



# BE PREPARED... FOR SILVER SUNDAY!

**Silver Sunday**, the **National Day for Older People**, takes place annually on the first Sunday in October. This year Silver Sunday is on **Sunday 2 October**, with lots of activities happening on the day itself and in the week before and after.

The campaign started 11 years ago to combat the challenges around loneliness and isolation among older people. It continues to grow each year and hundreds of events now take place across the country in community halls, churches, cafes, schools, care homes (anywhere and everywhere!) to celebrate older people and bring generations together.



**“We’re very proud of the work our Cubs put in to make their afternoon tea event a success, and it was a great opportunity for them to meet our older residents, learn some local history, and contribute to our community spirit.”**

GRAYSHOTT CUB SCOUTS



## 1 RUN A SILVER SUNDAY EVENT

If you already have an event planned in late September/early October, why not make it a Silver Sunday event and invite older people in your community? Or you might wish to plan something extra special just for Silver Sunday inviting older relatives, neighbours and local groups. It could be either in-person, socially-distanced or virtually.



## 2 MAKE A SPECIAL VISIT

Take an event or activity 'on tour' to the older people in your community. Visit a care home, offer helping hands to your neighbours, join a Seniors activity club. You could offer a performance, a party, a helping hand or friendly chatter.



## 3 SUPPORT AN EXISTING EVENT

Search for an event already happening near you on our [online map](#) and volunteer your Scouts as helpers in preparing for the day (e.g. designing posters, dressing the room), helping the event run smoothly, providing entertainment or just providing friendly smiles and chat.



## 4 CREATE NEW PARTNERSHIPS

Always wanted to work with an organisation or business you've never approached before? Why not write to them and see if they'd like to join you in celebrating older people this October. Could this be the start of a longer relationship between your Scout group and the local older community?

For more inspiration download our [Info Pack](#) and let us know if you have any questions. We can't wait to hear your ideas and see Scouts helping out at events across the country. We hope you will want to help out year after year!

### GET IN TOUCH

Lucinda Hurrey  
[silversunday.org.uk](https://silversunday.org.uk)

tel: 07890 380 238  
[@SilverSundayUK](https://www.facebook.com/SilverSundayUK)

email: [info@silversunday.org.uk](mailto:info@silversunday.org.uk)

