

Bringing people together one event at a time

Monday 22 May, 2017

For immediate release

New service from Age UK Lambeth, MYsocial, launches on June 3rd with a Reggae & Soul afternoon

There has been a lot of research to show that loneliness and social isolation are harmful to our health: demonstrating, amongst other things, that lacking social connections is as damaging to our health as smoking 15 cigarettes a day, that being lonely makes you more prone to depression, and that two fifths of all older people say the television is their main company. With that in mind, Age UK Lambeth is launching a new social membership service called **MYsocial** on Saturday June 3rd with a Reggae and Soul afternoon. MYsocial members will have access to a full social calendar, the chance to meet new people, and do things that make them happy. Membership, usually £4.95 a month, is open to all ages and will be free for anyone coming to the launch event to be held at The Hideaway, Streatham between 1pm and 4pm. Tickets are free but need to be booked by visiting www.mysocial.london or calling Age UK Lambeth on 0207 346 6800.

Age UK Lambeth Chief Executive, Graham Gardiner, says, "Lambeth is a great borough, with lots of things to do and see. But it is also a borough with a great number of people, of all ages and from all walks of life, who feel lonely some of the time. MYsocial is a great chance to find people to do new things with. We look forward to meeting new friends on Saturday 3rd June, the first of what will be many exciting events for MYsocial members "

With a third of events free and a third under a tenner, MYsocial is affordable for most people. Members will save money by getting free tea and coffee at the Member's Lounge, Vida Walsh Centre, Saltoun Road, as well as saving money on events and eventually with a range of local businesses.

ENDS

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