travel costs for essential reasons (medical appointments, etc.)

Applications now being taken until Aug...they are available on Age Action website

www.ageaction.ie

Email: hardship2020@redcross.ie

Phone:

Irish Red Cross at 01 6424600

or

Age Action at 01 475 6989

Dear Sir/Madam,

We are writing to you from the HSE Community Physiotherapy Service in Cork, in partnership with Cork Learning City, Cork Healthy Cities, Cork Sports Partnership and Cork Age Friendly City Programme to encourage you to exercise during this period of cocooning.

Strengthening and Balance Exercises have many benefits for you:

- Improves your mobility
- Helps you to stay flexible
- Improves your brain health
- Enhances your memory
- Lifts your mood
- Maintains and improves your balance

By committing to doing these exercises twice every day you will keep yourself healthy and strong and prevent yourself from becoming deconditioned.

It will mean that when this period of self isolation is over you will be able to return to your normal activities more quickly.

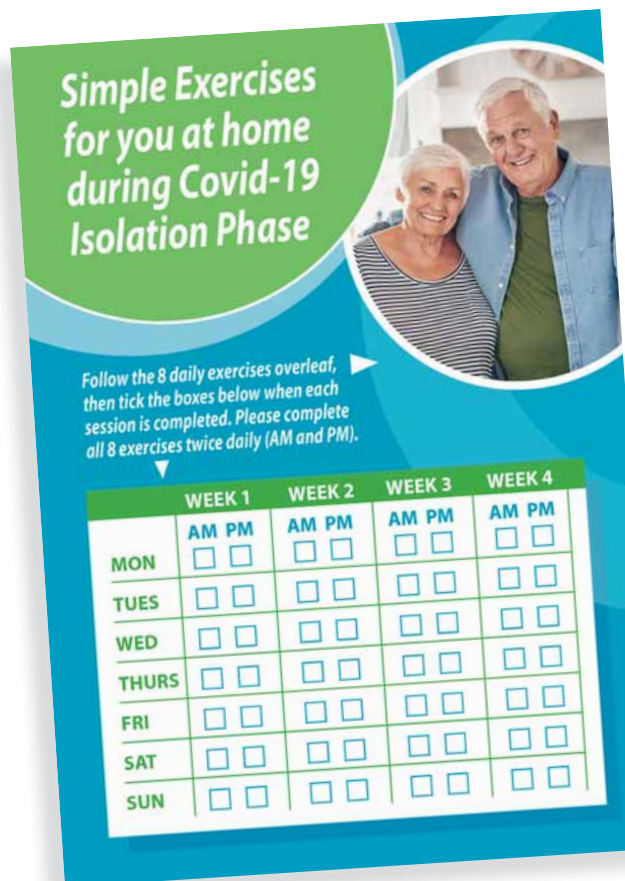
Inside this brochure you will find:

- 8 exercises that we use in our physiotherapy department. They are safe for you to do and they work.
- An exercise diary/calendar which we are asking you to tick twice a day after doing your exercises

You will only need a sturdy chair with arms, flat comfortable shoes and 2 weights (tins of fruit) or 2 small bottles of water.

If you feel unwell on any day, don't push yourself to complete these exercises.

If you have any questions about this program you can contact us on **021 492 3415**



Brought to you by

PCC Physiotherapy Services Cork

in partnership with



Disclaimer

It is your responsibility to undertake these exercises safely. Cease performing these exercises if you experience pain or you feel unwell. The authors and advisors, who have created this brochure, accept no liability for injury caused as a result of participation in these exercises.

Simple Exercises from your HSE Physiotherapist for you to do during Covid-19 Cocooning phase



Follow the 8 daily exercises overleaf, then tick the boxes below when each session is completed. Please complete all 8 exercises twice daily (AM and PM).

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	AM	PM	AM	PM	AM	PM	AM	PM
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Let's begin!

1 Knee Strengthening

- Sit tall in a chair with your back well supported.
- Straighten your right leg fully and bring your toes up towards you.
- Hold for 5 seconds.
- Lower the leg slowly.
- Repeat up to 10 times - as you are able.

(If you have a 1kg weight at home you could strap this onto your ankle and you will get a greater benefit from this exercise)



2 Arm Strengthening

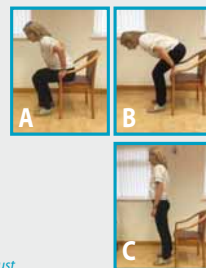
- Sitting tall.
- Hold a tin securely in each hand.
- Lift one arm over your head at a time.
- Replace onto your lap.
- Repeat up to 10 times - as you are able.



