



# Horizons

Cope Foundation in Cork Communities

## Community Engagement Volunteer – Mayfield



Mayfield



The day and hours can be flexible to suit the Volunteer

### What you will be doing:

You will be supporting a group of men, aged between 27 and 70, to be involved in activities such as going to matches; the cinema; local men's shed; choir; bowling; coffee shops; gardening and learning basic cooking skills. This group also like to spend time in their home, having a cup of tea and chatting to new people.

### What you'll gain:

You will be supporting people to get involved in their favourite activities and build their confidence.

### What you need:

You will need to have good communication skills, a sense of fun and have a friendly and caring attitude.

### Ready to join us?

**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.