



Information for **families, groups and communities** participating in #CardiganPride

About #CardiganPride

Cardigan Pride is an important show of solidarity with older women. It recognises the valuable contributions older women make - and the importance of combating the disrespect and inequalities older women face. By participating you are helping us to build a culture of respect for older women.

How to participate

- Host an event: in your home, the local park – anywhere, on 22nd September (or the week before). Make it fun with a cuppa or a picnic and ask staff to wear cardigans
- Provide information/education: on inequalities for older women if your group want it (see project webpage for podcast and article)
- Share images: of your family, group or community wearing cardigans, include the project hashtags #CardiganPride and #OlderWomenCount

More information

The project webpage (celebrateageing.com/cardiganpride) includes resources on inequalities for older women, including links to:

- Podcast (coming soon)
- Article (coming soon)
- The [un]Silencing of Older Women Free Online Symposium ([here](#))

Contact us

- Project Coordinator Dr Catherine Barrett 0429 582 237 or director@celebrateageing.org
- Project webpage: celebrateageing.com/cardiganpride