

# Back to school? Slip into slippers!

It's the time of year again when parents are busy preparing for a new term, and for some this will mean a new beginning as children start school for the very first time. While this may be an anxious time for families, it is also a time to celebrate the imminent changing of the seasons, and transition to new things.



For Age UK Cambridgeshire and Peterborough the autumn also spells the start of new projects and hopefully new relationships as we look to launch our autumn campaign, Slip into Slippers. There's something so comforting about slipping on a pair of your favourite slippers as the nights become cooler, for young and old alike, slippers seem to represent warmth and comfort.

This year we will be inviting schools to participate in a Slip into Slippers Day, where staff and pupils can enjoy a day of footloose freedom in their slippers in return for a donation to Age UK Cambridgeshire and Peterborough.

Of course, Slip into Slippers is about much more than simply wearing your slippers to school or work. We want people to use the day to challenge the stereotypes, possibly negative attitudes, towards older people, and start thinking about how we can work together to improve the lives of older people in Cambridgeshire and Peterborough.

By working with younger members of the community we hope to encourage and continue to facilitate opportunities for intergenerational communication.

Developing these links will not only help to foster support for the future, but will provide opportunities for old and young members of our community to learn from each other and share knowledge and experiences providing a better understanding of the issues each generation faces.

We have already undertaken some great projects with schools, and offered some simple opportunities for children to socialise with older people.

**So please pledge your support and join us Slip into Slippers!**