Age Concern Hampshire supports older people across the county through a wide range of welcoming social groups designed to reduce loneliness, encourage connection, and support wellbeing.

Friday 3 April, 2026

The charity's social groups provide friendly, inclusive spaces where older people can come together regularly to enjoy conversation, shared activities, and a sense of belonging. People attend for many reasons — to meet new people, stay active, build confidence, or simply enjoy spending time with others in a relaxed and supportive environment.

These groups play an important role in helping older people feel connected to their communities and supported as they age. Regular social interaction has been shown to improve wellbeing, confidence, and overall quality of life.

"Social connection is vital for wellbeing at any stage of later life," said Kelly Holder, Chief Executive Officer of Age Concern Hampshire. "Our social groups offer older people the opportunity to build friendships, enjoy positive shared experiences, and feel part of a community where they are welcomed and valued."

Age Concern Hampshire continues to grow its programme of social groups across the county, working in partnership with local organisations and community venues to ensure older people can access support close to where they live. New groups are regularly being developed to respond to local need and increase opportunities for social connection.

For more information about Age Concern Hampshire's social groups, visit www.ageconcernhampshire.org.uk/our-services-hampshire/social-groups/ or call **01962 868545**.

Editor's Notes:

Founded in 1985, Age Concern Hampshire provide services to the older community of Hampshire. The charity currently deliver support at their Care & Wellbeing centres throughout the county, as well as Foot Care clinics, Help at Home, Information via their Information Hub, Hospital to Home Services, Community Information Volunteer Services and a variety of other activities. *Its mission is to help people 'Age well and Live well'.*

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