

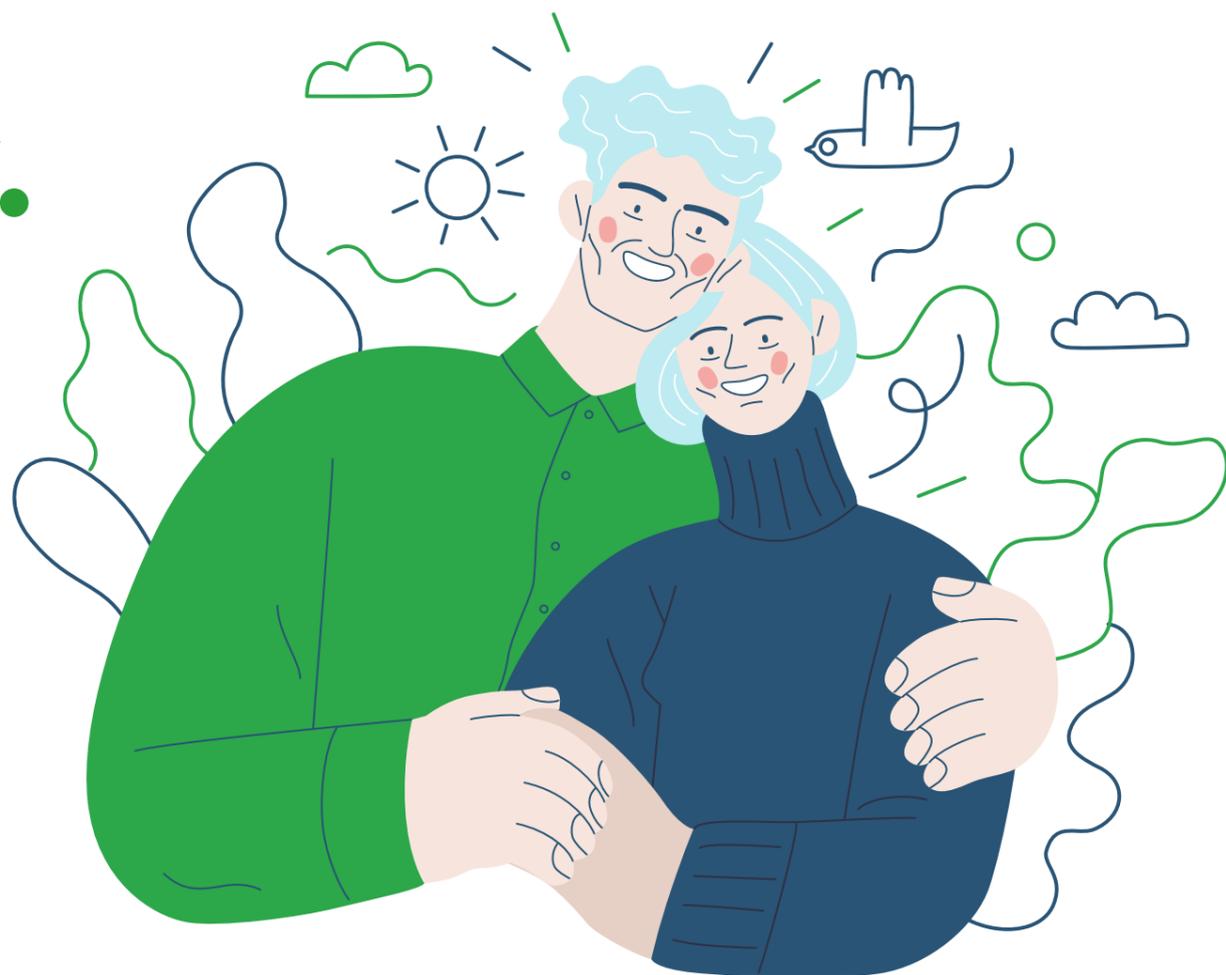


care home
open week



SILVER SUNDAY

Silver Sunday.



Silver Sunday is the **National Day for Older People** where local communities and organisations host free events and activities to help combat loneliness and reduce isolation. It takes place on (and around) the first Sunday in October, which this year falls on **Sunday 2 October 2022**.

Since it first began in 2012, hundreds of care homes including Bupa, HC-One, RCH, Anchor Hanover, Bluebird and Sanctuary Care have taken part in Silver Sunday. Part of the biggest celebration of older people in the country, these events bring huge amounts of joy to residents and are also an opportunity to build long-lasting relationships with the wider local community. We hope you can join in the celebrations by hosting an event in October.

You can find out more about how to take part at www.silversunday.org.uk.

Happy Postcards with Silver Sunday & Care Home Open Week.

Are you a school wanting to get involved with Care Home Open Week? Or a Care Home wanting to connect with your local school?

Happy Postcards are the perfect way to connect with each other!

Would your residents like to receive something lovely in the post? A simple creative activity, such as postcard writing, can be a fantastic way to bring a little bit of positivity and build new relationships with local organisations.

We've created a simple postcard template for you to share with local networks and encourage them to send some messages with a personal touch with your care home or day centre. Just follow these steps:

1. Decide what type of local organisation you would like to work with.

If you are a care home and would like to connect your residents with younger people, try contacting schools, nurseries or youth groups such as the Scouts, Guides or Cadets. If you would like to build relationships with older adults reach out to local charities, volunteer associations, community groups, or churches and faith groups.

If you are a school or young person's group, visit the Care Home Open Week interactive Map to find a participating care home who would love to hear from you!

<https://championingsocialcare.org.uk/care-home-open-day/what-is-happening-in-your-area/>



2. Get creative with the Happy Postcard template and 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 our postcard template](#)



3) Keep the relationship going!

Make connections to make it a regular activity. You could make it seasonal event e.g. Easter or send birthday cards. You could also host a Silver Sunday party in October and invite them to join you in-person. **It could be an annual celebration!**

[Download our letter template](#)



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social care

For more information visit:
www.championingsocialcare.org.uk

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