

Mountbatten Hampshire teams up with Age Concern Hampshire for new social group in Southampton.

Monday 9 March, 2026

Age Concern Hampshire and Mountbatten Hampshire have teamed up to run a friendly new social group, to boost companionship and activity for older people.

The free weekly drop-in sessions, run by Age Concern Hampshire in the heart of Southampton's West End, at Mountbatten Hampshire's Frances Sheldon Centre, aim to ensure a happier, healthier and stronger future for those who take part.

Whether you are a carer or receiving treatment, feeling isolated, or just looking to meet new people, anyone aged over 50 is welcome to attend for a chat, coffee and movement.

Jemma Saunders, Wellbeing Coordinator at Age Concern Hampshire, said: "We're excited to be launching this new social group at Mountbatten Hampshire's Frances Sheldon Centre. These sessions give older people a welcoming space to meet others, have a chat and take part in gentle, enjoyable activities. It's always rewarding to see new connections forming and people growing in confidence week by week."

Brogan Rehill, Head of Strategy, Partnerships & Community Impact at Age Concern Hampshire, added: "Partnership working is key to making groups like this possible, and we're delighted to be working with Mountbatten Hampshire to reach more older people in the community. Continued support from partners and funders is vital to help us sustain and grow these important social opportunities across Hampshire."

Mountbatten Hampshire CEO, Becky McGregor, said: "We are thrilled to be hosting this brand new social group, giving Hampshire residents an opportunity to meet together and take part in activities, in our welcoming Frances Sheldon Centre."

Head of Rehabilitation and Enablement, Mary Banks, said: "These brilliant drop-in sessions are great for mental and physical health and you would be very welcome to join us. Meet new, like-minded people, take part in regular physical activity and be stronger and healthier."

How to be at the weekly drop-in sessions:

- Sessions take place every Thursday, from 11am until 1pm.
- Find us at the Frances Sheldon Centre, at Mountbatten Hampshire, Botley Road, West End, Southampton, SO30 3JB.
- Sessions are free and you can drop-in, with no commitment.

ENDS

Notes to editors:

Please find attached a photo for your use.

For more information, contact:

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