

Stick Me To Your Fridge!



Covid 19 Information

HSE Coronavirus Helpline (8am-8pm Mon to Fri & 10am-5pm Sat & Sun) 1850 24 1850
If you think you have symptoms of Covid19, **phone** your GP.

Cork County Council Supports

For non-emergency and non-medical supports or advice, call [Cork County Council](#) FREE contact number 1800 805 819 text 085 8709010, email covidsupport@corkcoco.ie .

My Eircode _____

My GPs name & number _____

My Emergency contact name & number _____

My Pharmacy's name & number _____

Local Contacts

Mallow Community Guard John Fitzgerald (Garda Station)	022 31450
Mallow St Vincent De Paul (Foodbank open 11-12 Mon, 11-12 Fri, 3-4 Wed)	022 50188
Mallow Meals on Wheels	085 2414879

Le Chéile Family Resource Centre (FRC) Contacts

Le Chéile FRC Community Referral Link Worker Eithne Foley	087 719 3257
Le Chéile FRC Support Worker Karen Noonan Keane	087 373 5000
Le Chéile FRC Community Health Worker Pauline O'Grady-Noonan	087 433 5047
Le Chéile FRC Family Support Worker Noreen Brennan	087 986 5650
Le Chéile FRC Support Worker Sharon Darsan	087 900 8726

Le Chéile Family Resource Centre is available by phone or email. Get in touch for information on local supports or if you are feeling isolated. Email: wspp@lecheilefrc.ie

Miscellaneous

Mass from St. Mary's Church Mallow is available at <https://www.churchservices.tv/mallow>

Citizens Information		076 107 8000
Library	Join online for free	www.librariesireland.ie 022 21821
Mallow Chamber of Commerce		info@mallowchamber.ie
Mallow Civic Amenity		022 50830
Mallow Post Office		022 22576

Mallow Local County Councillors

Tony O'Shea		087 837 2492
Pat Hayes	Mallow office open 10-5 Mon-Fri	022 20121
Liam Madden		087 677 1306
Gearoid Murphy		087 660 2868
James Kennedy		086 3535916

Avondhu Blackwater Supports

Avondhu Blackwater Handyman Service	085 1068789
Avondhu Blackwater Monitored Alarm system	085 1068789

Friendly Phone Call Services

Avondhu Blackwater Friendly Call Service	085 1068789
Ballyhoura Befriending Service	086 321 6825
Friendly Call Cork	087 636 6407

Community Referral is a free service that helps to link you in with your community, maybe by joining a social group, taking up a new hobby or starting a course.

I am based in Le Chéile Family Resource Centre in Mallow and can be contacted at

lwspp@lecheilefrc.ie or 087 719 3257.

Get in touch for a chat!

Eithne Foley, Health and Wellbeing Community Referral Link Worker.

Helplines

ALONE Support Line (Monday – Friday 8am – 8pm)	0818 222 024
Alzheimer's Society Helpline	1800 341 341
Family Carers Ireland (Freephone)	1800 240 724
MABS(9am-8pm)	0761 07 2000
Pieta House (Freephone 24 hours a day, 7 days a week)	1800 247 247
Samaritans (Freephone 24 hours a day, 7 days a week)	116 123
Seniors Helpline (10am – 10pm)	1800 80 45 91
Threshold (rental housing support)	1800 454454
Y.A.N.A	022 53915

Counselling

Le Chéile Family Resource Centre Counselling (via phone at present)	087 373 5000
Coiscéim (free counselling/Covid support)	087 7998602
SHEP (free counselling/Covid support)	087 1719724
SHEP/Coiscéim Cairde counselling (for those in Direct Provision)	087 3370542
Jigsaw (mental health support for 12-25 year olds)	1800 544 729
Jigsaw SMS (help@jigsaw.ie)	086 1803880

Pharmacies (deliveries available through the Community Guard 022 31450)

Mulcahy's Pharmacy, 118 Main Street.	022 21151
Mulcahy's Pharmacy, Mallow Primary Health Centre	022 51682
Joyces Pharmacy, 40 Main Street.	022 21554
Horgan's Pharmacy, Park West.	022 42903
O'Sullivan's Late Night Pharmacy, Bank Place.	022 21269
O'Sullivan's Late Night Pharmacy, Dano's Supervalu	022 44576
Boots, 108 Davis Street.	022 50633
Weedle Pharmacy, 63 Main Street.	022 21574
Peter Weedle All Care Pharmacy, Townview, Cork Road	022 21343

