Gransnet is the busiest social networking site for the over 50s. The site has been described by the Telegraph as "a new dawn in grey power".

At its heart is a buzzing forum where users debate the hot topics of the day, support each other through tough times and share a laugh. Brimming with useful content covering everything from fashion to food, travel to technology, as well as competitions and an incredibly popular book club, there is something on the site for everyone.

An offshoot of the very brilliant Mumsnet, the leading parents’ website, Gransnet offers a sense of community, which can often be a lifeline, alongside essential lifestyle advice. So whether you're seeking impartial advice from our users, looking for daily dinner ideas, or want to find that perfect gift for a partner or friend, Gransnet is the place for you.

"This website has brought people lives who we share common bonds with and help along life's rough highway, giving companionship, support and love to each other."

**Here are the some topics .which they can discuss and active**

* Arts & crafts
* Ask a gran
* Bereavement
* Books/book club
* Care & carers
* Charities
* Chat
* Classics
* Competitions
* Coronavirus
* Culture/Arts
* Dieting & exercise
* Discount codes/offers
* Education
* Estrangement
* Everyday Ageism
* Food
* Games
* Gardening
* Genealogy/memories
* Grandads' shed
* Grand parenting
* Gransnet Local
* Gransnet cafe
* Health
* House and home
* Legal, pensions and money
* Media/research requests
* Meet ups/where are you
* Menopause
* News & politics
* Pedants' corner
* Pets
* Product tests and surveys
* Relationships
* Religion/spirituality
* Scams and fraud
* Science/nature/environment
* Site stuff
* Sponsored discussions
* Sport
* Style & beauty
* TV, radio, film, Arts
* Technology
* Travel
* Webchats
* Work/volunteering

**Related to Grand parenting**:

How to cope with estrangement

If you've lost contact with family, it can feel incredibly isolating - but estrangement is more common than you might think. Research by Gransnet revealed that one in seven grandparents are estranged from their grandchildren, with many more also estranged from their adult children. If you are affected, you may be wondering how to cope and where to turn for help, so we've compiled advice from gransnetters on how they dealt with the loss and asked the experts at Relate to answer your questions on estrangement.

A Day in the Life of a Modern Gran:

Grandparents are younger than you think - and their habits, working patterns and cultural preferences might surprise you too. The average age of the first-time grandparent is just 49, and someone turning 60 this September will have been 18 in 1977, the year the Sex Pistols released ‘Never Mind the Bollocks’.

Talk about the Modern Gran and bust a few myths about pearls and twinsets along the way

Health related:

**Coronavirus advice for the over 50s, 60s, 70s and older**

With restrictions easing across the country we wanted to give you the clearest information on how older people and grandparents are affected by the coronavirus outbreak and the UK government's response to it. If you would like to talk to others who may be in a similar situation, join our [online community here.](https://www.gransnet.com/forums/active-conversations) We are updating this page regularly as guidance changes

**Yoga for over 60s:**

Could you do with being stronger, more flexible, and fitter? Us too! If you’re looking for a new type of exercise to try during lockdown, and want to feel a stronger connection between your body and mind, then yoga might be the answer. We compiled the best tips from gransnetters on starting yoga over 60, as well as some [expert advice from yoga instructor Barbara Currie](https://www.gransnet.com/forums/dieting_and_exercise/1254358-Barbara-Currie-yoga). So if you’re thinking about taking up yoga later in life, here’s a few reasons why now is the perfect time to start?

**What are the health benefits of yoga?**

Yoga has a [plethora of health benefits](https://www.nhs.uk/live-well/exercise/guide-to-yoga/), and no matter what stage of life you take it up at, you will see a difference in your health and fitness with regular practise.

* It will tone and firm all your muscles
* Increase your flexibility
* Get rid of stress
* Help you sleep well
* Correct poor posture
* Give you a new feeling of energy and respiration
* Maintaining a balanced metabolism
* Weight reduction
* It's good for cardio and circulatory health