



HORIZONS
Cope Foundation in Cork Communities

Community Engagement Volunteer – Kanturk



Kanturk



Once a week for approx. 2 hours on a day
that suits the volunteer

What you will be doing:

You will be supporting adults with an intellectual disability to access their local community. With the support of Horizons staff you will spend time going for a walk or coffee and providing company and friendship to the people we support.

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 friendly, chatty, kind and patient person.

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.