**Sample newsletter text**

**Join us to celebrate Age UK’s Silver Sunday**

Try something new this Silver Sunday! Coming along to a Silver Sunday event is a great way to meet people, have fun and try some new activities.

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].

We know attending a group event can sometimes feel daunting but rest assured that all Silver Sunday events are friendly and informal, with helpers on hand to make sure you feel welcome and included.

Age UK’s Silver Sunday is a national day in October where communities come together by hosting fun and free activities for older people. It’s the biggest celebration of older people in the UK and this year it takes place on Sunday 5 October. Find out more at ageuk.org.uk/silver-sunday