3 Sit to Stand

- Put your chair against the wall.
- Move your bottom forwards in your chair.
- Bring your feet behind your knees.
- Lean forwards bringing your head over your knees.
- Push off with both hands to stand up.
- Step back until you feel the chair against your legs.
- Bend in the middle, reaching back for the arm rests and slowly sit back down.
- Repeat up to 10 times - as you are able.

(When you get good at this exercise you can try to do it using just one hand or no hands to push yourself up)



4 Calf Raises

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands and look ahead.
- Place your feet hip width apart.
- Lift up onto your toes slowly.
- Lower your heels back onto the ground slowly.
- Repeat up to 10 times - as you are able.



5 Toe Raises

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands and look ahead.
- Keep your feet hip width apart.
- Place your weight onto the back of your foot.
- Lift your toes and front of your feet off the ground.
- Keep your bottom tucked in.
- Lower your feet back to the ground slowly.
- Repeat up to 10 times - as you are able.



6 Hip Strengthening

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands.
- Keep the exercising leg straight and the foot facing straight forward.
- Lift the leg out to the side slowly.
- Return your leg to the starting position slowly.
- Repeat up to 10 times - as you are able.

(If you have a 1kg weight at home you could strap this onto your ankle and you will get a greater benefit from this exercise)



7 Balance Heel Toe Standing

- Hold onto a sturdy chair or your kitchen sink with two hands and look ahead.
- Place right foot directly in front of the left foot.
- Hold this position for 10 seconds.
- Change feet and hold for 10 seconds.



8 Balance One Leg Stand

- Hold on to heavy chair or kitchen sink with 2 hands and look straight ahead.
- Stand on your right leg.
- Hold for 10 seconds.
- Repeat on the left leg.



Congratulations! You've completed the 8 exercises. Don't forget to go to the front cover and tick the box!

This brochure is brought to you by
HSE PCC Physiotherapy Services Cork
in partnership with



"If you feel unwell on any day, don't push yourself to complete these exercises."

Payment and Services Options for those Cocooned

Bank of Ireland has a service designed to help customers self-isolating during the Covid-19 pandemic - including older customers and those in vulnerable situations – access cash for groceries, newspapers and other day-to-day expenses.

Customers can nominate another person to make in-branch cash withdrawals and lodgements on their behalf. The facility will have built-in safeguards such as limits on withdrawals and daily monitoring by Bank of Ireland's dedicated Vulnerable Customer Unit.

Customers who wish to avail of this service are advised to complete the "Cocooning Support" form which is available on the Covid-19 Customer Hub on www.bankofireland.com. This hub is a new, one-stop online resource which includes all of Bank of Ireland's Covid-19 supports for personal and business customers. The Cocooning Support Form is available here: www.bankofireland.com/coronavirus-update/

An Post have worked with Department of Social Protection to introduce emergency "Temporary Agents" who can collect pensions on behalf of those who are self-quarantining or self-isolating or cocooning. Forms are available online or you can contact Mayfield CDP on 021 4508562, leave a message and a form will be printed and posted to you. Newbury House on the Old Youghal Rd has also put forms outside its front door of premises for An Post and Banking Forms if you wish to pick one up

If you require a form printed please call Mayfield CDP on 021 4508562 and let a message on the answering machine. Forms will be printed and posted after Easter.

Supersavers Urgent glasses repairs are as follows 089-4906391 between 10am and 2pm.

AA Breakdown are offering a service to Healthcare workers and older people and is free to them even if they are not members they can receive free breakdown assistance during Covid 19 The contact number is 1800 66 7788.

Coronavirus COVID-19



Important Information for over 70s



If you are over 70 and you **FEEL WELL**, please stay at home, so you can **STAY WELL**

Call your local helpline if you need something:

Cork City Council 1800-222-226
8am-8pm seven days a week
covidsupport@corkcity.ie

But **PLEASE** stay at home

Visit hse.ie for updated factual
information and advice or
call 1850 24 1850
It's in our hands



For accurate and updated information please refer to hse.ie/coronavirus/ where you can read about symptoms and causes, protecting yourself and others, restricting movements and self-isolation, testing, at risk groups, cocooning, treatment, minding your mental health during COVID-19 as well as posters and resources if you need them.



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling to and be willing to ask for help

1 Make a plan to help you keep calm and stay in contact

8 Take five minutes to sit still and breathe. Repeat regularly

2 Enjoy washing your hands. Remember all they do for you!

9 Call a loved one to catch up and really listen to them

3 Write down ten things you feel grateful for in life and why

10 Get good sleep. No screens before bed or when waking up

4 Stay hydrated, eat healthy food and boost your immune system

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

The Happy Talk



Project

Happy Talk Weekly Language Pack, Print and Post! Would you like a copy of Happy Talk Language Pack for 4-8yr olds? Happy Talk is an Early Speech and Language Initiative in the HSE and has weekly Language packs. The booklet this week is filled with info/colouring and activities you can do with your child. This week is all about insects, wildlife and nature! Mayfield CDP can print and post a weekly booklet to you.

