



Would you like a call companion?



“The calls are such a comfort”

If you're over 75, living on your own and feeling lonely, we may be able to help.

As you get older it's not unusual to spend more time on your own, particularly if you've lost loved ones or your health isn't what it used to be.

We want you to know that Re-engage is here for you.

If you'd like a bit of extra company, we can match you with one of our friendly call companions. They love a good chat and they're great listeners too.

Bringing generations together

How it works

One of our call companions will phone you at a time that suits both of you, most likely once a week or twice a month.

The calls last for half an hour or so and you can chat about anything that interests you.

What's great is that the same volunteer phones you each time, so you can get to know each other and share stories and laughter - for as long as you both want.

The service is completely free and you don't have to continue with it if you decide it's not for you.

To be eligible for a call companion, you need to be:

- aged 75 or older
- living alone or in sheltered housing with little contact with family or friends
- at a stage in your life when you struggle to leave the house.

“A good chat means the world”

**To find out more, call us on 0800 716543,
email us on info@reengage.org.uk
or visit www.reengage.org**

Re-engage (formerly Contact the Elderly) is a registered charity in England and Wales (1146149) and in Scotland (SCO39377)