

*Would you like to join
our team of volunteer
pen pal writers?*

For a lonely person, receiving a personal and thoughtful letter can make a big difference, boosting their spirits and improving their wellbeing. The opportunity to write back to somebody and share stories is incredibly important. We all want to be noticed and heard.

Some people are so isolated that they can't yet accept face-to-face or even telephone support, so a letter is a vital first step to reconnecting with others.

Can you commit to writing regular monthly letters to a lonely and/or isolated client in need? If so, we would love to hear from you.

Download the volunteer pen pal application form on our website, www.omega.uk.net/a-letter-from-louise-p-214.htm, and return it Carol via the details shown overleaf.

If you would like to support in another way, please consider making a donation at: www.omega.uk.net/donate-p-27.htm. Just £5 will contribute to the cost of postage to a client for 6 months.

Thank you.



About Omega care for life

Since 2007, Omega care for life has been supporting family caregivers, the bereaved (including bereaved former carers), and people aged over 75 years old.

We work hard to tackle loneliness and isolation that can arise as a result of caregiving, loss, and later life. We understand the toll that it can take on a person's wellbeing.

We believe that caring is everyone's business, and we want to see communities come together to support one another. This is needed now, perhaps more than ever.

To find out more about what we do and the ways in which you can help, visit www.omega.uk.net or call us on 01743 245088.

Omega care for life, London House, Town
Walls, Shrewsbury, SY1 1TX.

Registered Charity No. 1120322



A Letter from Louise



A free pen pal befriending service

In partnership with Omega, the
National Association for End of Life
Care (Omega care for life).



A message from Louise



Hello,

I had an idea to set up a community pen pal friendship service for vulnerable people who would enjoy writing or receiving letters from friends.

I cared for my Nan: she had terminal cancer and the one thing that really made a big difference was that she used to receive a letter from her best friend every day. She used to look forward to these letters, and my family used to read them out loud to her.

I wanted to set up a service so that other people like me can write to someone who is elderly or disabled, and who is maybe feeling lonely. I want to brighten their day.

I look forward to hearing from you,

Louise

How the service works:

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.

In this technological age, there is nothing quite so pleasant and charming as receiving a hand-written letter, knowing that someone has put a lot of time and thought into it. Our clients and pen pals also send each other photographs and even little paintings!

This service is fully safeguarded and all correspondence is sent via our London House office. No personal addresses 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.



Step 1:

Complete a referral form which can be found on our website at:

www.omega.uk.net/a-letter-from-louise-p-214.htm

Please note that there are separate forms for clients and volunteer pen pals. If you are referring on behalf of someone, please use the client form.

Return your completed form to:

aletterfromlouise@omega.uk.net

or

**Freepost RSGB-CYBY-HSCX,
Omega care for life, London
House, Town Walls, Shrewsbury,
SY1 1TX.**

Step 2:

Once client and volunteer pen pal have been matched, the pen pal will send the first letter. The client can reply as soon as they like, but we usually advise no later than a month. On average, correspondence between client and pen pal occurs monthly.

All correspondence can be sent to London House via our freepost address above. If you have any questions, please contact Carol Moody, A Letter from Louise Co-ordinator, at the above email or on 01743 245 088.