

# 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](http://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](mailto:chatterbox@omega.uk.net).

Omega's CHATTERBOX and LETTERBOX teams particularly want to support isolated adults and their carers in the Sandwell area.

If you could do with a friendly voice or penpal, please get in touch.

**Omega...**

ENDING ISOLATION | ENDING LONELINESS

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

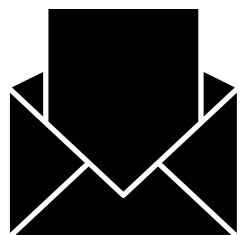


[www.omega.uk.net](http://www.omega.uk.net) | [info@omega.uk.net](mailto:info@omega.uk.net)

   OmegaConnected

01743 245 088

# 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](http://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](mailto:letterbox@omega.uk.net).

HOW OMEGA CAN HELP YOU

