

WELCOME TO SILVER SUNDAY

4 Oct 2026 11am-3pm



**Middlesex University, The Burroughs
NW4 4BT**

FREE PARKING available in the Greyhound Hill Car Park. By bus:
143, 183, 326, 125, SL10

WELCOME TO SILVER SUNDAY 2026

Welcome to Silver Sunday 2026 - our biggest celebration of ageing well and staying connected. Last year was the largest Silver Sunday event in the country and it's wonderful to be back together again.

This year's programme has all the favourites from last year plus some excellent talks and new speakers and other additions like our vibrant merengue session.

Throughout the day you'll find music, dance, creative workshops, health checks, friendly advice, and inspiring talks - all designed to support wellbeing, confidence and connection in later life.

Last year you told us you'd like more opportunities for learning - look out for our survey in the Chatty Room.

Silver Sunday is a joyful reminder that older people are at the heart of our community.

Thank you for being part of it. I hope you enjoy the day, try something new, meet someone interesting, and leave feeling valued and celebrated.

Helen Newman
CEO, Age UK Barnet



LUNCH - 12noon to 1pm



Lunch tickets
You will be given a lunch ticket on arrival. If you are collecting food on someone's behalf, please ensure you have their ticket. Vegetarian option available. **Let one of the team know if you have any allergens.**

INFORMATION



This year, we have over 40 representatives from organisations who are keen to share information about services, activities and opportunities available across Barnet.

Stalls are in the main Quad as well as in the smaller rooms.
Please come and say hello!

Programme Highlights...

Raffle

Walking football

Exercise tasters

Walking cricket

Bollywood dance



Talk: 10 top tips for healthy ageing

Talk: How to improve your memory



Workshop

Learn to merengue

Win an air fryer

N12 Community Choir



Get a health MOT



Hand massage

Dance for Joy disco



Making the most of your pharmacy

WHAT TO DO

SEE MAP OVERLEAF FOR ROOM LOCATIONS

ADVICE

WINTER HUB - ROOM CG11

Advice on reducing your energy bills, benefits and grants you might be entitled to and other support.
Raffle to win an air-fryer

CHATTY ROOM - ROOM CG11

Take our survey and tell us what you'd like to do and learn about. From **1.30-2.30pm**, join our story sharing workshop.

QUIET ROOM - ROOM CG03

A peaceful space to step away from the crowds and take a breather

STAY HEALTHY – ROOM CG47

Get a health MOT and have your blood pressure checked. Get advice on hearing. Watch a CPR demo! Get a hand massage!

GET ACTIVE – ROOM CG48

Get your fitness tested and find out your risk of type 2 diabetes. Find out about walking football, cricket, bowls, fitness and more. Get fit, get active, give it a go!! .

DANCE FOR JOY - ROOM CG51

Come and dance to your favourite songs in a fun and welcoming environment. Bollywood dance workshop at **1pm**.

PERFORMANCES

11.00-11.15	Welcome
11.15-11.30	Warm up with Neville
11.30-11.40	Barnet Hill Academy
11.40-11.50	Barnet College Dance Fusion
11.50-12.20	North London Rock Choir
12.20-12.50	BREAK
12.50-13.00	Dare2dance
13.00-13.15	The Unpaid Carer Shanty Crew
13.15-13.30	Merengue with Anwar
13.30-13.45	Bharat dance with Suhani
13.45-14.10	Classic tunes with Encore
14.10-14.25	Cool down with Shereen
14.25-14.55	N12 Choir
14.55-15.00	Close

