



**ConnectNewham**  
It's good to talk

**Do you miss regular  
conversation?**

**We can help.**

**It can feel difficult to connect with others and sometimes having a friendly chat with a new person who takes an interest in you and your life can help with feeling positive and better connected to others in the community.**

Connect Newham is a weekly or fortnightly chat service for residents in Newham.



## Who it's for?

For anyone 18+ living in Newham who feels isolated or lonely for whatever reason.

## How does it work?

It is easy, safe and all from the comfort of your own home.

1. Over the phone you can tell us a little about yourself and decide how many calls you would like.
2. We match you with a fully trained befriending volunteer for a weekly or fortnightly chat over the phone at a time that's convenient for you. Befriending can range from between 3 to a maximum of 20 calls.

**HT,**  
was referred  
to Connect Newham by  
a social prescriber. He was  
feeling very upset and low due to  
the sudden death of a close relative  
recently. We connected him to a local  
bereavement service and a volunteer  
befriender who rings him every  
Tuesday. HT's mood has improved  
since the first call and he says that  
he looks forward to having a  
warm friendly chat  
each week.

## Get Started

Call us on **020 3954 3224** to get connected with one of our volunteers.

Email: [contact@connectnewham.org.uk](mailto:contact@connectnewham.org.uk)

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