



# HORIZONS

Cope Foundation in Cork Communities

*Companionship for a sociable woman who loves to get out and about*

## Social Companion - Deerpark

A volunteer is required to accompany a very sociable lady on shopping outings in her local community and possibly to an exercise class e.g. dance class or spinning class. This woman is very sociable and easy to get along with and has a range of social interests for example swimming and the cinema. She would love some companionship from a person outside of Horizons.

A volunteer with a bright disposition who enjoys conversation and shopping would be very suited to this role. Ideally aged over 30 years old. It would be important that this person could commit to two hours per week. Days and times can be flexible during the afternoon/evenings.

By joining our volunteer programme, you will help this lady to have new exciting social opportunities within her community, with lots of new potential for personal growth such as confidence building, increase in communication skills, networking with others etc. This will be a new and exciting experience for this person given that she loves the buzz of meeting new people and being out and about in her neighbourhood.

The volunteer will receive training, support and supervision. You will have an opportunity to work in an organisation which values human rights and has a strong sense of social justice and you will learn how to put these principles into action in ways which enhance lives.



2hrs per week



Deerpark

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

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