Supermarkets

Shop name	Opening Hours	Shopping hours for elderly	Can I ring in an order?	Do they deliver?	Can I pay cash on delivery?	Phone number
Herlihy's Centra Main St	7-10pm	No	Yes, and online also	Yes, Mallow area	Yes	022 21159
O'Mahony's Centra Spa Glen	7-10pm	No	Yes, ring before 12. Online also	Yes, or phone & collect	Yes	022 42931
Supervalu	7.30-10pm	Priority all day	No, online only	Yes if 3pm, Mallow area only	No	022 21662
Lidl	8-10pm, 9-9pm on Sun	9-11 HSE workers with ID priority access.	No	No	No	1800 201080
Aldi	9-8pm	11-1 HSE workers with ID priority access.	No	No	No	1800 991828
Dunnes	9-7pm	11-1 HSE workers with ID priority access.	No	No	No	022 43630
Tesco	7-10pm	7-9am, Mon, Wed, Fri. frontline workers Tues & Thus 7-9am.	No, online only	Online only	No	1890 928 526
Foleys Beecher St	7.30-10.30pm	No	No	No	No	022 21365
Foleys Cork Rd	8am-7pm	No	No	No	No	022 43989
Dealz Mallow	6-7pm	No	No	No	No	022 51954

Please be aware all details are subject to change in the current climate.

Please contact Cork County Council (1800 805 819) or Mallow Community Guard John Fitzgerald (022 31450) re grocery deliveries if necessary.

GP Surgeries

Name	Address	Phone
Dr. Giovanni Baldassini	Cork Road Clinic Mallow Primary HealthCare Centre, Mallow.	022 21579
Dr. Andrew Clare	Cork Road Clinic, Mallow Primary Healthcare Centre, Mallow.	022 21579
Dr. Elizabeth Hyde	Cork Road Clinic Mallow Primary Healthcare Centre, Mallow.	022 21579
Dr. Eibhlis Brosnan	The Laurels, Castlepark, Mallow.	022 20134
Dr. Marian Donovan	Chapel Lane Surgery, 3 Chapel Lane, Mallow.	022 42413
Dr. David P. Moloney	The Red House Family Practice, Mallow Primary Healthcare Centre, Mallow.	022 21478
Dr. Kevin Brennan	The Red House Family Practice, Mallow Primary Healthcare Centre, Mallow.	022 21478
Dr. Colette Brennan	The Red House Family Practice, Mallow Primary Healthcare Centre, Mallow, P51Y8EC.	022 21478
Dr. Helen Barrow	Medical Centre, Mallow Primary Healthcare Centre, Mallow.	022 21551
Dr. Harry Casey	The Medical Centre, Mallow Primary Healthcare Centre, Mallow.	022 21551
Dr. Marilyn O'Keeffe	The Medical Centre, Mallow Primary Healthcare Centre, Mallow.	022 21551
Dr. Lydia Huisman	New Road Surgery, Castletownroche.	022 26410
Dr. Aidan Kelleher	Town Centre Medical Practice, 31/32 Fair Street East, Mallow, P51WN62.	022 51992
Dr. Catherine Kelleher	Hazelwood Medical Centre, Newtownpothouse.	022 43406
Dr. Michael Kennedy	Old School House Surgery, Buttevant.	022 23036
Dr. Leonard A. Leader	Boherbue, Mallow.	029 76003
Dr. Brian O'Connell	Strand Street, Kanturk.	029 50353
Dr. Donal O'Riordan	Egmont Curragh, Kanturk.	029 50232
Dr. Joyce Leader	Boherbue, Mallow, P51NCD6.	029 76003
	The Surgery, Kiskeam, Mallow, P51YK71.	
	The Surgery, Ballydesmond Credit Union, Ballydesmond, P51FW66.	
	Rockchapel Community Centre, Rockchapel, Community Centre, Rockchapel, P51H9RH.	

Please print and put through the letter box of anyone who may find it useful, particularly those who do not have access to social media or a printer.

Follow Mallow Health and Wellbeing Community Referral Facebook page for updates to this document.

Please email lwsp@lecheilefrc.ie for an emailed version or it can be posted to you.