



Horizons

Cope Foundation in Cork Communities

Social Buddy – Tower

 Tower



Once a week on Tuesday afternoon
or evening (2 hours)

What you will be doing:

You will spend relaxed, one-to-one time with three ladies aged 70 - 80 who share a home and would really enjoy some extra company each week. Activities can include:

- Chatting together
- Going out for a coffee
- Cooking a simple meal
- Enjoying crochet with one resident who would be delighted to share her hobby - you might even pick up a new skill

Your presence will help to build confidence, connection and social engagement in a natural, enjoyable way.

What you'll gain:

- Meaningful connections and friendship
- Experience supporting adults with an intellectual disability
- The satisfaction of contributing to someone's wellbeing and quality of life

What you need:

No experience is required - just a warm, friendly, and outgoing 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.