

# We're here to help



**Are you aged 75 or over and looking for companionship? You're not alone.**

There are thousands of people who wish they could meet new people, but are starting to find it hard.

At Re-engage, we offer a number of services to help. We work within your local community to set up regular social gatherings for small groups of people and most of them are just like you – aged 75 and over, and hoping to find new ways to get out and about in a way that suits them at this time of life.

Or if you'd like a bit of extra company from the comfort of your home, we can match you with one of our friendly volunteer call companions. They love a good chat and they're great listeners too.

**“This service is vital to me. It's good to know I have friends.”**  
Tea party guest

**“It's a heavenly thing to have those calls. I so look forward to it. I've never had anything like this before, ever.”**  
Call companions – older person



# Our companionship programmes

“ When you get to my age, all you do is look back on the life you had but Re-engage has given me something to look forward to, something to live for. Ina, 96



**Our tea parties** are free monthly social groups held in local communities across the UK. They are a chance for a change of scenery and regular afternoons of conversation and laughter with friends of all ages.

**Call companions** is a free telephone befriending service for people over the age of 75 who feel they would enjoy a friendly phone call every week or two from one of the charity's volunteers.

**Community Christmas** The period around Christmas can be difficult for anyone who is on their own. For the month of December, Community Christmas offers a weekly chat over the telephone with a friendly volunteer to lift your spirits.

**Rainbow call companions** is a telephone befriending service providing companionship to LGBT+ older people.



Call our freephone number 0800 716 543

Email [info@reengage.org.uk](mailto:info@reengage.org.uk)

Or visit [www.reengage.org.uk](http://www.reengage.org.uk)

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