ORGANISATIONS TAKING PART

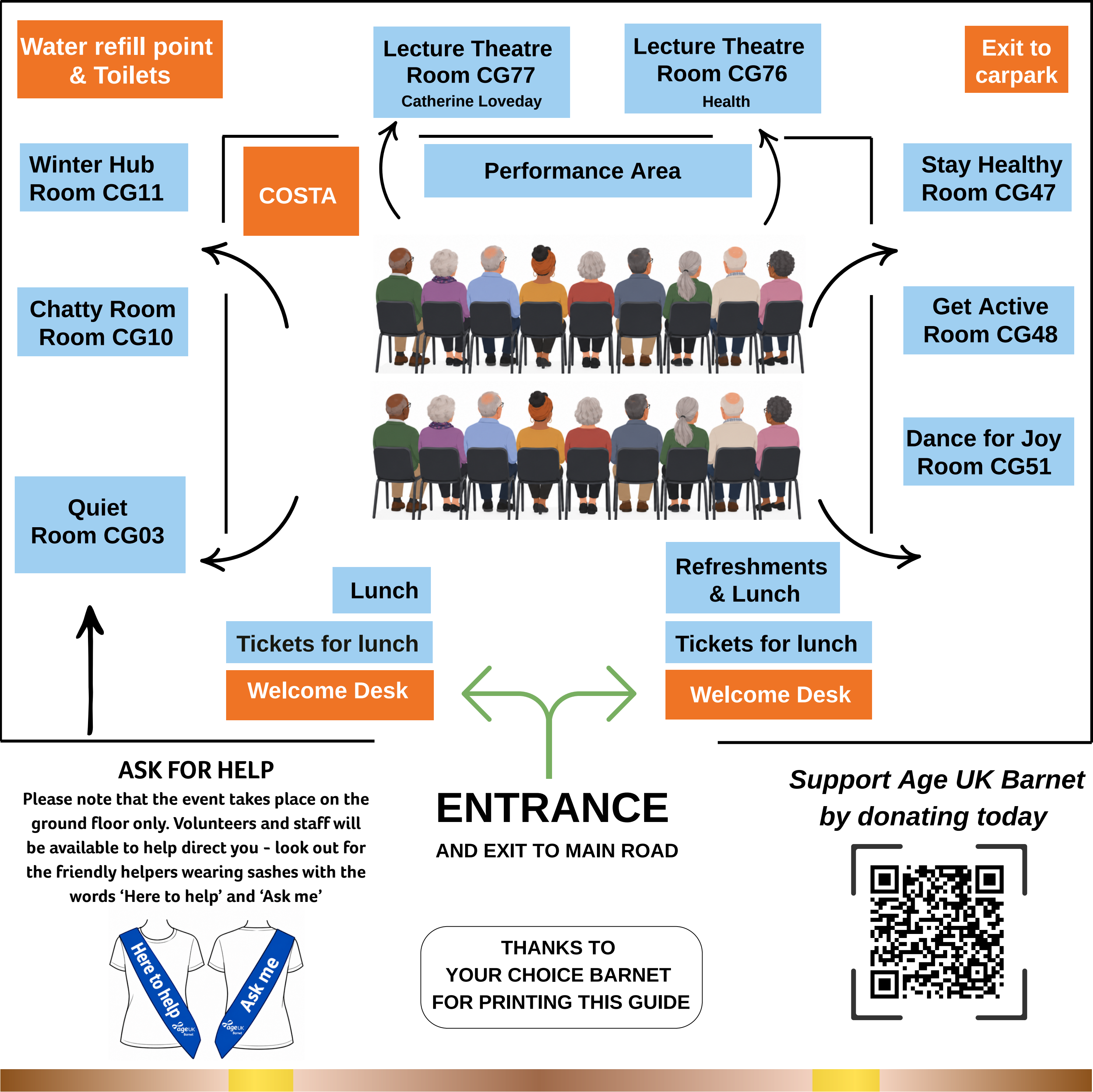
artsdepot, Barnet Council Engagement Team, Barnet Libraries, Barnet Primary Care Group, Barnet Walking Football, Boost, CLCH, Community Grocery, Dance For Joy – MDX, Diabetes UK, FAB, Finchley Charities, FVPBB – Finchley & Victoria Park Bowling & Social Club, GLL, Green Doctors, Groundworks, In Health Group, Inclusion Barnet, LBB Sensory Team, Middlesex Walking Cricket, RAF museum, St John’s Ambulance, Verdure Clinic

TALKS

We are excited to once again present a varied line-up of talks presented by experts in their fields.

11.30 - 12.30	The science of memory: how we remember, why we forget, and what we can do about it	Neuroscientist Professor Catherine Loveday	Lecture Theatre Room: CG77
Break for lunch - and a chance to explore the rooms			
13.00 - 14.15	10 top tips for healthy ageing Don't ignore it: why health screening matters Your community pharmacy: here to help you	Dr Wakana Teranaka - Senior Registrar in Geriatric Medicine at Barnet Hospital Amalin Dutt, Senior Clinical Pharmacist and Michael Levitan, Chief Executive, Middlesex Pharmaceutical Group	Room: CG76
14.00 - 3.00pm	How to protect yourself from the latest scams	Scams team and the MET Police	Room: CG77

MAP - ROOM LOCATIONS



THANK YOU TO OUR AMAZING SPONSORS

For helping us make Barnet the best place to grow older in!

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Luxury living
EXCEPTIONAL CARE

Your Choice
Barnet
PERSON CENTRED

UNISON
the public service union

MED EQUIP
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