



Chatterbox Action Against Loneliness Programme

Do you need to talk?

We want to support more lonely and socially isolated caregivers, bereaved people, and those dealing with life-limiting illnesses or end of life challenges.



Staying Connected in Later Life

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. We prioritise over-75s.

You will be carefully matched with a dedicated volunteer befriender who will make a weekly phone call throughout the programme to talk about the things that matter to you. Chatterbox offers emotional support and help with finding services, information and social groups etc.

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

Our mission is to work collaboratively to help older family caregivers and bereaved clients to stay connected and enjoy greater choice. For more information about our services, please visit:
www.omega.uk.net.



@OmegaConnected



Omega: Staying Connected in
Later Life