



Horizons

Cope Foundation in Cork Communities

Running and Walking Volunteer – Montenotte and Mayfield



Montenotte and Mayfield area



3 or 4 evenings a week, between 4PM and 6PM, any day from Monday to Thursday

What you will be doing:

You will be supporting Michael, an energetic man in his 30's, who loves walking and running. He has a great sense of humour and he would be great company for a volunteer.

What you'll gain:

You will be making a great impact on a person's life while engaging in a healthy activity.

What you need:

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

Ready to join us?

Please contact Milly Farrell, Volunteer Coordinator:

Phone: 021-4643294 / 086-0412354 or email: volunteer@horizonscork.ie

Visit www.horizonscork.ie for further information on volunteering with Horizons.