



Cope Foundation

COPE FOUNDATION'S GOLF ALLIANCE

**You raised an
incredible €34,600
in 2020**

Thank you!



Cope Foundation

A word from Sean Abbott, Chief Executive of Cope Foundation



It has been a tough year for everyone at Cope Foundation. Like every other disabilities organisation, we have been forced to curtail our supports and services due to Covid-19. The challenges have been immense and unprecedented and everyone has been tested by the Crisis. The people we support, their families and our colleagues continue to deal with so much uncertainty, upheaval and change.

Our fundraising activities were also severely affected as a result of the Covid-19 Crisis. Major fundraising events could not go ahead and our yearly plan was totally disrupted. To have the support of the Cope Golf Alliance in 2020 has been immensely important to us. We cannot thank you enough for your unwavering support for Cope Foundation. The funds raised from the Cope Golf Alliance in 2020 will bring us to a point where we are now able to purchase an apartment as an independent living training facility here in Cork. We are so excited about this. The apartment will offer people supported by Cope Foundation the chance to experience and learn the skills needed to make their ambition of living independently a reality. Once the situation with Covid-19 in the community improves we hope to be able to purchase a suitable apartment and progress the project. There are so many people we support who are eager to start their journey to independent living and this project will help them get there.

I am delighted to hear that the Cope Golf Alliance has a busy 2021 planned. The funds you raise in 2021 will help to fast-track our plans to 'decongregate' our larger day services. This means we will see lots of smaller day services/hubs being developed across Cork. These hubs allow us to provide people we support with more individualised and local day services within their own communities. It is such an exciting and much-needed development and I am so glad to have your support for this.

On behalf of everyone at Cope Foundation, thank you to every member of the Cope Golf Alliance for all your hard work and support. Wishing you all a safe and enjoyable year ahead.

A handwritten signature in black ink that reads "Sean Abbott". The signature is written in a cursive style with a prominent flourish at the end.

Every year we look forward to welcoming the incoming delegates, sponsors and Presidents of each Club to Cope Foundation for a cuppa and a tour of Cope Foundation. Unfortunately, this gathering won't take place. As soon as everything settles, we can't wait to welcome you back.

In the meantime, meet Aoife who is supported by one of Cope Foundation's Hubs.



Aoife

Q.1 Tell us a bit about you:

I'm 22 years old. I live with my Mom, Dad and my two sisters. I like table tennis, singing and dancing. I wash the dishes at home to help out and I'm a bit of a shopaholic, I go shopping every Saturday with my Dad.

Q.2 What Hub do you attend in Cope Foundation and for how long?

I started in Popes Quay Hub in August 2020.

Q.3 What's the best thing about the Hub?

Meeting my friends and doing lots of activities. I like doing the activities in the virtual hub such as: money management, fitness, dance, singing and yoga. It makes me feel happy, they're fun and I get to see my friends.

Q.4 How has the Hub benefitted you?

It has helped me to develop my independence. I'm busy with lots of Zoom calls and videos while I'm stuck at home during Covid-19. I made new friends and learned new skills: I did a computer course with Mayfield CALP and money management on Zoom. I also did a 3 week internet safety course with Special Olympics and policy group where I talk about my rights.

Q.5 Anything else interesting you would like to tell us?

The staff are helpful and friendly.



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If you would like to learn more about Cope Foundation and the work that we do right here in Cork head to:

www.cope-foundation.ie