

Dear Alan and Carly,

Thank you both, and NARPO, for being part of the National Day of Reflection on 23 March.

It truly was a special day – bringing people from all backgrounds, communities, and all parts of the UK together, to reflect on the tragic loss of life we've all felt over the last year and support to all those who are grieving.

We really appreciate your involvement and support, which has helped make it such a special and meaningful occasion for the nation.

We had been contacted by Gloucestershire NARPO branch, who told us they planned to contact their members who had lost someone during the pandemic. I know many of your other branches would have done something similar.

Hundreds of organisations and millions of people paused for a minute's silence at midday, including both the House of Commons and the House of Lords. And HRH the Prince of Wales shared a special message of support from the Royal Family.

Landmarks – from the London Eye, to Cardiff Castle, Belfast City Hall and the Scottish Parliament Building – shone yellow to light up the night for the bereaved. And many people took to their doorsteps with their own candles, torches and phone lights too.

In communities, people tied ribbons around trees in memory of people who have died, planted flowers, created spring flower displays and hosted all manner of events to show their support for the millions grieving.

The National Day of Reflection may be over, but our grief remains. Whether that's for friends or family members who've died, or for the collective loss we've all felt.

Days like this show how powerful it can be when we unite as a nation. Together we can help each other heal from our collective and personal grief.

The pandemic isn't over, and its long-term effects will take a long time to be fully understood, so in the weeks and months to come, it's important that we keep supporting each other through this grief.

We encourage you to keep signposting your staff and members to our bereavement resources and organisations that can help them. A list can be found on the [National Day of Reflection webpage](#). Your colleagues can also call the Marie Curie Support Line on 0800 090 2309 for ongoing support from a trained bereavement volunteer.

On the day, we hosted a series of talks and conversations on bereavement and tips and support for people who are grieving. These will be made available to watch on demand for free on the [Good Grief Fest webpage](#).

Going forward, we want the National Day of Reflection to become an annual event. So that in the years to come we can get together to support those going through grief, but also talk more openly in our communities, and as a nation, about our relationship with death and bereavement.

Thank you again for your support. Together, we were able to make this day special for the millions who've been bereaved and take time to celebrate the lives of the people they're grieving for.

What did you think about the National Day of Reflection? Please take a moment to fill out our [five-minute survey](#) with your views on the day and how we could improve it in future years.

It will be nice to have a catch up soon,

Thank you again

Kerri

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