

“It’s good to find different things to do instead of being stuck at home”

Dear colleagues,

Silver Sunday is a day of fun and free activities for older people which celebrates the value and knowledge they contribute to our communities. Loneliness and isolation is an increasing problem and the day also aims to draw those at risk into the community for a fun, stimulating day out, meeting new people.

“If you don’t have anywhere to go you tend to think ‘I can’t be bothered to go out’ and get stuck indoors”

[Visit the Silver Sunday page on People First](#) to see what’s going on and let residents know about some of the huge range of activities on offer - there are over 100 across the 3 boroughs. Some will take place next week as well - it’s not just Sunday!

“The majority of people who attended had not engaged with us before. I spoke to at least two people who said they never leave the house”

Age UK’s Health Fair at Kensington Town Hall takes place this **Friday 2nd October between 11am and 4.00pm**. It’s another great opportunity for residents to find out about the wide range of services, activities and resources available locally.

Although aimed at RBKC residents many of the organisations taking part offer services across the three boroughs and it’s a good way to meet residents and to network with other agencies. Find [out more here](#). People First will be there with a stall so come up and say hello!



And whatever the day or week, People First has hundreds of activities and events throughout the year. [See our events listings here](#)



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