



SAVE THE DATE FOR SILVER SUNDAY

3 OCTOBER 2021

- Kensington and Chelsea Council and Open Age are working in partnership to coordinate a range of free Silver Sunday activities and events for older people.
- Silver Sunday is a national day which takes place on 3 October, with activities taking place throughout the week across the borough.
- A wide range of local partners are offering activities and events including Chelsea Theatre, the Science Museum, the Design Museum and the Saatchi Gallery

A wide range of free activities for older people will be available across Kensington and Chelsea on Sunday 3 October and the following week as part of Silver Sunday, a national day to overcome loneliness amongst older people.

The day provides a packed schedule of free events for residents aged 65+ to try something new and meet new people. Whilst loneliness can strike at any age, older people are at greater risk. According to Age UK, more than a million older people say they go for over a month without speaking to a friend, neighbour or family member.

Silver Sunday activities across Kensington and Chelsea are being coordinated by Open Age.

Jenny Marshall, Head of Member Experience, at Open Age, said:

“Open Age are delighted to be coordinating activities in honour of Silver Sunday for Kensington and Chelsea. We have a wide range of local activities and events, including:

- the Open Age Member Exhibition, held in the Saatchi’s Learning Gallery, an open brief to ‘WRINKLES IN THE CITY’, the Saatchi’ Gallery’s current exhibition JR:Chronicles.*
- “The Wisdom Hour”, a creative storytelling space celebrating positive stories of ageing, facilitated by [This Age Thing](#) and [Design Age Institute](#) at the Design Museum, and*
- a Dance-A-Thon at Chelsea Theatre to name but a few.*

“Our local programme will also introduce you to activities that are on offer throughout the year, including phone groups for residents who are housebound.

“We can also offer to support to older residents who may find it difficult to get out or don’t have access to the website. To find out more information call, Open Age’s Link Up Team on 020 4516 9977 or email silversunday@openage.org.uk”

Cllr Cem Kemahli, Lead Member for Adult Social Care and Public Health and Kensington and Chelsea Council, said:

“We’re proud to support Silver Sunday again. Being active and engaged in the community is really important for our older residents. These events provide a great opportunity to get out, meet new people and experience a taster of some of the activities you can do on a more regular basis.

“Our libraries also have a fantastic programme of free activities and events over the coming week, covering subjects like using Zoom and social media or searching your family history, which can be [booked on the library event website.](#)”

Silver Sunday is organised by the Sir Simon Milton Foundation, a charity that works to reduce loneliness and isolation amongst older people. For one day every year, Silver Sunday provides older people an opportunity to get out of the house, try new things and meet new people as well as to find out about local services that are available throughout the year.

Silver Sunday Founder, Lady Christabel Flight said:

“Some people don’t like to admit they’re feeling lonely and Silver Sunday is a positive way to do something about it by meeting new people. You’re never too old to try something new and Silver Sunday is the perfect opportunity.”

Find out more about events and activities across the borough at

www.silversunday.org.uk

ENDS

Notes for editors

Events in Kensington and Chelsea

- Open Age Member Exhibition: Wrinkles in the City, Saatchi Learning Gallery, Monday 20 September to Sunday 3 October

Friday 1 October

- Open Age Dance-A-Thon, Chelsea Theatre, 10am to 4pm

Saturday 2 October

- The Wisdom Hour, creative storytelling at the Design Museum, 2pm to 4pm
- Songhaven dementia friendly concert, St Paul's Knightsbridge, 3pm to 4pm

Sunday 3 October

- Metro Bank Silver Sunday, Kensington High Street, during open hours
- Better Silver Sunday, free swimming at Kensington Leisure Centre, 10am to 12noon

Monday 4 October

- Explore the biography store collection, Kensington Central Library, 2pm to 3pm

Tuesday 5 October

- Make, Do and Discover, Science Museum, Tuesday 5 October, 2pm to 4pm
- Walking football with Chelsea FC, Westway Sports Centre, 10am to 12noon

- Search your family history online, Kensington Central Library, 2pm to 3pm

Wednesday 6 October

- Read journals and newspapers online, Kensington Central Library, 11am to 12 noon
- Learn to read books online, Kensington Central Library, 2pm to 3pm

Thursday 7 October

- Getting to grips with social media, Kensington Central Library, 2pm to 3pm

Friday 8 October

- Sip & Sing, Al-Hasaniya Moroccan Garden, Friday 8 October
- An introduction to Zoom, Kensington Central Library, Friday 8 October, 2pm to 3pm

About Silver Sunday

Silver Sunday was launched in Westminster in 2012 by The Sir Simon Milton Foundation and Lady Christabel Flight, Westminster City Council's Older People's Champion. The project was set up to combat the loneliness experienced by older residents in the city of Westminster and to encourage community interaction through an annual day of events. In 2013 it went national following interest from local councils, community organisations and businesses. In 2019 around 1,200 events took place across the UK, with all events donated free by local businesses, partners and community organisations. Silver Sunday now takes place on the first Sunday in October every year.

About Open Age

Open Age supports older people across West London to live healthy, joyful and independent lives. They typically engage with 1500+ individuals every week from a community of 4,500+ members, ages 50+.

They offer a weekly programme of 350+ Arts, Culture & Social; Learning & Skills, and Physical group activities. As a member-led charity, this programme has grown and developed over 28 years of working with older people. Since 2020 Open Age also have a remote programme, delivering via Zoom and now continues to be a part of our programme.

With over 4500 members, Open Age is committed to reducing isolation by supporting and celebrating older people in London. Membership is free! Find out more at <https://openage.org.uk> or call 020 4516 9978

About the Sir Simon Milton Foundation

The Sir Simon Milton Foundation works to provide young people with jobs and training and ensures that older residents are looked after and involved in a community that values their contribution. For more information on the Sir Simon Milton Foundation visit www.sirsimonmiltonfoundation.com