



HORIZONS

Cope Foundation in Cork Communities

We are supporting a man in his early 60's who would love to spend some time with a regular companion.

Social Support Buddy - Montenotte area

This gentleman enjoys going on outings such as walks, going into the city centre, attending occasional events (i.e. concerts, sporting events, theatre), going to cafes/restaurants, playing board games/cards, or gardening.

This role would suit a retired person, of a similar age with time on their hands to befriend this man. The volunteer will need to have good communication & interpersonal skills and be able to commit to attend on a consistent basis.

This man enjoys social connection and spending time with others. He is very sociable but prefers calmer environments. He does not have any personal care needs or any issues with mobility.

Ireland is currently experiencing a loneliness epidemic and people with a disability can provide volunteers with friendship, purpose, meaning and a very rewarding role.

You will have an opportunity to gain experience supporting an individual with an intellectual disability in a person centred way. You will receive training and have the support of his staff team. You can add to his and your own quality of life whilst enjoying outings and activities together.



The time involved is 2 to 3 hours weekly or fortnightly and can be any day except Thursday.



Montenotte area

Please contact Milly Farrell, Volunteer Coordinator:

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