

Meet Jean



My name is Jean.

I am 37 years old.

I go to the Ard Dara Activation Centre.



I had a goal to go on holidays with my friends in 2022.

I chose to go to Rome with one of my friends and two staff members in March.



We visited Trevi Fountain, Vatican City and the Colosseum.

We did lots of walking around Rome.



I love to eat pizza and pasta.

Pizza and pasta taste better in Italy.



We ate gelato at Trevi Fountain.

Gelato is what people in Italy call ice cream.



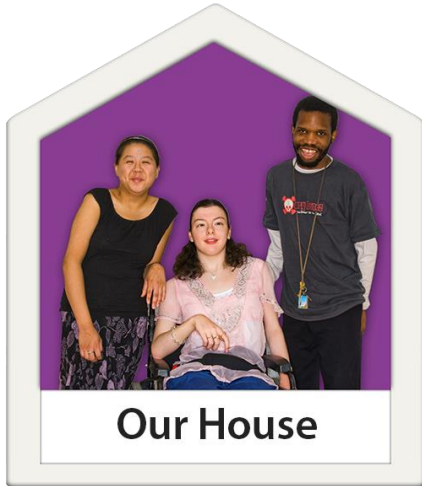
I was proud of myself when I was visiting all the tourist spots in Rome.



Seeing Rome was a dream come true.

It was a trip I will never forget.

Meet Ashley



Our House

Hi, I'm Ashley! I'm from West Cork but I live in Montenotte.

I live with two housemates.

I love living in my new home with staff who know me very well.



I had a great 2022!

In the summer, I did lots of gardening and went on day trips.



I celebrated my 40th birthday and I had a big party!



My housemates and I went to Killarney in the Autumn.

We went to the pub and a céilí,



I enjoy going to the farmers market for hot chocolate.



I like going to Cobh to see the cruise ships.



If the weather is bad, I enjoy spending time in our sensory room.

I like listening to music and the lights.

Meet Kevin



My name is Kevin.

I'm 29 .

I'm from East Cork.



I attend the Midleton Hub during the week.

The staff are helpful and I have good friends.

My timetable suits my needs.



I go on the bus to the Hub.



My support worker Keelan supports me to take part in different activities.

I like being part of the community.



I have lots of interests.

I like football and soccer.

I also like art classes.



I joined Secad Ability a few years ago.

Secad Ability course prepares people for working.

I felt confident about working after this course.



I work in Mr. Price.

I built up my working hours slowly.

I like my work and I have lots of friends.



I enjoy having a job and earning money.

I also like being part of the Cope Community Hub in Midleton Hub.

Meet Marion



My name is Marion.

I am 37 years old.

I attend the community Hub in Macroom.



I used to attend QDS.

I had lots of friends there.

In 2022, I moved to the Hub in Macroom.



My journey started when I asked for help with reading.

I attend the cork education and training board every Wednesday

This gives me great confidence



I joined a local gym and I attend classes most evenings.



A goal of mine is to complete a marathon in the next two years.



I completed and passed a course in Manual Handling.



2022 was a great year for me.

Self-confidence is my superpower.

Fundraising Highlights



Steps Challenge

At the start of 2022, we did our 300,000 Step Challenge. People helped to raise money for Cope Foundation by walking 300,000 steps over the 28 days in February.



Our Step Challenge happens every year. It is sponsored by EY. People really enjoyed taking part.



Sensory Garden

Cope Foundation works closely with the Trigon Hotel Group. This year a sensory garden was opened near Beech Hill Garden Centre. An Taoiseach, Michael Martin officially opened the garden in April 2022.



Golf Classic

We had our golf classic in Lee Valley Golf and Country Club. 200 golfers joined us on the day. The event was sponsored by O'Flynn's Exhams Solicitors LLP.



Light up Cork

Saturday 3rd of December was International Day of Persons with Disabilities.

We had a great day celebrating 'Light up Cork'.

This helped to highlight inclusion.

Inclusion means everyone is made part of something.



Thank you!

Thank you to everyone that has helped us with fundraising during 2022.

All of this work has helped to raise €557,679 for Cope Foundation.