



*An invitation from*  
**Age UK Norfolk**  
**to celebrate**   
**Grandparent's Day**



# This coming Autumn, Age UK Norfolk is inviting your school to think about grandparents, great-grandparents and those older people special to you, just in time to celebrate Grandparent's Day!

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Local charity [Age UK Norfolk](#) are encouraging primary schools across Norfolk to learn about people in later life, how Age UK Norfolk is supporting them, to explore how Whole School British Values relate to older people and to engage in intergenerational activities with important older people in their lives.

We are hoping that your school can schedule an assembly or class lesson focussed on older people you know, around the first or second week in October 2024 to coincide with Grandparents Day in the UK. We've prepared some handy follow on activities with downloadable work sheets which you may find useful.

## How do these activities relate to the curriculum?

- ✓ Whole School British Values. Promoting Respect for Others (through Spiritual, Moral, Social and Cultural Development)
- ✓ Foundation Stage. Understanding the World-Past and Present, People Culture and Communities
- ✓ KS1. PSHE- People who help us
- ✓ KS1. History - Changes within living memory
- ✓ KS2. PSHE- Social Development through topics such as Families and Friendships, Respecting Ourselves and Others, Belonging to a Community.
- ✓ KS2. PSHE - Economic Education through talking about fundraising and the role of charities in society.



## About Age UK Norfolk

Age UK Norfolk is an independent charity with 75 years' experience providing essential services to older people. Our objective is to improve later life and make Norfolk a great place to grow older. We do this by providing a number of vital services for those in later life, including:

- Information and Advice
- Welfare benefit checks and assistance with applications
- Advocacy
- Money Matters (supporting clients with household finances, paperwork and budgeting)
- Befriending
- Digital inclusion and
- Travel companions



Age UK Norfolk is a brand partner of Age UK (national). This means that, whilst we are part of a federation of over 120 Age UK partners, we are registered independently and responsible for raising our own funds which support older people right here in Norfolk. Our relationship with other Age UK brand partners across the UK allows us to share knowledge and expertise, and to actively promote the wellbeing of people in later life through collective national and local campaigning work.

## What's included in this pack

- Background information about Grandparents Day
- List of story books that could be read, appropriate for different age ranges possibly for an assembly or in class.
- Video about Age UK Norfolk
- PowerPoint of suggested discussion topics
- Video explaining Telephone Befriending
- Suggestions for follow up ideas in school including 'Our Favourites' and 'Then and Now' worksheets
- Suggestions for follow up ideas at home
- E-flyer to send home in your school newsletter
- Resources to help with holding a fundraiser for our [Befriending Service](#) that you may wish to introduce.

## About Grandparent's Day

Grandparents Day, as we celebrate it in the UK, originated in America after a woman called Marian McQuade wanted to create a day to celebrate grandparents after discovering many of the residents in a nursing home didn't have visitors.



The day was first recognised in West Virginia in 1973, and became a national holiday in the US five years later when Jimmy Carter, the president at the time, signed a federal proclamation. It was first introduced as a day in the UK by Age Concern in 1990.

Since October 2008, it's been celebrated on the first Sunday of October every year. This day is celebrated across the world, though on different dates: in France, a Grandmothers' Day is still celebrated on the first Sunday in March. In Germany, Grandmothers' Day is celebrated on the second Sunday in October, while there are also days to recognise grandparents in Italy, Mexico, the Netherlands and the Philippines.

## Assembly / Class Discussion Ideas

You may feel it more suitable to discuss this subject in a classroom situation, as knowing your pupils and being able to react sensitively to issues brought up by individuals may be more appropriate.

### Story

See our list of story suggestions for different ages.



### Discussion

You may like to use our PowerPoint presentation of suggested discussion topics.

## Share how Age UK Norfolk help older people in the community

You can use our short video about Age UK Norfolk to help explain the issues facing people in later life and how Age UK Norfolk is helping.

### Introduction to Loneliness

Not so long ago, to keep ourselves and others healthy we couldn't go out and see our friends or travel to see our families. For some people, their lives are always a little like this as they can't easily travel or get out to visit friends. Perhaps they don't have close family to talk to, or anyone able to come and see them.



You may like to play our short video about our Befriending service and how it is helping older people.

For older children (if appropriate) you could show our website and discuss the main services Age UK Norfolk offers and perhaps why.

### Fundraising

If your class would like to do some fundraising, we suggest focussing on the aim of raising funds to pay for Befriending phone calls to lonely older people in Norfolk who are in need of somebody to talk to. An achievable aim to set the class might be to raise funds to provide 10 Befriending calls (£40) for lonely older people.

Some fundraising ideas to explore could include:

- Hosting a bake sale
- Non-uniform day
- A whole “school chat-athon “. Pair up and pretend you're on the phone, can you talk to and listen to a partner for 15 mins ( longer or shorter according to the children's ages)?

For more ideas and useful information about holding a fundraiser, you can view our [Fundraising Guide](#) on our website.



## Follow up ideas for at school

- Offer to become pen pals for a local care home.
- Survey the class and find out how many different names and terms there are used for their grandparents (Gran, Nanny, Grandpa etc.)
- Bring in photos of their grandparents at the same age as themselves. Spot the similarities and differences( e.g. clothes, hairstyle , where the photo is taken and what are they doing?)



## Follow up ideas for at home

- Send home a profile form of their favourites for the children to fill in and then find out the answers from their older person and compare (you can download 'Our Favourites' worksheet from our website)
- Fill in our Technology and Homes, Then and Now comparison worksheet for themselves and then with the help of their older person (you can download our 'Then and Now' worksheet from our website)
- Have a good chat with an older person you know and perhaps find out a bit about their childhood memories.
- Hunt in the local library for another story book with an older character in it.
- Think about your favourite memory and ask an older person what special memory they have from when they were the same age.
- Share a special object. What is your favourite possession? Could an older person show and explain why an object is important to them?
- With help create a family tree and talk about what is known about previous family members.
- If you are able to spend some time with an older person, maybe see if you can share a favourite activity with them such as cooking, gardening, playing a card game or watching a favourite film

***If you would like help or support from us to celebrate Grandparent's Day, or you'd just like to share your experiences with us, we'd love to hear from you!  
Email our team at [fundraising@ageuknorfolk.org.uk](mailto:fundraising@ageuknorfolk.org.uk)***

