

Day of Reflection 2024

Welcome pack

dayofreflection.org.uk

#DayOfReflection



What is the Day of Reflection?

Marie Curie's Day of Reflection is happening on Sunday 3 March and we want you to be a part of it. The Day of Reflection a special moment in the calendar to remember everyone who died during the pandemic, to support people who are grieving, and to take time to recognise and reflect on the

sorrow, collective loss and unresolved grief that emerged from such unusual times.

As the UK's leading end of life charity, we know just how important it is to acknowledge and reflect on our grief. That's why we're encouraging everyone

to take a moment to reflect, such as a minute's silence, to honour those who've died and to share the name of a loved one you're remembering on the day. You can do this on social media; at a local event; or in any way that feels right to you.

About Marie Curie

Marie Curie is the UK's leading end of life charity. We are here for anyone with an illness they're likely to die from, and those close to them. Whatever the illness, wherever you are, we're with you to the end.

We bring 75 years of experience and leading research to the care we give at home, in our hospices and over the phone. And we push for a better end of life for all by campaigning and sharing research to change the system.



Watch some of the highlights from last year's Day of Reflection

Three ways to get involved



Take time to reflect

Whether you're an individual or part of an organisation, we can provide ideas and resources to help you mark the day in your own way.



Share their name

Tell us who you're remembering by writing their name on a petal (see page 4 for more details on how to do this).



Take part in an event

Tell us about the reflective events you're planning, such as a minute's silence, or join a reflective activity local to you.

Ideas for your workplace

As part of this year's Day of Reflection, we're asking you and your families, communities, schools and workplaces to come together to reflect and remember all those who died during the pandemic, whatever the cause. We want you to tell us who you're remembering on the day by writing their name on one of our downloadable petals.



Tell us who you're remembering

on social media by using the hashtag **#DayOfReflection** and tagging **@mariecurieuk**.



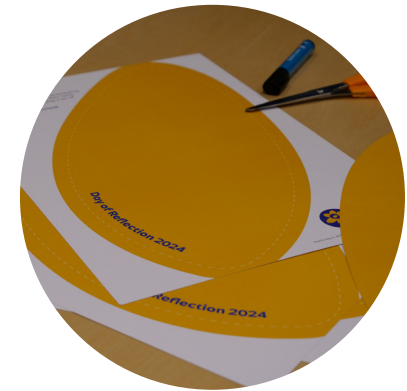
Get creative

Whether you choose to write a name on your petal or simply decorate it, think about where you might like to display it when it's finished. Perhaps there's a window or wall that you can encourage colleagues to add their dedicated petals to.



Make time for colleagues to talk and share

It might help to familiarise yourself with our **Grief at Work webpages** before having conversations with colleagues about bereavement and grief.



Download resources

You might like to borrow ideas from our schools pack or **download petals** for your colleagues to write on or decorate.

Using your Day of Reflection petals

For this year's Day of Reflection we've created a [special yellow Marie Curie petal](#) that you can use to share the name of a person who has died that you're remembering.

There's no right or wrong way to use the petals, but here are a few suggestions for getting started:

Keep it simple

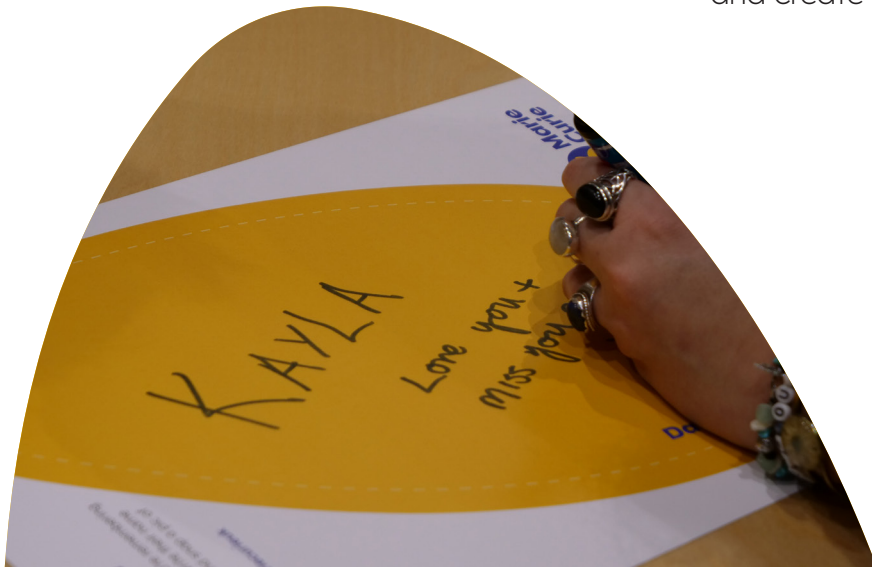
It could be as simple as writing a name or decorating a petal, though if you want to tell a loved one's story, that's fine too. Tell us who you're remembering by writing it on one of our downloadable petals.

Share your petal

It's up to you how you share your petal – you might like to display it in the window of your home, school, or workplace, or if you want it to be seen by even more people, why not share a picture or video with us on Instagram or TikTok using [#DayOfReflection](#) and tagging [@mariecurieuk](#)

Create a space

If you're part of a community group, school or workplace that plans to mark the Day of Reflection, you might prefer to create a bespoke space for the petals to be displayed. We have [resources you can download](#) to help you plan and create it.



Bereavement resources

Resources to help your organisation manage bereavement

We've all been there: the clumsy conversations, the painful silences. When someone is bereaved, it can be hard to know how to react. We all want to help but it can feel like a bit of a minefield.

At Marie Curie, we know small, simple changes can make a big

difference to grieving people. We're here to help your organisation transform the way you support your colleagues who are bereaved.

Get started at
mariecurie.org.uk/grief-at-work



Support if you or someone you know is grieving

If you, or someone you know, is grieving, the Marie Curie Support Line can help.

Whether your bereavement was expected, happened recently or was some time ago, we're here to listen and discuss your practical and emotional concerns. We can also support you

before your loved one dies.

Speak to one of our trained Support Line Officers or get ongoing support from a bereavement volunteer.

Call free on **0800 090 2309**

Spread the word

Whatever you do for the Day of Reflection, please share your photos, thoughts, stories and experiences using **#DayOfReflection** and tag **@mariecurieuk**

If you're doing an activity or hosting an event, please share it by adding it to our event map at **dayofreflection.org.uk**

There are useful toolkits and templates on the site too, including our downloadable petal and a pack that can be used in schools.

Any questions, ideas or suggestions?

Please get in touch with our Day of Reflection team

Email dayofreflection@mariecurie.org.uk

Find out about supporting Marie Curie's vital work in other ways

Visit mariecurie.org.uk/get-involved

