

# A Letter from Louise

## A free pen pal befriending service

In partnership with Omega, the  
National Association for End of Life Care.



A Letter from Louise is a free pen pal correspondence service that matches volunteer pen pal writers with clients for regular friendly conversations and sharing of stories. Keeping in touch with someone on a regular basis is important for our happiness, and receiving a hand-written, thoughtful letter is really quite special. In turn, writing down your thoughts, sharing your stories, or even just telling someone how your week has been can feel empowering and uplifting. Opening their reply when it comes through the post is something to look forward to and enjoy.

We have caring, enthusiastic pen pals waiting to write to you. If you would like to sign up to A Letter from Louise and receive letters each month, we will match you up with someone with similar interests so that you have plenty to talk about. If you don't feel you can write back, don't worry! You can send newspaper or magazine articles that interest you, photographs, or simply receive letters with no obligation to reply.

### How the service works

Complete the application form overleaf and return it to our Freepost London House address (below) or by email to [aletterfromlouise@omega.uk.net](mailto:aletterfromlouise@omega.uk.net) Once you are matched, the pen pal will send the first letter. You can reply as soon as you like, but we usually advise no later than a month. On average, correspondence between you and your pen pal will occur monthly.

If you have any questions, please contact Carol Moody, A Letter from Louise Team Leader, at the above email or on 01743 245 088.

This service is fully safeguarded and all correspondence is sent via our London House office. No addresses or surnames are shared. Please note that there are no geographical restrictions in the project. Letters can be sent and received from anywhere in the UK, Channel Islands and Ireland.

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Freepost RSGB-CYBY-HSCX  
Omega  
London House  
Town Walls  
Shrewsbury  
SY1 1TX

Omega, the National Association for End of Life Care  
Registered Charity No. 1120322

[aletterfromlouise@omega.uk.net](mailto:aletterfromlouise@omega.uk.net) | 01743 245 088



*If you are applying for yourself, go straight to question ① below*

If you are a professional and you are making this referral for somebody else, please provide us with the following information first:

Name: .....

Job Title: .....

Organisation: .....

Address: .....

.....

Postcode: .....

Phone: .....

Mobile: .....

Email: .....

How do you know the person you are referring?

.....

.....

By signing below, you will confirm that the person you are referring has authorised you to do so:

Signed: .....

Date: .....

**① Sign up for a pen pal**

Name: .....

.....

Address: .....

.....

.....

Postcode: .....

Phone: .....

Mobile: .....

Email: .....

.....

Date of Birth: .....

**③ Matching you to a pen pal**

What is your main language?

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Tell us about your hobbies and interests:

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Please state whether you would like to:

Receive and reply to letters

Only receive letters

Would you prefer a pen pal who is:

Male

Female

I don't mind

Would you prefer a pen pal who is aged:

18-40

40-60+

I don't mind

**④ It would help us to know how you found out about us:**

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**⑤ Your signature**

By signing below, you will confirm that you are happy for the information gathered on this form to be used to help match you with an A Letter from Louise pen pal.

Signed: .....

Date: .....

I allow Omega to securely store my data and to send me newsletters and other information about services, events and activities etc.