

# National Day of Reflection

## Toolkit for supporting organisations

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National Day of  
**Reflection**  
23 March

Thank you for supporting and taking part in the first National Day of Reflection on 23 March 2021.

On 23 March it'll be one year since the first UK lockdown. Since then, millions of people have been bereaved, both as a result of covid-19 and due to other causes.

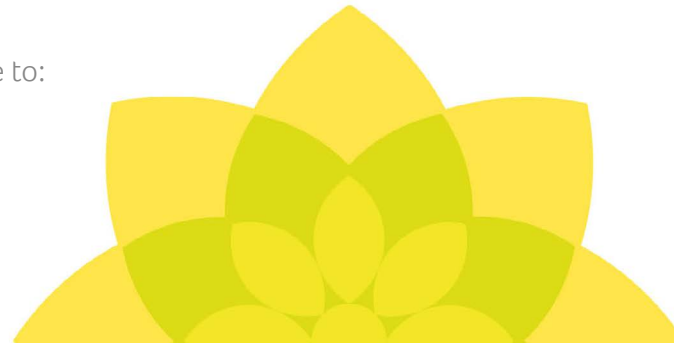
The restrictions we've all been living under have meant that many people have had to grieve without the comfort of having friends and family around them.

The National Day of Reflection will give us a time to unite and reflect on this tragic loss of life and our collective grief as a nation.



National Day of  
**Reflection**  
23 March

On the National Day of Reflection, we're asking people to:



# Take a minute to reflect and a moment to connect

Join the minute's silence at 12 noon on 23 March to show  
your support for the millions of people who've been bereaved

**and**

take a moment to connect with someone you know who's grieving.  
Have a chat, send a card, a message or spring flowers.



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You can support your staff on the day by:



Time

Giving them time and space to take part  
in a way that suits your organisation.



Support

Signposting them to bereavement  
support resources - see page 7.

There are others ways you can get involved, including:



### **Joining our online talks and conversations.**

From exploring the songs to help with grief with BBC 6 Music's Gideon Coe to taking a closer look at bereavement at work with a Marie Curie expert, we'll be exploring matters of life and death throughout the afternoon with a selection of special guests.

See the latest updates and sign up at [mariecurie.org.uk/nationaldaytalks](https://mariecurie.org.uk/nationaldaytalks)



### **Grief**

### **Sharing experiences of grief and loss, and spreading the word about the day, on social media.**

During a year of isolation and lockdown, many of us haven't had a chance to share our stories with one another and the pain we've been through.

The 23 March will be a chance to talk openly about grief, share experiences and support one another.



### **Hope**

### **Planting flowers to symbolise hope.**

As well as reflecting on the grief of the past year, the National Day of Reflection is also about hoping for a brighter future.

Sowing seeds in the hope of beautiful blooms in months to come is one way to do this.



### **Shining a light in the evening to show support for the millions of people who've been bereaved.**

If you're unable to make the minute's silence at 12 noon, you might want to take some time later in the day to light a candle or shine a light in memory of those who've died, and to show support to those who're grieving.

**Whatever you do for the National Day of Reflection, share your photos, reflections and experiences using #DayOfReflection**

## How to describe the day

You can use this wording to describe the National Day of Reflection in any communications, for example on social media, in emails or on your website.

### Long

Since the first lockdown began in 2020, hundreds of thousands of people have died. Too many lives have been cut short and millions have been bereaved.

Behind the statistics and whatever the cause, every death has been devastating for the people left behind. Many have been unable to properly say goodbye to their loved ones, comfort or even hug each other.

As a nation, we need to acknowledge the millions in silent pain. So join us on 23 March, the first anniversary of the first UK lockdown, for a National Day of Reflection.

Let's come together to reflect on our collective loss, support those who've been bereaved, and hope for a brighter future.

There are still tough times ahead, as the death toll continues to rise. So whatever your background, whatever your beliefs, and whatever you've been through, please join us for our first National Day of Reflection.

This annual day will give us all time to pause and think about this unprecedented loss we're facing, and support each other through grief in the years to come.

### Medium

Since the first lockdown began in 2020, hundreds of thousands of people have died. Too many lives have been cut short and millions have been bereaved.

Behind the statistics and whatever the cause, every death has been devastating for the people left behind.

Join us on 23 March, the first anniversary of the first UK lockdown, to reflect on our collective loss, support those who've been bereaved, and hope for a brighter future.

There are still tough times ahead, as the death toll continues to rise. This annual day will give us all time to pause and think about this unprecedented loss we're facing, and support each other through grief in the years to come.

### Short

Since the first lockdown began in 2020, millions have been bereaved.

