



Isolated, or lonely at home?

We can help!



We work 1 to 1 with over 65s across Hampshire to help give them the knowledge, confidence, and skills to travel independently by public and community transport, and get to social activities, the shops or appointments.



We can often accompany you on a journey to give you confidence to do it yourself the next time.

People we've helped so far say their confidence has improved, they are getting out the house more, and they feel more connected with their local community.

Get in touch to refer someone who would benefit from this personalised and friendly service.

Contact:
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