



Horizons

Cope Foundation in Cork Communities

Social Buddy - Mayfield



Mayfield, Le Cheile



Days and hours are flexible to suit the Volunteer's availability with a 3-month commitment

What you will be doing:

You will be supporting people to enjoy relaxing activities in the comfort of their own home such as yoga, meditation, aromatherapy or any relaxing therapeutic exercises.

What you'll gain:

You will be supporting people to get involved in their favourite activities in the comfort of their own home.

What you need:

You will need to have good communication skills 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.