



# Cope Foundation

## Social Support Buddies - Mayfield area

**We are supporting a group of men in the Mayfield area, to live their lives, their way. We could really do with the support of some volunteers to help us provide a more individualised range of activities within the local community and/or Cork city.**

The people we support in this service are aged between 27 and 70 and have a wide range of interests, i.e. going to soccer/GAA matches; the cinema; local men's shed; choir; bowling; coffee shops; gardening; basic cooking skills.

They would love the opportunity to make a new friend outside of Cope Foundation and to accompany them to one of these activities. They also just like to spend time in their home, having a cup of tea and chatting to new people.

This volunteer role is a fun and sociable way to give something back to the community. It's also a great way to make a positive impact on the lives of the people we support. The day/hours can be flexible to suit the volunteer's availability and the activity.

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**If you can help, please contact Milly Farrell, Volunteer Coordinator:**

**Phone: 021-4643294**

**Email: [volunteer@cope-foundation.ie](mailto:volunteer@cope-foundation.ie)**