

HORIZONS
Cope Foundation in Cork Communities

Social Buddy - Douglas

Douglas

Once a week for approx. 4 hours on a Tues or Thurs morning

What you will be doing:

A young man we support would love a new friend to travel from Douglas to Cork city and back by bus. He would like to spend time in the city chatting, going for coffee and maybe to some free events. He particularly likes art galleries.
Your presence will help to build his confidence, connection and social engagement in a natural and 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 - a nice, gentle, friendly, patient person is required. You must be willing to commit to this role for at least six months.

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.