



Corporate support

Helping people feel less alone

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“I feel less alone and I’m in a better mood after every call.”

Omega is a national charity supporting people experiencing profound loneliness and social isolation. Through our Chatterbox telephone befriending and Letterbox pen pal support programmes, our volunteer befrienders provide regular human connection to people who may otherwise have very little.

Our intergenerational Pupil Pals programme also brings children and older people together through cards and artwork, creating joyful connections across generations.

All the support we provide is simple, personal and powerful. A regular phone call, letter, card or conversation can help someone feel heard, valued and connected again.

885

clients supported
across all services
in 2025/26

5,720

befriending calls
made
in 2025/26

5,976

pen pal letters
sent
in 2025/26

1,400

cards and letters
sent through
Pupil Pals

Why support Omega?



Loneliness can affect anyone – older people, carers, people living with illness or disability, those going through major life changes, people who feel disconnected from their community, and even people within your own workforce who may be struggling quietly with loneliness or isolation.

The scale of the issue is significant. Data from the Office for National Statistics shows that around 4.2 million people in the UK report feeling lonely often or always, while prolonged social isolation and loneliness can affect physical and mental health, quality of life and longevity.

By supporting Omega, your business can help more people experience meaningful human connection. And there are lots of ways to get involved – from funding our work to fundraising, volunteering and helping your staff understand how loneliness and isolation can affect people in the workplace and wider community, and where to get support if they are directly affected.

For some clients, that connection becomes a catalyst for wider change – from returning to much-loved hobbies to rebuilding relationships with family.

The Impact of Connection

Omega's services are simple, but their effects can be profound.

98%

of clients look forward to their calls or letters

96%

would recommend the service to others

74%

said they felt less isolated

70%

reported improved mental health

"It's a vital lifeline when you're isolated. I have little other contact."

How your business can make a difference

Every contribution helps Omega create more moments of connection for people experiencing loneliness and isolation. Whether you want to make a one-off donation, fund something tangible or build a longer-term relationship with us, your support can make a real difference.

£130

Could support a client and their befriender for six months, including the costs of delivering and supporting that relationship.

£1,300

Could support 10 befriending relationships for six months, helping 10 people enjoy regular calls or letters and ongoing human connection.

£6,500

Could help support 50 befriending relationships for six months – creating hundreds of individual moments of connection for people who may otherwise have very little.

There are lots of ways to support us, and we can shape your involvement around what works best for your business and your team. Whether you're looking for a one-off opportunity or something longer term, we can shape your support around your business, your people and the difference you want to make.

Make a donation

A one-off or regular gift can help us sustain and grow our befriending services, so that more people can access friendship and support when they need it. Your business could also give employees the option to support Omega regularly through Payroll Giving.

Fund something specific

You may prefer to support a particular element of our work – from recruiting and training volunteers, to helping fund the ongoing delivery of Chatterbox, Letterbox or Pupil Pals.

Fundraise Together

Bring colleagues together around Omega through a challenge, event or workplace fundraiser. If your company offers matched funding, your team's efforts could go even further.

Choose Omega as your Charity of the Year

Make tackling loneliness and isolation a shared cause for your business, with opportunities to fundraise, volunteer and see the difference your support is making over time.

Case Study: Triangle HR Limited Sponsor of Omega's Pupil Pals

Triangle HR Limited is a long-established and independent HR consultancy based in Shropshire, delivering practical and tailored HR support across the county and beyond, enabling business owners and managers to confidently make informed and commercial decisions.

Triangle HR came on board as a corporate partner of Omega in January 2025, sponsoring Omega's Pupil Pals programme.



"I was aware of Omega's work through local contacts in the Shropshire area, and knew that they do great work supporting people who are experiencing loneliness and isolation."

Initially Triangle HR were involved through sponsorship of the Pupil Pals shield, awarded every year to one of the schools which work with Omega to create cards and artwork for older clients. Since then, Triangle HR has continued to sponsor Pupil Pals.

"We are very proud of our continuing involvement with such a worthwhile cause."



Nikki Hall, Managing Director
Triangle HR Limited

Ways to involve your team



“Volunteering has been amazing for me – it gives me a real sense of wellbeing.”

Supporting your community through volunteering is a powerful way to create positive social impact while also bringing significant benefits to your business. Providing opportunities for your employees to give their time and skills can help strengthen team relationships, boost morale, and enhance employee wellbeing. However your team chooses to get involved, volunteering with Omega can be incredibly rewarding, helping colleagues build confidence, strengthen communication and listening skills, develop empathy and connect with people and experiences they may not otherwise encounter.

Offer Companionship – Chatterbox

Encourage members of your team to volunteer their time to our Chatterbox telephone befriending service. By committing just one hour a week, they can make a significant difference to someone experiencing loneliness or isolation.

Build Connection – Letterbox & Pupil Pals

Your employees can also help combat loneliness by writing regular letters through our Letterbox service. This simple but meaningful act creates lasting connections and provides comfort and reassurance. For many of our clients, receiving and replying to letters can be a real lifeline.

Come Together for a Volunteering Event

Bring your team together for a rewarding volunteering activity. This could include a creative card-writing session, giving colleagues the chance to collectively brighten someone's day. Activities can be tailored to suit your team and the time of year, with the option to also cover the cost of materials and postage.

Share Your Team's Skills

Your employees' expertise can have a real impact. Where there is a clear need, there may also be opportunities for members of your team to contribute professional skills or practical expertise to support our work, for example marketing, design or research.

What you can expect from us

We want every partnership to feel worthwhile and well supported. We can keep you updated on the difference you're making through impact updates and stories, recognise your support through our communications where appropriate, and work with you to create opportunities that suit your team.

Supporting connection in your workplace

Loneliness doesn't only affect the people Omega supports. It can affect colleagues, carers, people working remotely, and those going through bereavement, illness or other major life changes – often without it being obvious to those around them.

As part of our relationship, we can also help open up conversations around loneliness, connection and wellbeing through talks and informal staff sessions.



Let's start a conversation

Whether you'd like to fund part of our work, involve your team, support us over the longer term or simply find out more, we'd love to talk.

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Together we can end loneliness

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