



Horizons

Cope Foundation in Cork Communities

Social Buddy - Deerpark



Deerpark



2 hours a week, days and times can be flexible

What you will be doing:

You will be accompanying a very sociable woman to take part in various community activities such as going shopping, going to an exercise class, swimming or the cinema.

What you'll gain:

You will be supporting a person to get involved in their favourite activities, build their confidence and try new things.

What you need:

You will need to have good communication skills, ideally in be your thirties, have a sense of fun and 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

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