

CHATTERBOX



TELEPHONE
BEFRIENDING

CHATTERBOX is a free telephone befriending service for socially isolated and lonely people. Our clients are carefully matched to DBS-checked volunteer befrienders. They exchange supportive, friendly phone calls to chat about their lives, families, interests, or whatever they wish.

To get started, go to www.omega.uk.net/chatterbox and complete an online referral form, either for yourself or for someone you know. To find out more, or to request a paper copy of the form, call 01743 245 088 or email chatterbox@omega.uk.net.

LETTERBOX



PENPAL
BEFRIENDING

LETTERBOX is a free penpal befriending service for socially isolated and lonely people. Our clients are carefully matched to volunteer befrienders. They exchange supportive, friendly letters to share stories about their lives, families, interests, or whatever they wish.

To get started, go to www.omega.uk.net/letterbox and complete an online referral form, either for yourself or for someone you know. To find out more, or to request a paper copy of the form, call 01743 245 088 or email letterbox@omega.uk.net.

Omega...

ENDING ISOLATION | ENDING LONELINESS

Reg. Charity No.1120322 | Reg. Company No.6196052



www.omega.uk.net | info@omega.uk.net

   OmegaConnected

01743 245 088

PUPIL PALS



PALS

PUPIL PALS is a free befriending service in which socially isolated and lonely clients receive regular cards and pictures made for Omega by creative children. To get started, go to www.omega.uk.net/pupilpals and complete an online referral form, either for yourself or for someone you know. To find out more, or request a paper copy of the form, call 01743 245 088 or email schools@omega.uk.net.

UMBRELLA



SUPPORT
GROUPS

UMBRELLA is a new initiative to connect and unite support groups around the UK. Omega will support the network of groups by publicising their events under one banner, sharing information, and signposting members to useful services. To find out more, or to register your group, call 01743 245 088 or email info@omega.uk.net.

HOW OMEGA CAN HELP YOU



DONATE



ONLINE · TEXT
CHEQUE · LEGACY

DONATE ONLINE: Go to www.omega.uk.net/donate

DONATE BY TEXT: Text the word OMEGA to 70970 to donate £5 or to 70191 to donate £10. You will be charged the donation amount plus your standard network rate.

DONATE BY CHEQUE: Payable to OMEGA and sent to Omega, London House, Town Walls, Shrewsbury, SY1 ITX

LEAVE A LEGACY: Leave a gift to Omega in your will. You can donate a fixed amount, or what's left after other gifts have been given out. Ask your solicitor for help setting this up.

VOLUNTEER



TELEPHONE & PENPAL
BEFRIENDERS

VOLUNTEERS are vital to Omega's success in supporting socially isolated and lonely people. Our telephone and penpal befriending services (CHATTERBOX and LETTERBOX) are made possible thanks to the hundreds of people who give their time and thoughtfulness as volunteer befrienders.

You can apply to become a volunteer befriender at www.omega.uk.net/volunteer. Call 01743 245 088 or email volunteersupport@omega.uk.net to request a paper copy of the form. Omega volunteers are trained and receive ongoing support from head office staff. They are also DBS checked where necessary.

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PLAY



OMEGA LOTTERY
OMEGA QUIZ

Support our work and get a chance to win £50 in the OMEGA LOTTERY monthly prize draw. Tickets cost £12 each for one year. Go to www.omega.uk.net/play to sign up. Enjoy a fun night out at our regular OMEGA QUIZ, held at Shrewsbury's Greenhouse Café. Go to www.omega.uk.net/play for the next date. Call 01743 245 088 or email info@omega.uk.net to pre-register your quiz team.

RECYCLE



STAMPS · CURRENCY
CARTRIDGES · TECH

Your unwanted items help fund our support services. Send your STAMPS and CURRENCY (new or used, foreign or domestic), working TECH (smartphones, tablets) and inkjet CARTRIDGES to Omega, London House, Town Walls, Shrewsbury, SY1 ITX. Go to www.omega.uk.net/recycle for information and guidance.

HOW YOU CAN HELP OMEGA

