



Cope Foundation

## Social Support Buddies - Mayfield area

We have a group of ladies living in the Mayfield area who we support to live their lives in their way. As these ladies are getting older they are interested in relaxing activities that they can enjoy in the comfort of their own home i.e. yoga, meditation, aromatherapy, hand massage or any relaxing therapeutic exercises.

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

The day/hours can be flexible to suit the volunteer's availability and the activity. We would like volunteers to commit to at least three months. This residence is on a good bus route.

The volunteer could make a really positive impact on the lives of the people we support:.....

**Please contact Milly Farrell, Volunteer Coordinator:**

Phone: 021-4643294 / 086-0412354

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