

This Sunday marks the celebration day of Silver Sunday, which is an annual day of fun and free activities for older people across the UK. As a champion for older people, I am delighted that this initiative is now a permanent fixture on national calendar and have always been delighted to support the action day here in Chatham & Aylesford since it began in 2012.

Silver Sunday is an opportunity for older people in our communities to come together and enjoy the various activities on offer (and I really do mean various- think west-end sing a longs and chocolate tasting just to name a few!). With over 600 different events taking place across the country, this is a fantastic way for thousands of older people are able to get out of their homes, attend a special event and have the chance to make new friends and connections.

Recognising that with a little extra support older people can live well and provide an outstanding contribution to the community, I have always been committed to taking a proactive approach on this issue. I will be celebrating our older people at my upcoming Medway Pensioners Fair, which is scheduled to be taking place on Friday 28th October between 10am-2pm at the Victory Academy School in Chatham. Everyone is welcome wherever you live.

After the success of last year's Fairs, I am inviting all pensioners, their families, friends and carers to attend this free event again, which aims to share information and advice about the local services, support and activities available across the local area. I am particularly excited as this Fair will be bigger and better than the last and it will for the first time include advice talks from Kent Police and Trading Standards on scams and safety. My next one in the Medway area will be in the spring.

In the meantime, let's come together to help raise awareness, give support and celebrate the wonderful contributions of older people to our communities!