



Run Loneliness Out of Town

Shropshire-based charity Omega, the National Association for End of Life Care invites you to join their 12 Days of Christmas Virtual Run / Walk Challenge to help them tackle loneliness this Christmas. To end 2020 on a positive note, Omega have created an opportunity for people to feel good about themselves whilst also giving something to those in need. Between lockdowns and loneliness many of us want to protect our own mental and physical health: an active Christmas challenge could do just that.

Omega's 12 Days of Christmas Virtual Run / Walk involves 12 days of running or walking increasing distances based on the day's number: for example, Day 1 equals 1km and Day 2 equals 2km, and so on up to Day 12 at 12km. Don't worry, you're not expected to complete the challenge on consecutive days – unless you want to! In return for a minimum £10 donation, you'll get the chance to be out and about, enjoy lots of seasonal fresh air and pick up a stunning Omega medal for your effort. By taking part or simply making a donation you'll also be supporting Omega's work tackling the loneliness and social isolation faced by caregivers, the bereaved and people dealing with a life-limiting illness or who are near end of life.

If you feel inspired to raise even more for Omega clients in crisis, you could set up your own JustGiving fundraising page or sponsor an Omega team member who could complete the challenge on your behalf.

You can use Strava, Garmin or other activity trackers to measure your distance and please send us lots of photographs of your progress from 1st to 31st December.

For more information on how to take part, please email us at info@omega.uk.net or visit our Facebook page, @OmegaConnected. Now dig out those running shoes or walking boots and get moving. This year you don't have to wait to make a New Year's resolution to make a difference. Sign up today. You won't regret it.

Omega, the National Association for End of Life Care (1120322) is a registered charity based in Shropshire but delivers support across the UK. They have been tackling loneliness and isolation in caregivers, the bereaved and those living with a life-limiting illness or who are near end of life since 2012. They offer telephone and pen pal befriending for regular companionship and conversation. Omega are urgently looking for more volunteers and supporters to help them and the clients they support through the challenges of the Covid-19 pandemic.

If you would like to find out more about Omega's work, visit www.omega.uk.net or call 01743 245 088.

Ends

Contact Omega

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Notes for Editors

Omega, the National Association for End of Life Care is an end of life charity: Registered Charity No.1120322, Registered Company No.6196052.

Omega helps older caregivers, the bereaved and those with end of life challenges to stay connected and ease loneliness. We provide befriending and bereavement support, and work with caring families looking after people suffering from long-term, life-limiting or end of life conditions. Omega encourages self-help and peer support, delivers community learning activity and facilitated group sessions, and hosts lively outreach and information sharing events. The charity is also the home of the Chatterbox Action Against Loneliness Programme, A Letter from Louise Pen Pal Service and Delphinium, an innovative, not-for-profit social enterprise.

Omega works collaboratively with a range of delivery partners including successful businesses, Third Sector not-for-profit groups, local authorities and organisations within the NHS. For further information about Omega's work, please contact Director Thomas Memery by emailing thomas@omega.uk.net.

Donate

To donate by card or cheque, go to www.omega.uk.net and click the 'Donate' button on the homepage.

To subscribe to the Omega Lottery, visit: <http://www.omega.uk.net/omega-lottery-p-200.htm>