



**JUNE 15**  
**WORLD ELDER ABUSE**  
**AWARENESS DAY**

elderabuseawarenessday.org.au | #WEAAD

## STIR A CUPPA FOR SENIORS

**It's easier than ever to help spread awareness for WEAAD! Show your support this 15 June without even leaving your home by 'Stirring a Cuppa for Seniors'!**

Hold your own '**Stir a Cuppa for Seniors**' event

1. Connect with colleagues, friends or family over a cuppa via Zoom or in your own home.
2. Everyone wears something **purple** or has something **purple** in the background – the official colour for WEAAD.  
It could be purple flowers, purple wig, purple décor, purple backdrop, purple toys, purple face paint, purple anything!
3. Take a screenshot in Zoom, or snap a group photo of everyone **stirring their cuppa**.
4. Share your snaps on social media with the hashtag **#WEAAD** and your own personal message to show your support for seniors.

We'd love for you to share your '**Stir a Cuppa for Seniors**' snaps with us!  
Email them to [info@seniorsrights.org.au](mailto:info@seniorsrights.org.au)

Snap a Selfie while '**Stirring a Cuppa for Seniors**'

It's as simple as snapping a selfie to show your support for seniors this WEAAD.

1. Make a cuppa (tea, coffee, or something else).
  2. Take a selfie with your cuppa and include something **purple** in the photo.
  3. Add the hashtag **#WEAAD**
  4. Share it to social media - it's that easy!
- » You could also dedicate your photo to someone special, eg.  
*"Love you, Grandma! I'm 'stirring a cuppa for seniors' to show my support for World Elder Abuse Awareness Day #WEAAD #bestgrandmaever".*
- » It doesn't have to be a selfie, it can be a snap of just your cuppa.

