

Adult Social Groups



431

Adults
participating

239

Free sessions
delivered

5084

Hours of
social contact

21

Volunteer
supported activities

100%

Report a
positive impact

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**It's really good. You get to meet other people.
I look forward to it.**

Frank, Mens Group attendee

Sutton **Adult Group Activities** provide welcoming, inclusive spaces that help reduce isolation and build confidence, connection and wellbeing across the community. Our walking groups encourage gentle physical activity in supportive company, helping participants to stay active, improve mobility and enjoy nature while forming new friendships along the way. Music & Movement sessions use rhythm, song and light activity to boost mood, stimulate memory and support both physical and emotional wellbeing in a fun, accessible way. Our Men's Group and lunch clubs offers a vital space for connection, conversation and peer support, particularly for those who may otherwise struggle to socialise or share experiences. Together, these activities create regular, meaningful opportunities for people to belong, participate and thrive.

