Age Concern Hampshire launches five-year ‘Living Well in Later Life’ project with National Lottery support

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Age Concern Hampshire is proud to announce the launch of *Living Well in Later Life*, a new five-year programme made possible thanks to funding from The National Lottery Community Fund. The project will support older people across Hampshire to stay active, connected and confident as they age.

Living Well in Later Life will offer free physical activities and wellbeing sessions delivered through Age Concern Hampshire’s Care & Wellbeing Centres and local community venues. The sessions are designed especially for older people who may feel isolated, inactive or unsure about joining mainstream activities, offering a gentle, friendly way to move more, meet others and feel part of their community.

Sessions will focus on strength, balance, mobility and confidence, while also creating space for conversation, laughter and connection. Everything is shaped around what older people tell us they want and need.

The project is expected to make a real difference, with ambitions for:

- 70% of participants to become more physically active
- 65% to improve their balance, strength or mobility
- 75% to feel better in themselves and less isolated
- 80% to feel more connected to their local community

Alongside the benefits for older people, *Living Well in Later Life* will invest in staff and volunteer development, with specialist training to support safe, inclusive activity for older adults. This will help embed prevention, wellbeing and physical activity at the heart of Age Concern Hampshire’s services for years to come.

Volunteers are a vital part of this project, and Age Concern Hampshire is now keen to hear from people interested in supporting groups in the Basingstoke and Southampton areas. Volunteers don’t need to be fitness experts – just friendly, reliable and keen to help older people feel welcome and supported. Training and ongoing support will be provided.

The project also encourages people to think about wellbeing in a wider sense, helping older adults feel connected not only to their communities, but to the world around them, including the importance of sustainability and looking after our environment as part of healthy ageing.

For more information about *Living Well in Later Life*, volunteering opportunities, or other Age Concern Hampshire services, visit www.ageconcernhampshire.org.uk or call **01962 868545**.

Editor’s Notes:

Founded in 1985, Age Concern Hampshire supports older people across the county to age well and live well. The charity delivers a wide range of services including Care & Wellbeing Centres, Help at Home, Foot Care clinics, Information and Advice, Hospital to Home support, community groups and volunteering services.

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