

What people say about The Chatty Café Scheme's Telephone Friendship service.

"My phone chats are so enjoyable; it is wonderful just to have some normality in my life-I have not been going out recently and have been feeling quite low -My befriending calls are like a little ray of sunshine in my life!"

"I am so very grateful for my weekly calls; I really enjoy the social interaction. Without these chats, I would just be sitting at home doing nothing as unfortunately I can no longer see or hear very well. I can't read or watch TV so the phone chats are my only pleasure left!"

"I always enjoy chatting on the phone- it is my only way of connecting with other people. When you are all alone like I am, it makes all the difference to hear a friendly voice at the end of the phone sometimes."

"I am enjoying my chats, we get on well and have developed a positive rapport between us. Having a regular chat helps to make me feel less lonely and I appreciate the scheme very much."

"I enjoy my phone calls with my befriender, we chat and laugh about all the cheerful things in life-I'm starting to feel more cheerful now and life feels much better- it's all going well for me and I don't feel so lonely. Thank you to everyone at The Chatty Cafe Scheme for the kindness you have shown me."

"The weekly calls have been very engaging so far, we talk about anything and everything. I feel less lonely than previously."

"It is so lovely to talk to someone at a regular time every week and I feel more connected with the community when we speak, I enjoy the scheme very much indeed!"

" My befriender is a very pleasant lady and I very much enjoy our chats-I am extremely lonely with only my dog for company and having someone phoning me every week makes such a positive difference in my life-Having a chat helps to alleviate the feelings of isolation I've been experiencing."

"My phone chats are brilliant, we get on so well and it allows me to forget my problems for a short while. The Chatty Café is a fantastic scheme."