



HORIZONS

Cope Foundation in Cork Communities

Do you have an interest in the gym and action in general?

Gym and Cinema Support Buddy - Ballyvolane

A volunteer is required to support a person to attend the local gym and to use the equipment properly and/or to accompany them to the cinema. The volunteer should have an interest in the gym or action movies, be friendly, confident and patient want to help people with disabilities to be more included in society and their community. A commitment to inclusion is important.

The purpose of this role is to help a person we support to attend a gym weekly or go to the cinema fortnightly. It is also about establishing friendships outside of Horizons and building up confidence to be an independent member of their community. This person really enjoys the gym and the cinema and really want to go more but needs the support to be able to eventually do this independently.

The preferred times are on a Monday afternoon or a Wednesday morning for approx. 4 hours per week. The volunteer must be willing to commit to this role for at least 4 months. The volunteer will have a very rewarding experience. The people you will meet through volunteering with us are fun and eager to meet new people and have new experiences.



4hrs per week



Ballyvolane

Please contact Milly Farrell, Volunteer Coordinator:

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