ACH Expands Community Engagement with New Social Groups

Tuesday 16 July, 2024

Age Concern Hampshire has announced its commitment to expanding connections within more communities and providing activities that enhance wellbeing.

With funding from housing association SNG (Sovereign Network Group) which is acting as an ambassador and match funder of the Hampshire Active Health Programme, the charity will support communities by launching new groups for residents of SNG accommodation in Overton, Whitchurch, Brookvale and Brighton Hill in Basingstoke. These new groups will operate alongside existing social groups in Basingstoke, specifically South Ham, Winklebury, Popley and Kingsclere.

Each group offers a variety of engaging activities designed to promote movement, social interaction and mental stimulation with weekly activities include games, entertainment sessions and informative talks. These activities create a supportive environment where individuals can share knowledge, experiences, and mutual interests, all while building connections and developing new friendships to improve their overall health and wellbeing.

An active and engaged lifestyle is well-known to benefit brain health. Activities that combine physical, mental, and social elements are particularly valuable, especially those offered in community-based settings. These activities not only stimulate the brain but also promote overall wellbeing by providing opportunities for social interaction and physical participation.

Kim Stone, Community Engagement Officer at Age Concern Hampshire said: "Our weekly social groups provide a lifeline for many people living alone. They offer a regular opportunity to socialise and participate in a variety of fun and interesting activities, which are crucial for maintaining both physical and mental health. To continue and expand this vital support, we need dedicated volunteers to join us in making a positive impact on our community."

Age Concern Hampshire is seeking dedicated volunteers to support the expansion of its community social groups. Volunteers play a crucial role in facilitating activities, providing companionship, and creating a welcoming environment for participants. Those interested in making a positive impact to communities in Overton, Whitchurch, Brookvale and Brighton Hill should get in touch by calling 01962 868545 or by visiting the website for more information: https://www.ageconcernhampshire.org.uk/job/basingstoke-social-group-volunteer-sng/

Notes to Editors:

Founded in 1985, Age Concern Hampshire provides services to the older community of Hampshire. The charity currently delivers support at its Care & Wellbeing centres throughout the county, as well as Help at Home, Information via its Information Hub, foot care clinics, Hospital to Home services, Community Information Volunteer Services and a variety of other activities.

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For media enquiries, please email Sarah Jacobs, Marketing Manager at Age Concern Hampshire: marketing@ageconcernhampshire.org.uk

SNG:
SNG (Sovereign Network Group) was formed in October 2023 through the merger of Sovereign and Network Homes.

Our purpose is to provide good, affordable homes: the foundation for a better life, and our vision is thriving communities, over generations.

Related Sectors:

Charities & non-profits :: Leisure & Hobbies :: Lifestyle & Relationships ::

Related Keywords:

Social Group :: Hampshire Support :: Social Inclusion ::

Scan Me:

We provide over 84,000 homes and invest in communities across the South of England, including London, as well as aiming to create thousands of new affordable homes every year.

Everything we earn, we reinvest so that our customers – now and in the future – have a sustainable home in a thriving community.

Hampshire Active Health Programme:

The Hampshire Active Health Programme is managed by Energise Me, on behalf of Hampshire County Council, to support people at greater risk of negative impacts from the pandemic and protect the most vulnerable from Covid-19. Funding has been provided by the Contain Outbreak Management Fund (COMF) from the Department of Health and Social Care, which was specifically allocated to fund public health projects that would address health inequalities arising from the pandemic, and prevention projects that will prevent or mitigate unequal impact on populations in future outbreaks.

Funding applications closed on 20th December 2023. Projects will be running until January 2025.

For further information on the programme please contact grants@energiseme.org
https://www.energiseme.org/funding-support/hampshire-active-health-programme/

Energise Me
Energise Me is a charity that champions physical activity for all in Hampshire and the Isle of Wight. We are work hard to make it easier for everyone to move more. Our goal is to create a happier, healthier and stronger future for local people. We won't rest until everyone has the confidence, support and opportunity to be active on their own terms.

Funded by Sport England and the National Lottery, we are one of 42 active partnerships who work with partners to create an active nation.

www.energiseme.org

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