

Age UK's Silver Sunday



Sunday 5 October 2025

Age UK's Silver Sunday, the national day for older people, is taking place on (and around) Sunday 5 October 2025. Please add it to your diary!

Silver Sunday was started as a response to the heart-breaking impact of **social isolation and loneliness** among our older population. It is now a national day where everyone can come together by hosting fun and free events for older people around the country: an uplifting day where older people can meet new people, visit new places, try new activities and connect with their local communities and generations around them.

To show their support for the campaign, lots of groups, including **English National Ballet, Lord's Cricket Ground, Westminster Abbey** and **The British Library** to name a few, very kindly put on free special events. We would be so grateful if you could support in some way, either by hosting an event(s) or supporting other local/national events - or any other ideas you may have!

See [link to the Info Pack](#) which gives a little more of an overview, but if you've any questions or would like to talk through ideas, please get in contact with lucinda.hurrey@ageuk.org.uk

Age UK will be really grateful for anything you can do to support the day in your locality.

Please do join their [new Facebook group](#) and [sign up to their newsletter](#) too.