

# HORIZONS

Cope Foundation in Cork Communities



## HAVE A VOICE AT THE TABLE

JOIN OUR BOARD OF DIRECTORS



*A welcome from Horizons Chairperson  
of Board of Directors, Donna Roche*

**As the Chairperson of the Board of Directors for Horizons, I am delighted to extend a warm welcome to you. Our organisation is dedicated to improving the lives of individuals with an intellectual disability and/or autism, empowering them to live lives of their choosing, and fostering inclusive communities where everyone can thrive.**

We believe that the strength of our mission lies in the collective efforts of passionate and compassionate individuals like you. It is through the dedication of leaders on our board that we can continue to make a significant impact.

### **About Me**

I have over 40 years of experience in the acute hospital sector in Ireland, UK and the USA. In my last two roles I managed two separate private hospitals in Ireland, one being the Mater Private Cork. I joined Horizons Board of Director's in 2018 and in May 2024 I became Chairperson, and I have taken on this new role with great pride. I also have a relative supported by Cope Foundation, and I can say I have seen firsthand the exceptional care and work done every day to ensure people can live a life of their choosing.

### **Join Our Board of Directors**

We are seeking passionate, skilled, and committed individuals to join our Board of Directors. As a board member, you will have the opportunity to shape the strategic direction of the organisation, contribute to its governance, and ensure that our mission remains at the forefront of everything we do. Your leadership and insights will help guide us as we expand our programs and impact even more lives. This voluntary role offers a unique opportunity to contribute to the lives of the people we support, while growing personally and professionally through meaningful work.

### **Why Your Involvement Matters**

Every person we serve has a story, and with your help, we can continue to build communities where individuals with an intellectual disability and or/autism are not just included but celebrated for their unique talents and abilities. Your time, expertise, and commitment can truly change lives – not only for those we serve but for future generations.

**If you are interested in learning more about how you can get involved as a member of our board, I would love to connect with you.**

*Together, we can ensure that Horizons continues to be a beacon of inclusion and opportunity for all.*

We are a non-profit organization that believes in living life your way. **Our main vision is just that: Your Life, Your Way.**

We support over 2,800 individuals with intellectual disabilities and/or autism across 70+ locations in Cork city and county.



## **Vision:** Your Life, Your Way

**To enhance the lives of people with an intellectual disability and/or autism; working in partnership with them, their families and local communities, to provide a range of person-centred services and supports.**

This will enable each person to live life to the full, influence the decisions that affect them and actively participate in their community.



## **Mission:**

Supporting people with an intellectual disability and/or autism to live a life of their choosing, connected and participating in their communities.

## **Values**

### **Honest**

We have respect for each other so we will always give each other the full and truthful picture. We deliver on promises.

### **Person-centred**

We believe the people we support can live extraordinary lives. We put people we support first in everything we do. We treat people as individuals and respect their choices.

### **Creative**

We don't just accept what it is, we explore what it could be. We are inspired by challenges, and we find new ways of doing things. We are constantly learning and striving to do things better.

### **Kind**

We will be kind and respectful in all that we do.



## Why Join Us?

### Make an Impact

Influence our strategic direction, contributing to our success and gaining a sense of fulfilment.

### Learning and Development

Gain insights into different aspects of the organisation, fostering continuous personal growth.

### Networking Opportunities

Collaborate with motivated peers and expand your professional network.

## Ideal Candidates

- Passionate and committed
- Willing to dedicate time and expertise
- Strong network and community connections

## Responsibilities

- Provide strategic guidance and oversight
- Ensure Financial health and sustainability
- Advocate for our mission

## FAQs

### How much time is required?

**There is one Board meeting a month which lasts approximately 1.5 hours.**

A Board Director may also be requested to sit on one of the Board Committees, which could be an additional meeting every 2 - 3 months, depending on the committee. Sometimes, at their own discretion, Board Members will be invited to attend various events that take place across the organisation.

### What is the length of a Board term?

Board Directors usually serve 3 Terms of 3 years each, a maximum of 9 years. At the end of each term (3 years), Board Directors must be formally re-elected at the AGM, if they wish to remain a Director.

### How are decisions made at Board meetings?

Decisions are made at Board Meetings with a majority vote. All relevant documentation relating to the decision is circulated to the Board Members before the meeting.

