

St. Michael's Centre

Empowering & Supporting Older People

Centre staff will still be working so please call us on **023-8841681** if you need support or we can fill out a form over the phone. We understand there are some people that may require additional support, we have access to a team of trusted volunteers who are happy to help. If you need a prescription, shopping, fuel or your pension picked up give us a call and we will arrange someone to help out.

Care Ring

The Care Ring call service is offered to older people in the community. You can receive a phone call, share in a conversation once a week on Tuesday or Wednesday from 10.00am – 1.00pm from one of our dedicated care ring volunteers. Our volunteers get to know people very well, their likes & dislikes, pets, family circumstances, etc. This service is confidential and free of charge.

Meals on Wheels

Meals are available 5 days a week on Tuesday, Wednesday, Thursday, Friday & Saturday. The meal consists of a portion of soup, a main course (Meat,Veg,Potato) & a scone or brown bread. The meal is chilled & you can microwave it. Each meal costs **€4.50** - payment can be arranged with the Centre. There is maximum of two meals per person on any given day.

Additional Supports Available in Bandon

Shopping

Caulfield's Supervalu Bandon

Older people shopping hours 8.00am-11.00am. Check out their new phone and delivery service available to all their customers in Riverview Shopping Centre, you can phone in your shopping list Tel **083 482 3213**

They will pick it in store and you can collect any time before 7.00 pm. Staff are ready and waiting to help and take your shopping list over the phone. Last orders taken at 4.00 pm. Delivery can also be organised by Bandon GAA.

Denis O'Donovan Family Grocer

O'Donovans Shop has been offering free deliveries for many years and will continue to offer this service. Call **023 884 1109** to organise.

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Aldi & Lidl

Both stores have special opening hours for older people. Elderly shopping hours in Aldi from 11am to 1pm every day. Elderly shopping hours in Lidl from 9am to 11am each day.

Collection of Pension

Post offices are open for business as usual and special arrangements for post office customers unable to collect their Pensions are now in place. A nominated Temporary Agent may collect the payment on their behalf. Forms are available from the local Post Office & St. Michael's Centre. When collecting a payment, a 'Temporary Agent' must produce the form (signed), the recipient's card as issued by the DEASP as well as their own valid photo I.D. e.g. current Passport, Driving Licence, etc.

Information

Citizen Information

Citizens Information provides information, advice and advocacy which is free and confidential. They can help you with filling out forms, negotiating with government departments, landlords, employers, etc. The weekly outreach clinic is closed but they are available to offer assistance over the phone. West Cork Citizens Information Monday – Thursday 10am-5pm & Friday 10am – 4pm **0761 07 8390** www.citizensinformation.com

Helpline Numbers

HSE 1850 24 1850

The dedicated helpline can be used if you or someone you know may have symptoms of Covid-19 or been in contact with someone who has.

ALONE 0818 222 024

The national helpline is open 8.00am – 8.00pm Monday to Friday & 8.00am – 5.00pm Saturday & Sunday for older people who have concerns or are facing difficulties.

SeniorLine 1800 804 591

Free phone service, open every day 10.00am – 10.00pm supporting older people.

Samaritans 116 123 If you are worried, just want to talk and have someone listen or finding it difficult to cope, this helpline is free and open day and night.