



Horizons
Cope Foundation in Cork Communities

Social Buddy – Hollyhill Day Service



Hollyhill



The best time for Cian is Mon to Fri anytime in the evening after 3.30pm for between 2 and 4 hours per week.

What you will be doing:

You will be supporting Cian by keeping him company, providing individual support and friendship.

"My name is Cian, and I'm just looking for a bit of company, someone to share a few hours with each week during these dark winter days. The days can feel long and I still have a lot of energy, a restlessness I try to burn off, so I often go for walks. It would be wonderful, if I didn't have to take those steps alone. I also have my team, Liverpool. Watching them is a small comfort, a bit of excitement in the week. If you'd like, we could even try to go out and watch a match sometime. I hope that maybe, just maybe, there's someone out there who needs a buddy for a few hours too."

What you'll gain:

An opportunity for a meaningful friendship, which could be very rewarding and fun. This role will also provide very relevant experience in the disability sector for anyone seeking a career in this area.

What you need:

You need to be a calm person and a good listener. Cian can sometimes be difficult to understand but once you get to know him you understand what he is saying. Cian likes a lot of reassurance and really responds well to praise.

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.