**Sample newsletter text**

**Join us to celebrate Silver Sunday**

Try something new on Silver Sunday, with a huge range of events taking place for older people on Sunday 1st October.  This year we will be hosting an [insert event details] on [insert date of event] to help you try something new, meet new people and have a fantastic day.  Book now to secure your place, or let an older friend or relative know about it. [Insert booking details].

Silver Sunday is a national day for older people on the first Sunday of October to help overcome loneliness, that is supported by the Sir Simon Milton Foundation. In 2022 around 1,000 events took place across the UK, with all events donated free by local businesses, partners and community organisations.

Find out more at silversunday.org.uk.