HOW OMEGA CAN HELP YOU

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

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 pupilpals@omega.uk.net.

iPADS

MOTOR NEURONE DISEASE SUPPORT

We loan iPADS with the popular speech synthesis app Proloquo2Go to clients with Motor Neurone Disease and similar neurological conditions. We are open to referrals from health professionals. To find out more, call 01743 245 088 or email info@omega.uk.net.

HOW YOU CAN HELP OMEGA

DONATE

ONLINE · TEXT
CHEQUE · LEGACY

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

DONATE BY TEXT: Text the word OMEGAEND 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 1TX

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 volunteering@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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SHOPPING

EASYFUNDRAISING

EASYFUNDRAISING partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand. To get started, go to www.easyfundraising.org.uk/causes/omegaconnected. You can download a widget to your browser's toolbar or the app from the App Store or Google Play.

RECYCLE

STAMPS · CURRENCY
CARTRIDGES · TECH

Your items can help fund our services. Send **STAMPS** and **CURRENCY** (new/used, foreign/domestic), working **TECH** (smartphones, tablets, consoles, sat nav systems, digital cameras, iPods and MP3 players) and inkjet **CARTRIDGES** to Omega, London House, Town Walls, Shrewsbury, SY1 1TX. Go to www.omega.uk.net/recycle for more info.