



# Horizons

Cope Foundation in Cork Communities

We would love some active volunteers to support Michael.

## Running/Walking Volunteer - Montenotte/Mayfield

Michael is a very energetic man in his thirties, who loves walking and running. He has a great sense of humour and would be very good company for a volunteer on the walk/run.

Michael would like to get out exercising 3 or 4 evenings a week so we may need more than one volunteer to cover this. The time that would suit best is between 4 pm and 6 pm, on any day from Monday to Thursday.

The volunteers will need to have a good level of fitness, be sociable, caring and have good communication skills.

The volunteers could make a real difference to the quality of Michaels life, whilst engaging in a healthy hobby themselves. They will also gain experience of supporting someone with an intellectual disability and have a chance to make a great friend.



*3 or 4 evenings a week, between 4 pm and 6 pm on any day from Monday to Thursday.*



*Montenotte/Mayfield*

**Please contact Milly Farrell, Volunteer Coordinator:**

Phone: 021-4643294 / 086-0412354 or email: [volunteer@horizonscork.ie](mailto:volunteer@horizonscork.ie)

Visit [www.horizonscork.ie](http://www.horizonscork.ie) for further information on Volunteering with Horizons