Call 021 4508562 or email mayfieldmatters@outlook.com with your name and address. Follow Happy Talk on FB there are links to these Language Packs and much more.

**Facebook Page: Our Lady Crowned Church
Mayfield**

**Live masses online 11am Sundays and Evening
Prayers 8pm Daily**

Mayfield Services:

Newbury House Family Centre is closed but support is still available:

Rosella Sheehan – Newbury House Coordinator
083-332 8442 (9am – 5pm)

Elga Holbrook – Baile Beag Crèche
089-224 5799 (9am -8pm)

Deirdre Shanahan – Family Support If you are feeling stressed or find it hard to cope
Phone/counselling support available
083-333 5749 (10am – 2pm)

Leslie O'Connor – Newbury Preschool
083-332 8442 (9am – 5pm)

Lotamore Family Centre closed but still supporting the community

Carmel Kennedy – Lotamore FRC Manager
087 681 5471

Martina O'Keeffe - Community Drugs & Alcohol Worker
086 368 2061

Mayfield CDP is closed but there to support if needed

Katherine Dullaghan – Mayfield CDP
086 3075625 (Monday - Wednesday 9:30am-5:30pm)

Local Employment Service (LES) not in the office but working remotely to support people.

Denise McCarthy – LES Officer: 086 0562158

Mayfield NYP can still be contacted for support

- Family Support for Children and Young People under 18. 021 5501674

Mayfield Meals on Wheels

Anne Tracy - 086 321 0357

Micks Fuels

087 6289666 - If you need fuel delivery Micks Fuels can deliver, cash or cheque payments.

Cork City Council Community Warden

Majella Gould - 086 7948584

Mayfield Garda Station

021 455 8510

Call 999/112 if immediate response is required

Covid 19 Support Line

1800 805 819 or text 085 8709010

If you need to talk and be listened to....

Mayfield Community Health Worker

Patty O'Brien - 087 653 4419 - 9am – 5.30pm

Friendly Call Service

021 430 1700/ 087 636 6407

E-mail Brenda.Barry@partnershipcork.ie

SeniorLine FREEPHONE

Older callers can call free between 10am and 10pm every day of the year on 1800 80 4591

Samaritans

1850 609 090 7 Days Freephone

ALONE

Covid 19 Support Phonenumber for Older People –
0818 222 024 Mon – Fri 8am – 8pm

Crisis Services and Specific Supports....

Pieta House – Suicide and Self-Harm Support Service

021 4395 333

9am - 8pm -Mon - Thurs

9am - 6pm -Friday

10 am - 2 pm - Saturday

Mna Feasa – Domestic Violence

021 4211 757

10am - 4 pm Mon-Fri

Senior Alert Scheme still operating.

Enquiries on 021 4508562

Mabs Helpline

076 1072000 Mon – Fri 9am-8pm

St Vincent De Paul

Do you need assistance? You can request assistance online at www.svp.ie/requesthelp or alternatively your regional office in Tuckey Street. 021 4270444 and provide all your details.

Mayfield Community Response Team

Working in Mayfield Community Response team are representative from the following services:

Newbury House Family Centre
Mayfield CDP
Lotamore FRC
Mayfield NYP
St Josephs Community Centre
Mayfield East Community Association

Mayfield GAA
Brian Dillons Camogie Club
Old Youghal Road Childcare CE Project
St Nicks Gaelic 4 Mums & Others

This community response team is established as an action under Irelands National Action Plan in Response to **COVID-19**

The team consist of a variety of volunteers and local services working together with Cork City Council, HSE and An Garda Siochána in association with other stakeholders in communities such as TUSLA, CETB, supported by local business and sporting organisations on the ground to provide vital and basic services to people while they are asked to stay home and might be particularly vulnerable, older persons, those in self-isolation or cocooning.

Mayfield Priority Shoppers

Cocooned at home and need some help doing your shopping or collecting your shopping/prescriptions/ other essentials?



We are working with local shops including Supervalu to ensure we meet the needs of Mayfield residents who are needing to stay home at this time. You can order your groceries from Supervalu by calling them on **021 4861560** or emailing **murraymayfield@supervalu.ie**. Cash or card payments arranged. Delivery also arranged with the support of Mayfield Priority Shoppers and Mayfield Community Response Team.

- 30+ volunteers from local area willing to help you to stay at home and collect your shopping**
Ring 083 3328442(Rosella)
or 089 2245799(Elga)

Cork City Council have a dedicated community support helpline **1800-222-226**
8am-8pm seven days a week
Contact can also be made by emailing **covidsupport@corkcity.ie**.