

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](https://www.corkcoco.ie) FREE
contact number 1800 805 819 text 085 8709010, email covidsupport@corkcoco.ie.

My Eircode

My GP's 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 Social Prescriber 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 022 42439.

Miscellaneous

Mass from St. Mary's Church Mallow	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	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

Social Prescribing 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 wspp@lecheilefrc.ie or 087 719 3257.

Get in touch for a chat! From Eithne Foley, Social Prescriber.

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	Can I ring in an order?	Do they deliver?	Can I pay cash on delivery?	Phone number
Herlihy's Centra Main St	7am-10pm Mon-Fri	Yes, and online also	Yes, Mallow area	Yes	022 21159
O'Mahony's (Dannos) Centra Spa Glen	7am-10pm Mon-Sat 8am-10pm Sun	Yes, ring before 12. Online also	Yes, Mallow area. Or phone & collect	Yes	022 42931
Supervalu	7.30am-10pm Mon-Fri 7.30am-9pm Sat 8am-9pm Sun	No, online only	Yes, Mallow area only	No	022 21662
Lidl	8am-10pm Mon-Sat 9am-9pm Sun	No	No	No	1800 201080
Aldi	8am-10pm Mon-Fri 9am-9pm Sat-Sun	No	No	No	1800 991828
Dunnes	9am-7pm Mon-Wed 9am-9pm Thus-Fri 9am-7pm Sat 11am-7pm Sun	No	No	No	022 43630
Tesco	7am-10pm Mon-Fri	No, online only	Online only	No	1890 928 526
Foleys Beecher St	7am-10.30pm Mon-Fri	No	No	No	022 21365
Foleys Cork Rd	8.30am-8.30pm Mon-Fri	No	No	No	022 43989
Dealz Mallow	6am-7pm Mon-Sat 10am-6.30pm Sun	No	No	No	022 51954

Please be aware all details are subject to change.

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, Newtwopothouse.	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 Social Prescribing page for updates to this document.

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