



HORIZONS

Cope Foundation in Cork Communities

Social Buddy Volunteer - Mallow



Once a week for approx.
4 hours on a Sat/Sun afternoon.

What you will be doing:

You will be supporting a young man who is very active. The volunteer will go out locally or wherever this person would like to go for a few hours and will provide company and friendship to this person. He loves being out and about doing different activities. His interests include swimming, badminton and athletics.

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

What You'll Gain:

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

What you need:

A basic understanding of supporting people with an intellectual disability is helpful, though not essential.

This gentleman does not communicate verbally and uses some simple LAMH signs to express his needs.

You will receive support from staff at the beginning, until you feel confident communicating with him and have built a comfortable, friendly relationship. We are looking for someone who is kind, patient and friendly - qualities that will help him feel safe, understood and valued.

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.