Reengage

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.

"A good chat means the world"

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.

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

Re-engage (formerly Contact the Elderly) is a registered charity in England and Wales (1146149) and in Scotland (SC039377)

Reengage

Hoffech chi gael ffrind ffôn?

"Mae'r galwadau'n gymaint o gysur"

Os ydych chi dros 75 oed, yn byw ar eich pen eich hun ac yn teimlo'n unig, efallai y gallwn ni helpu.

Wrth i chi heneiddio nid yw'n anarferol treulio mwy o amser ar eich pen eich hun, yn enwedig os ydych chi wedi colli anwyliaid neu os nad yw'ch iechyd gystal ag y bu.

Rydyn ni am i chi wybod bod Re-engage yma i chi.

Os ydych chi eisiau ychydig mwy o gwmni, gallwn eich paru gydag un o'n ffrindiau ffôn cyfeillgar. Maen nhw wrth eu bodd yn cael sgwrs dda ac maen nhw'n wrandawyr da hefyd.

Dod â chenedlaethau at ei gilydd

Sut mae'n gweithio

Bydd un o'n ffrindiau ffôn yn eich ffonio ar amser sy'n addas i'r ddau ohonoch, fwy na thebyg unwaith yr wythnos neu ddwywaith y mis.

"Mae sgwrs dda yn werth y byd"

Mae'r galwadau'n para tua hanner awr a gallwch chi sgwrsio am unrhyw beth sydd o ddiddordeb i chi.

Un o'r pethau gorau ydy mai'r un gwirfoddolwr sy'n eich ffonio bob tro, er mwyn i chi ddod i adnabod eich gilydd a rhannu straeon a chwerthin - am gymaint o amser ag y mae'r ddau ohonoch chi eisiau.

Mae'r gwasanaeth yn rhad ac am ddim ac nid oes rhaid i chi ddal ati os penderfynwch chi nad yw'n gweddu i chi.

I fod yn gymwys i gael ffrind ffôn, rhaid i chi fod:

- yn 75 oed neu'n hŷn
- yn byw ar eich pen eich hun neu mewn tai gwarchod heb fawr o gyswllt â theulu neu ffrindiau
- mewn cyfnod yn eich bywyd pan fyddwch chi'n cael trafferth gadael y tŷ.

I gael gwybod mwy, ffoniw h ni ar 0800 716543, e-bostiwch ni ar info@reengage.org.uk neu ewch i www.reengage.org.uk

Mae Re-engage (Contact the Elderly gynt) yn elusen gofrestredig yng Nghymru a Lloegr (1146149) ac yn Yr Alban (SC039377)