

Charity Cycle Ride



- Safe 10 mile route
- A family friendly, fun ride
- Led by trained ride leaders
- Suitable for absolute beginners, all welcome

A relaxed, traffic free, cycle excursion to raise funds for the new Omega Chatterbox telephone befriending service, supporting local carers, the bereaved and other people who live alone.

10:00am Saturday 23rd February 2013

£3 per rider, families £5

Children to be accompanied by a responsible adult please

Meet outside the Market Hall (Bellstone end), Shrewsbury, SY1 1QG

To book or find out more, contact Omega:

 0845 259 3163

 carers@omega.uk.net

 www.omega.uk.net



In conjunction with:



Omega Chatterbox Project



**A new, free, friendly
telephone support service**

An Omega volunteer will keep in touch offering you:

- ***a listening ear***
- ***a chance to find out more about local services and***
- ***help to access information and support***

Not all unpaid family carers can get out and about to meet people. Former carers, the bereaved and other people who live alone can also find it difficult to keep in touch with friends and family and sometimes they can find it hard to make new friends.

The Omega Chatterbox service, recruits, trains and supports volunteers who really understand the issues faced by carers, former carers and people living on their own.

If you would like to try this service or you just want to find out a little more about it please get in touch.

Phone	0845 259 3163
Email	carers@omega.uk.net
Address	Freepost RSGB-CYBY-HSCX Omega, London House, Town Walls, Shrewsbury SY1 1TX
Website	www.omega.uk.net