



In Partnership With



SILVER SUNDAY
CELEBRATING OLDER PEOPLE

Activity Pack

Silver Sunday



Host a Silver Sunday event as part of your Care Home Open Week 2023 celebrations!

Silver Sunday is the National Day for Older People where local communities and organisations host free events to help combat loneliness and reduce isolation. It takes place on the first Sunday in October, as well as through special events during the rest of the year including Care Home Open Week.



How Can We Take Part?

Create an event or activity which welcomes your older residents' friends and families, as well as other local older people (this could be either in-person if allowed, socially-distanced, or virtually.)

Your event or activity can be anything you think your residents will enjoy, and which caters to the mobility, ability and interests of your older guests. It could be something that teaches a new skill, or just something fun that they may not have had the opportunity to try before.

Silver Sunday events come in all shapes and sizes. It could be a larger-scale event which runs across multiple homes, or a morning/afternoon of simple activities in one setting.

Register Your Event

Once you have confirmed your event details, add them to our map to help local people find out about it. We will also share it on our social media pages.

Register Your Event



A Few Ideas...

Themed Tea Party

Host a fabulous tea party with cakes, music and dancing! Give it a fancy dress theme with a prize for the winner. Popular themes include the swinging 60s, Charlie and the Chocolate Factory, Bollywood, and the Wild West. Do craft sessions or ask local volunteers to help make decorations.

Silver Sing-A-Long

Invite a local performer or choir for a musical extravaganza! It could be in-person, recorded performance or an interactive live stream they watch on a tv screen or tablet. Provide instruments and microphones for participants and contact a local celebrity or town Mayor to be the host.

Art Competition

Organise an arts and crafts afternoon with a challenge or theme, such as 'Happiness' or 'Autumn'. Invite your local school, Scout or Guiding group to join in and send/share their creations. Create an exhibition space and celebrate the gallery opening with cocktails!



Get Creative With the Happy Postcard Template & Letter

We've included a simple 'Happy Postcard' template for you to print-off as many copies as you like. You could write on one-side and draw something on the other. If you would rather you can also try a different format such as a greetings card or letter. Ask residents if they might prefer text or pictures, and how they plan to share them, e.g. stick them up on the wall, or make a book.

[Download Postcard](#)[Download Letter](#)

Social Media

Don't forget to take photographs. We love to see Silver Sunday come to life and images provide wonderful memories to share with your residents' friends and families. Share them on social media using our hashtag **#SilverSundayUK**.

Most importantly of all – have fun! You are amazing for the work you do every day caring for older people. We hope taking part in Silver Sunday will bring you and your colleagues just as much happiness as your older guests.





Care Home Open Week

26th June – 2nd July 2023

www.championingsocialcare.org.uk

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