

## **Companion (Social) – Mallow**

A volunteer is required to accompany a young male supported by Cope Foundation, to partake in activities and social excursions over the weekend. This is to provide a short break to his family.

The person supported is a 20 year old man who is energetic, social and looking for opportunities to engage in social activities with people outside his family. He enjoys swimming, football, playing pool, is very sociable and likes performing.

He has a moderate intellectual disability but no mobility issues. He has minimal medical issues. He is currently attending Cope Foundation Mallow Day Service. The volunteer would initially be required to spend time in this day service with him until both were comfortable in each others company. His carer is also looking for respite support, preferably on the weekends - please contact Cope Foundation for details of the Home Share scheme.

Ideally the Volunteer should:

- Have experience with working with people with intellectual disability.
- Full driving license – preferably own car for use while volunteering (desirable).
- Capable of working alone.
- Good person centred skills.
- Good communication skills.
- Energetic and fun disposition.
- A qualification in social care, sports/recreation or working with young people is desirable.

We would like the volunteer to commit to a minimum of 3 hours per week, for 6 months, anytime during the weekend. This volunteer must be over 18.

The volunteer will make a new friend and gain experience working in the area of intellectual disability services. Training, supervision and support will be provided.

If you are interested please contact Milly Farrell on 021-4643294 or e-mail [volunteer@cope-foundation.ie](mailto:volunteer@cope-foundation.ie)