

SHAK's Telephone Support Line



Feeling lonely and isolated, need a friendly voice to chat to, then give SHAK's new telephone support line a call.

We will put you in touch with our helpful befriending volunteers. You can talk, laugh, share. It's up to you. You can refer yourself, a friend or a member of the family (with their permission)

For more information call: 0300 365 2003

or

Email: antoinette@shakonline.co.uk