



Chatterbox Action Against Loneliness Programme

Do you need to talk?

We support caregivers, bereaved former carers, those over 75, lonely individuals and people dealing with life-limiting illnesses or end of life challenges.



What is Chatterbox?

The Chatterbox Action Against Loneliness Programme is a free, short-term telephone befriending programme designed to support those who are lonely and isolated due to their caring role, bereavement, age, or life-limiting and end of life challenges.

You will be matched with a fully trained, volunteer Befriender who will make a weekly phone call throughout the duration of the programme to talk about anything you want. Chatterbox also offers help with finding any services, information or social groups you may need or are interested in. The Programme is completely confidential.

For more information, please contact the Chatterbox team on 01743 245 088 or email us at chatterbox@omega.uk.net.

Omega care for life is a forward-thinking end of life charity supporting carers, the bereaved, lonely and/or isolated individuals, and those over 75 years old. For more information about our services, visit www.omega.uk.net.



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