



Reducing  
loneliness  
in later life  
EST. 1965

This week is Volunteers' Week, which is a great opportunity to focus on the incredible contributions made by people who give their time, energy and passion to help others. Here at Re-engage, we're grateful to have a fantastic community of volunteers who organise and deliver social gatherings to bring friendship to older people, and who pick up the phone every week to chat and check-in with their Call Companion.

If you're considering volunteering but aren't sure where to start, our Call Companion service is the perfect way to dip your toe in the water. It's flexible, friendly and fully-supported – you can make the calls from home or on the go, and just half an hour every week or so can make a big difference to someone living with loneliness. All you need is a little time, and a lot of heart to help us reduce loneliness in later life.

You can sign up to become a Call Companion in just a few quick clicks – discover more in this month's e-news, or head straight to our website to apply now!

Read more about what we've been up to, and our future plans, in my monthly update, and thanks as always for your support.

Best wishes,

Jenny Willott  
CEO

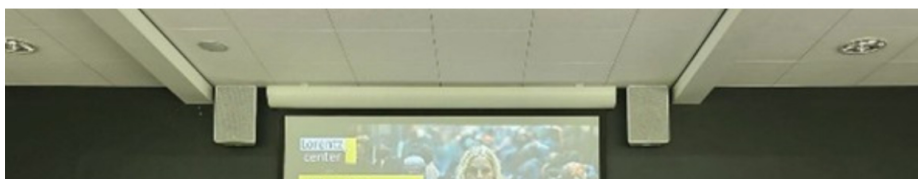
[Read Jenny's update](#)



### Volunteer like Verda

This week is Volunteers' Week, where we celebrate the incredible contributions made by everyone who throws their heart and soul into supporting our work reducing loneliness in later life. Volunteers like business owner Verda, who, as a Call Companion, puts a little time aside every week to check in with Eileen, a 91-year-old widow.

[Verda and Eileen](#)





### **An international lens on loneliness**

Our Research and Impact Lead, Georgina Everett, joined peers from around the world at a recent conference to consider what chronic loneliness means, and the impact it has. Discover more about our work digging deep into the causes of, and potential solutions to address, loneliness.

[Read more](#)



### **Take on The Kelpies Challenge to help reduce loneliness**

You're invited to take part in an unforgettable challenge this autumn! Conquer the magnificent Kelpies in Scotland with your colleagues, friends or family members to reach new heights and help us reduce loneliness in later life.

[Challenge yourself!](#)

**Policy, Research &  
Consultancy team  
update**

## Amplifying the voices of older people

Hear from our new Policy and Consultancy Manager, David Heap, as he delves into detail around our plans to develop and take forward policies and campaigns to tackle loneliness and social isolation.

Meet David



### Conversations count

Why did Naomi sign up to become a Re-engage Call Companion? Discover why, and find your own reason for making the call to help us continue our work to reduce loneliness in later life.

Naomi and Pamela

**Just so lovely, I'd like to thank my  
telephone caller - it cheers me up so  
much, as if I matter in a world where  
everyone is so busy to speak to people.  
- Call Companion service user**

### Thank you

Whether you're a volunteer, fundraiser, donor, referrer, or you help us spread the word about our work, you're supporting the delivery of services that reduce loneliness in later life. Thank you for everything you do!

Our impact

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