

Free and low-cost things to do in Hampshire

Looking for fun, affordable things to do as a family?

The Family Information and Services Hub (FISH) shares lots of ideas to help families stay active, connected and entertained.

You can explore:

- Parks, playgrounds and outdoor spaces
- Country parks, nature reserves and walks
- Museums, attractions and family friendly events
- Activities happening in your local area

Spending time outdoors can:

- Support children's physical health
- Boost mood and reduce stress
- Help build confidence and social skills

💡 Hampshire has many free or low-cost options, making it easier to plan family days out.

Scan the QR code on your mobile or use the link below:

🔗 [Find family activities near you](https://connecttosupporthampshire.org.uk) – connecttosupporthampshire.org.uk (select 'Family Information and Services Hub' then 'Family support', 'Parenting support' and 'Activities for families in and near Hampshire')



Small, simple activities can make a big difference to family wellbeing.