Join us on 23 March, the first anniversary of UK lockdown, to reflect on our collective loss, support those who've been bereaved, and hope for a brighter future.

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### General call to action









On 23 March, let's come together to reflect on our collective loss, support those who've been bereaved, and hope for a brighter future.

Search 'Day of Reflection' to find out more.

### Communication tools

These resources will help you talk about the National Day of Reflection and to get your communities involved.

[You can download all of these and more from the Marie Curie website:](#)

	Logo	
	Press release template	
	Presentation template (blank)	
	Email signature	
	Social media assets	Please use <b>#DayOfReflection</b> and tag <b>@mariecurieuk</b>
	Selection of illustrations	
	Designer's guide	
	Video call backgrounds	

### Bereavement support:

**Ataloss.** Help for people who have been bereaved. Includes a search tool for local support, griefchat service, Grablife activity support weekends, bereavement support for men, and support for young people.  
**ataloss.org**

### BAMEstream Bereavement Support

**Service.** Support for adults from Black, Asian and other minority ethnic (BAME) communities who've been bereaved due to covid-19. Provided by the Nafsiyat Intercultural Therapy Centre, which offers therapeutic support in over 20 different languages. **020 7263 6947**  
**bamestream.org.uk/bereavement-support**

**Beyond Words.** Books, e-books and downloadable resources for people who find it easier to understand pictures than words, including people with learning difficulties. Topics like 'Getting on with cancer', 'When Mum died' and 'When Dad died'.  
**020 7492 2559**  
**booksbeyondwords.co.uk**

### Compassionate Friends.

A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other bereaved parents, siblings, and grandparents who have suffered the death of a child or children.  
**Helpline: 0345 123 2304**  
**tcf.org.uk**

**Cruse Bereavement Care.** Provides bereavement support, either face-to-face or over the phone, from trained volunteers around the UK. Calls to this helpline are free.  
**Helpline: 0808 808 1677**  
**cruse.org.uk**  
**crusescotland.org.uk**

**Marie Curie.** The Marie Curie Support Line provides practical and emotional support for anyone who's been bereaved, whether it happened recently or some time ago. You can also get ongoing support from a bereavement volunteer.  
**Support Line: 0800 090 2309**  
**Online information and support: mariecurie.org.uk/support**  
**Booklets and resources, including easy read versions: mariecurie.org.uk/publications**

**WAY (Widowed & Young) Foundation.** WAY is the only national charity in the UK for men and women aged 50 or under when their partner died. It's a peer-to-peer support group run by a network of volunteers who have been bereaved at a young age. It runs activities and support groups for people coping with grief.  
**widowedandyoung.org.uk**

### Child bereavement support:

**Child Bereavement UK.** Ideas for teachers in schools as well as parents and children.  
**Helpline: 0800 02 888 40**  
**childbereavementuk.org**

**Childhood Bereavement Network.** Offers information about local support services.  
**020 7843 6309**  
**childhoodbereavementnetwork.org.uk**

**Childline.** Supports children and young people with a range of issues, including mental health, bullying and family problems.  
**0800 1111**  
**childline.org.uk**

**Grief Encounter.** Supports bereaved children and teenagers. **020 8371 8455**  
**griefencounter.org.uk**

**Hope Again.** A website designed for young people by young people who have been bereaved (part of Cruse Bereavement Care).  
**0808 808 1677**  
**hopeagain.org.uk**

**Sibling Support.** A website tool which provides resources for children who are coping with the death of a brother or sister.  
**0800 02 888 40**  
**siblingsupport.co.uk**

**Winston's Wish.** A child bereavement charity which offers specialist practical support and guidance to bereaved children, their families and professionals.  
**08088 020 021**  
**winstonswish.org.uk**

### Stories about grief and useful articles from Marie Curie's magazine:

Talkabout is Marie Curie's online magazine which aims to support and inspire conversations about dying, death and grief.

[How to support a grieving colleague \(even if you're working from home\)](#)

[VIDEO: Two colleagues talking about grief](#)

[Five tips for writing a meaningful condolence message](#)

[Taking time off work to grieve: Why is it important? And what are your legal rights?](#)

[PODCAST: Celebrities share their stories of grief and bereavement](#)

[Rammi Janack: "What I learned from being widowed at 33"](#)

[Shirley Woods-Gallagher: "Shielding meant I couldn't say goodbye to Dad"](#)

[What should I say to someone who's grieving?](#)

[Mairi Clark: "Friends have avoided me because they knew what had happened"](#)

[Gary Powell: "The isolation makes grieving during lockdown harder"](#)

If your staff and beneficiaries have experiences they'd like to share, they can contact Marie Curie's Stories team at [stories@mariecurie.org.uk](mailto:stories@mariecurie.org.uk)