



Horizons

Cope Foundation in Cork Communities

Social Buddy - Ballinlough



Ballinlough



Tuesday or Thursday evenings from 7PM - 10PM

What you will be doing:

You would be supporting a person in their forties to get involved in activities. The person is sociable and has a wide range of interests including playing tennis, going on walks and bowling. They also enjoy attending Cork City games, GAA matches, playing pool, having a drink and going to the cinema. The person has limited vocabulary but has great understanding and will use gestures and visuals to communicate with others.

What you'll gain:

You will gain experience of working with someone with an intellectual disability and will make a new friend. Training and support will be provided. By getting involved you will be supporting this person to engage with their community in the evenings, enhance their quality of life and contribute to their health and wellbeing.

What you need:

You should have a kind, friendly, upbeat attitude, a good sense of humour and a range of interests.

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.