

# 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](mailto:carers@omega.uk.net)  
Address Freepost RSGB-CYBY-HSCX,  
Omega, London House,  
Town Walls, Shrewsbury SY1 1TX  
Website [www.omega.uk.net](http://www.omega.uk.net)

Omega care for life



## Our Work

Omega is focused on the following activity:

- Supporting carers and their families, including those with responsibility for looking after someone with a life-limiting or long-term condition
- Providing support to former carers, the bereaved and socially isolated individuals
- Raising standards in end of life care
- Collating and sharing information and resources in respect of a wide range of care-related issues
- Collaborating with other organisations to improve quality of community based care

Omega facilitates group sessions, runs social activities and encourages peer support. We work with clinicians, Third Sector organisations, faith groups, care professionals, expert advisors, businesses, volunteers and others, to achieve tangible improvements in non-clinical general and palliative care.

## Make a donation

You can make a donation to support our important work by text message with JustTextGiving. Send a message to 70070; type the code omeg01 followed by a space and the amount you want to give (£1, £2, £3, £4, £5 or £10) as shown on the right.

You will receive a text message receipt and the chance to add Gift Aid (by filling in a web form or by text). You will be charged the donation amount plus your usual text message fee. Every penny of your donation will go to Omega; there are no running costs with [JustTextGiving](#).



For larger donations or sponsorship opportunities, please contact us:

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