

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 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.

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 | 01743 245 088



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

If you are a professional making this referral for somebody else, please provide the following details:

Name:

Job Title:

Organisation:

Address:

.....

Postcode:

Phone:

Mobile:

Email:

Relationship to the person you're 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:

Your Emergency Contact:

Name:

Phone:

Relationship:

3 Matching you to a pen pal

Your general hobbies and interests (tick all that apply):

Animals Arts/Crafts Cooking/Food

Culture/History Family Gardening

Outdoors Music Reading

Sports/Fitness

Please write down some specific details about your hobbies and interests; we need this information to match you up with an appropriate pen pal: (required)

.....

.....

.....

Significant life event(s) / information: (optional)

.....

.....

Please tick which of these apply to you:

Do you live alone? Yes No

Are you bereaved? Yes No

Are you a carer or former carer? Yes No

Do you feel lonely or isolated? Yes No

Please tick which ethnicity you identify with:

Asian Asian British Black

Black British Mixed Other White

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:

.....

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 agree to the storing of my information on Omega's database (tick required).

I agree to receive the bimonthly Omega newsletter.