

Southampton Support Group 2026 Programme

Tuesday 20 January Speaker: Marion Gealer, The Saints Foundation. Marion has experience of falls prevention and recovery and will talk about bone health and exercise.

Tuesday 17 February Friendly Circle An informal peer support meeting and a chance to connect with other people living with osteoporosis. Family and carers always welcome.

Tuesday 17 March Speaker: Debbie Wellburn, Fracture Prevention Service, University Hospital Foundation Trust

Tuesday 21 April Friendly Circle An informal peer support meeting and a chance to connect with other people living with osteoporosis. Family and carers always welcome.

Tuesday 19 May Speaker: Blue Cunningham, Patient Engagement & Involvement Officer, University Hospital Foundation Trust

Tuesday 16 June Speaker: The history of Furzey Gardens, The Minstead Trust

Tuesday 21 July Friendly Circle An informal peer support meeting and a chance to connect with other people living with osteoporosis. Family and carers always welcome.

Tuesday 15 September Speaker: Tom Delpierre Podiatry: Footcare and Osteoporosis.

Tuesday 20 October – World Osteoporosis Day Friendly Circle An informal peer support meeting and a chance to connect with other people living with osteoporosis. Family and carers always welcome.

Tuesday 17 November Speaker: Prof. Chris Holroyd, Head of Rheumatology, Southampton General Hospital: Osteoporosis Update

All meetings are on a Tuesday and start at 2pm (unless otherwise stated).

**St Mark's Church Hall, Archer's Road
Southampton SO15 2LU**

A £3 cash donation is requested to cover our running costs and includes refreshments.

Meetings are held in a friendly atmosphere for support and information. No booking is needed. All our support groups are run by volunteers, some are living with osteoporosis, and others are closely touched by the condition. Family, friends and guests (18+) are welcome.

If you need more information about a meeting, please get in touch with us by emailing: southamptonvolunteers@theros.org.uk. If you would rather speak to someone by telephone, please phone the ROS general enquiries line (01761 471771) and they will arrange a call back from our volunteering team.

theros.org.uk