



# HORIZONS

Cope Foundation in Cork Communities

## Swimming Support needed

### Swimming Support Assistants - Clonakilty Day Centre

The people we support in Clonakilty love their swimming sessions. We would love to have some volunteers to help us to run this activity.

The volunteers must be kind, caring, patient and able to swim.

Our group goes to the Dunmanway pool on Wednesdays and volunteers could travel there with staff. Volunteers are required from 9am - 12noon.

On Thursday afternoon we use the Clonakilty pool and volunteers are needed from 2pm-4pm.

With your help the people we support will get more benefit from these swimming sessions and become more confident in the pool. They will also enjoy the social aspect of getting to know new people.

This is an opportunity for volunteers to gain experience of adults with an intellectual disability and to make some new friends.



*Flexible*



*Glasheen Residence*

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

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