

Age Concern Hampshire expands “Living Well in Later Life” programme with new specialist movement sessions funded by The National Lottery Community Fund

Wednesday 13 May, 2026

Age Concern Hampshire is strengthening its support for older people across the county through its *Living Well in Later Life* project, a five-year initiative funded by The National Lottery Community Fund. The programme is helping older residents stay active, connected and independent through accessible wellbeing and physical activity sessions delivered in community settings.

A key development within the project is the introduction of the **Love to Move** programme, a gentle, chair-based exercise initiative designed to support both physical mobility and cognitive health. The sessions are delivered to music, using rhythm and repetition to encourage coordination, memory and movement in a fun and inclusive environment.

Community Engagement Officer **Jemma Saunders**, from Age Concern Hampshire, has recently completed her specialist training with the British Gymnastics Foundation and is working towards accreditation to deliver the programme across the New Forest and South Hampshire.

Speaking about the training, Jemma said the structured course focused on delivering safe, engaging seated exercise sessions:

“The Love to Move programme is a structured chair-based exercise course delivered to music. It uses gentle, repetitive movement to support mobility and cognitive stimulation, and participants can take part at their own pace.”

She added that the programme offers both professional development and meaningful benefits for participants:

“It’s a lot more involved than traditional activity sessions I’ve delivered before. It’s structured, enjoyable, and already making a real difference. People are having fun, building friendships, and improving their movement and memory without even realising it.”

Participants are already experiencing strong social and wellbeing benefits, with sessions described as lively, inclusive and supportive. Jemma highlighted the importance of enjoyment in maintaining long-term engagement:

“People don’t just come for exercise – they come for the laughter, the friendships and the sense of belonging. It’s amazing to see.”

Brogan Rehill, Head of Strategy, Partnerships and Community Impact at Age Concern Hampshire, said the initiative demonstrates the wider impact of investment in community wellbeing:

“This training shows how funding from The National Lottery Community Fund enables us to develop specialist skills within our team, ensuring high-quality, accessible sessions for older people. These programmes help reduce isolation, improve wellbeing and support people to remain independent for longer.”

The *Living Well in Later Life* project delivers a wide range of activities across Hampshire, including Care and Wellbeing Centres and local community venues. Sessions focus on improving strength, balance, mobility and mental wellbeing, while creating opportunities for social connection and friendship.

Love to Move sessions are now being rolled out across Age Concern Hampshire’s Social Groups and Care and Wellbeing Centres.

For more information:

- Social Groups: [Social Groups - Age Concern Hampshire](#)
- Care & Wellbeing Centres: [Care & Wellbeing Centres - Age Concern Hampshire](#)
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