



Do you have time to volunteer in your community?

## **Activities/Outings Assistant - Macroom**

Volunteers are required to support people with an intellectual disability to access community events /outings /evening activities under the guidance of Horizons staff.

Volunteers are needed on Monday/Tuesday/Thursday evenings from 5PM to 10PM. Good communication skills, patience and a pleasant outgoing personality are required.

Volunteers will interact with people with an intellectual disability, in a fun positive atmosphere, seeing ability rather than disability.



5hrs per week



Macroom

## Please contact Milly Farrell, Volunteer Coordinator:

Phone: 021-4643294 / 086-0412354 or email: volunteer@horizonscork.ie