



# HORIZONS

Cope Foundation in Cork Communities

*Would you like to spend more time outside in the garden?*

## Gardening Support Assistant - Mayfield/Montenotte

We need a volunteer to help the people we support to maintain small gardens surrounding their homes in the Mayfield/Montenotte area.

The volunteer needs to have basic gardening knowledge and an interest in supporting adults with an intellectual disability. They will help with weeding, planting flowers and growing vegetables with adults who really enjoy this outdoor work.

Suggested times are Weds or Thurs morning for two hours but the time can be a little flexible to suit the volunteer.

Volunteers will get to enjoy time outdoors and see the impact that this work makes to the people we support.



*The time involved is 2 hours per week*



*Mayfield/Montenotte*

**Please contact Milly Farrell, Volunteer Coordinator:**

Phone: 021-4643294 / 086-0412354 or email: [volunteer@horizonscork.ie](mailto:volunteer@horizonscork.ie)