

*CoAction West Cork provides quality services to support children and adults with an intellectual disability and autism. We aim to support people to develop their unique personal gifts, strengths and talents and to live their own lives in the way that they choose. Volunteers play a valuable role in helping the people we support to fulfil their goals and to achieve meaningful engagement with the community.*

## **Volunteer Post Gym Assistant – Bantry**

### **What does this volunteer role involve?**

We are looking for a volunteer who has an interest in fitness and would be willing to assist someone with gym visits to a local gym in Bantry.

### **Are there any requirements or particular qualifications needed?**

An interest in and knowledge of gym equipment would be beneficial.

### **What are the days and times involved?**

One or two evenings or afternoons during the week – the actual time of the gym visit is flexible.

### **What is the commitment required?**

Minimum of one hour a week - ideally twice a week for one to two hours.

### **Will I receive any training or support to become a volunteer?**

Successful volunteer applicants be offered the opportunity to take part in training and will be supported throughout their volunteering by the Volunteer Coordinator and relevant staff in CoAction.

### **How do I apply for this post?**

Contact the Volunteer Coordinator [details below] to obtain an application form.

**For enquiries about this role or any other volunteering role please contact**

**Kirsten Hurley (CoAction Volunteer Coordinator) on/at:**

landline: (027) 54027 mobile: 086 0430310

e: [volunteering@coaction.ie](mailto:volunteering@coaction.ie)

**Please note all applicants for volunteer posts will be required to undergo Garda Vetting as part of the volunteer screening process.**