

Companion (New Horizons) – Glasheen

We need a volunteer to support a 38 year old woman who has recently moved into her own apartment. She is looking for a companion for two hours each week to go for a walk, trip to the cinema, cups of coffee and/or to try out new activities. The volunteer and the person supported will meet for at least 2 hours per week at a mutually agreed day/time for an outing/activity.

A message from our client: I enjoy walks, trips to the cinema, going out for coffee, Zumba/exercise classes, concerts, shopping, I enjoy knitting and attend a weekly knitting group in the local community centre. I would like to take up yoga or mindfulness, and possibly join a singing group. So if you were interested in any of this that would be great. I really love and know a lot about 70's, 80's and 90's music would like in the future to be involved in local radio creating play lists and possibly presenting. So if you have any expertise or contacts in this area you would definitely be the person for me!

No specific experience is required but this lady gets along best with people who are quietly confident and very calm and patient. Although not necessary it would be good if the volunteer was active within the community with an interest in connecting people with others. The volunteer will receive individual mentorship and support in SSDL (Supported Self-Directed Living) from a qualified SSDL practitioner and instructor. This way of working is very new and will enhance the volunteers CV should they wish to go on to work in the area.

The volunteer will gain personal satisfaction from making a difference to the life of someone who is embarking on a new chapter in their lives – supported independent living. They will also improve their interpersonal skills.

If you can help please contact Milly Farrell, Volunteer Coordinator, on 021-4643294 or e-mail volunteer@cope-foundation.ie