

Glencolmcille COVID-19 Community Response

EMERGENCY / CRISIS NUMBERS:

YOUR LOCAL GP OR
NOWDOC OUT OF
HOURS GP SERVICE
1850 400 911

GARDAI /
EMERGENCY
SERVICES
999 / 112

THE SAMARITANS
116 123
TEXT 087 260 9090
EMAIL:
jo@samaritans.ie

OTHER SUPPORTS:

PIETA
HOUSE
"Preventing
Suicide and
Self-Harm"
074 91 26594

JIGSAW
Free Support
Service for Young
People 15-25yrs
074 97 26920
donegal@jigsaw.ie

SHINE
INFO LINE
1890 621 631
Supporting People
Affected by Mental
Ill Health

GROW
INFO LINE:
1890 474 474
Supporting those
experiencing mental
health problems

NATIONAL
LGBT
HELPLINE
1890 929 539

MABS
(Money Advice
& Budgeting Service)
Helpline
0761 072 000

Donegal Community
Counselling Service
074 91 24985

ONLINE
COUNSELLING
www.turn2me.org

SUICIDE
BEREAVEMENT
LIAISON SERVICE
085 877 2028

MENTALHEALTH
IRELAND
www.mentalhealthireland.ie

PARENT LINE
1890 927 277
www.parentline.ie



Learn about mental health and how to
support yourself and those you love.

www.yourmentalhealth.ie



- **HSE Helpline: 1850 241850**
- **An Garda Síochána: 071 9858530**
- **ALONE: 0818 222 024**
- **Citizens Advice: 076 107 4000**

Glencolmcille COVID-19 Community Response

(Parish-wide community response service co-ordinated by Lár Chomhairle Paróiste GCC
& CLG Naomh Columba)

Due to the current circumstances surrounding the outbreak of Covid-19 /Coronavirus, people are being asked to stay at home and 'Self Isolate' in order to protect themselves and their vulnerable family members.

To assist families, particularly the older members of our community, with the help of willing volunteers, our local Community led by the Lár Comhairle Paróiste together with CLG Naomh Columba have organised a *Home Delivery Support Service* for anyone in isolation and in need of it.

In line with the advice from our Government & HSE, we are strongly encouraging all of our elderly, our vulnerable & those with underlying conditions to PLEASE STAY AT HOME AND SELF-ISOLATE and this service will be there for you to use.

We will do everything we can to help you, the services currently available includes:

- Collection & delivery of shopping/urgent supplies
- Collection & delivery of medication.

Details of HOW TO ACCESS THE SERVICE ARE OUTLINED
INSIDE - together with Tips for looking after yourself.

**Advice for
Vulnerable People**

TO ACCESS THIS SERVICE - Link with our Volunteers;

Christina Byrne –

087 7465012

Martin Carr –

087 6797995

Siobhán Ní Churraighín

– 087 2618121

**Margaret Rose
Cunningham –**

087 7965343

Seamus Kennedy -

074 9739049

Chemist/Shop orders;

1) MAKE YOUR LIST & CALL THE SHOP AND PLACE YOUR ORDER - payment of goods to be arranged with shop/chemist by individual. Volunteers are not allowed to handle cash.

2) YOUR ORDER WILL BE COLLECTED from THE SHOP AND DELIVERED TO YOUR HOUSE

Where possible, food & perscriptions orders should be placed by 3pm for same-day delivery.

On receipt of your delivery
**DISINFECT ALL
PRODUCTS/PACKAGING**

**MOST IMPORTANTLY -
AFTER HANDLING, WASH
YOUR HANDS THOROUGHLY**

Other Useful Numbers;

Carrick Health Centre:
074 97 39380

Dr Bourkes Killybegs:
074 97 31148

Killybegs Fam. Hlth Centre:
074 97 41122

Cara Pharmacy Killybegs:
074 97 31009

Haven Pharmacy Killybegs:
074 97 32640

Kellys Pharmacy Ardara:
074 95 41120

Shops:

Byrnes Foodstore Carrick -
9739725

Byrnes Foodstore Glen - 9730953

Dohertys Supermarket Carrick -
9739120

Carrick Meats - 087-1762749

O Donnells, Meenaneary -
9739009

Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

Advice for Vulnerable People

Department of Rural and Community Development



Rialtas na hÉireann
Government of Ireland



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.