

## **Instructor (Cooking) – Glasheen/Wilton/Togher/Blackpool**

We require volunteers to teach basic cooking skills to people with a mild intellectual disability who are moving into independent living. A commitment of 2 to 3 hours per week is needed in one of the following areas  
Glasheen/Wilton/Togher/Blackpool.

The volunteers will need to have a good basic knowledge of cooking budget friendly meals, patience and good communication skills.

The Volunteers will enjoy a fun activity with the person they are supporting and will gain reward seeing this person developing independent living skills.

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