



Chatterbox Action Against Loneliness Programme

Can you help?

Do you have an hour to spare each week?

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, confidential, short-term telephone befriending programme. It is 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 trained and supported to become a volunteer Befriender, making a weekly phone call to your client throughout the programme. Talking about the things that matter most to your client, you will offer a listening ear, friendly conversation and emotional support.

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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