



Horizons

Cope Foundation in Cork Communities

Park Run Volunteer - Tramore Valley Park



Tramore Valley Park



Once a week for approx. 1 hour on a Saturday morning, 9:30 to 10:30 am.

What you will be doing:

We are seeking a volunteer to support a lady in her 50s whom is an avid runner to complete park runs regularly. This lady loves running and has completed and won many medals representing Munster in the Special Olympics. She runs often as part of her special Olympic training.

Regular participation in park runs could provide opportunities for her to socialise, feel part of her local community while building meaningful connection with others. Most importantly achieving her goal with running in a supportive environment could increase her self-esteem and confidence while promoting a more active and fulfilling lifestyle. In her own words she says "I love running, I have loads of medals for it. I want to run more often. I love it!"

What you'll gain:

The volunteer would gain a rewarding experience from helping someone take part in an activity they enjoy and supporting her to achieve her goal. The Volunteer would have an opportunity to develop a therapeutic relationship, gain a greater understanding of inclusion and supporting people with an intellectual disability.

What you need:

You need to enjoy running and be able to run 5km.

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.