

Silver Sunday

The national day for people age 65+

Sunday 1st October 2023 11.00am – 2.00pm



Join us for a **free** family event to celebrate the contribution of older people to society. This event presents an opportunity to bring generations together and tackle the problem of loneliness amongst older people.

We will also be showcasing some of the groups and services available to older adults in Birmingham and Solihull to improve mental health and wellbeing.

Come along and enjoy

Tea, coffee and cake Learning about local groups and services Wellbeing activities such as chair yoga Making new friends

Younger friends or family members are also welcome to attend but spaces are limited so please book in advance.

To book your FREE place

You can call us on: 0121 301 3950

email: bsmhft.longtermplan@nhs.net

or visit our Eventbrite page: tinyurl.com/Silver-Sunday



Delivered in partnership with

Birmingham and Solihuli Mental Health MR. Purelation Yest

Birmingham Women and Children



Join us at Uffculme Centre Main Hall 51 Queensbridge Road Birmingham B13 8QY

Free onsite parking