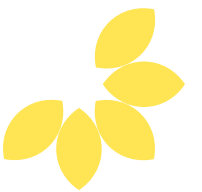
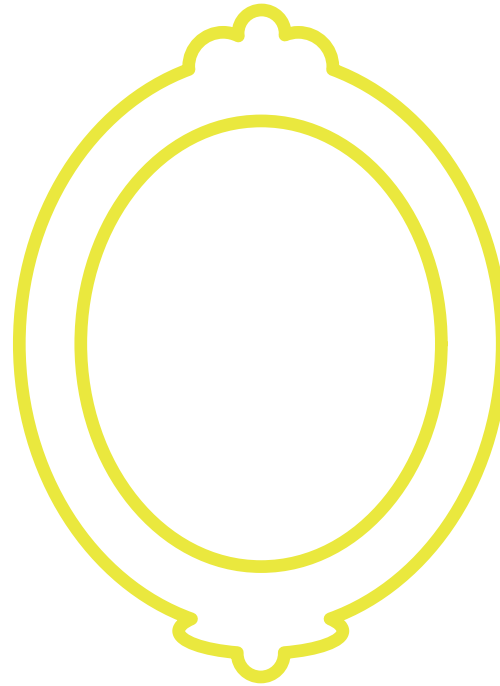
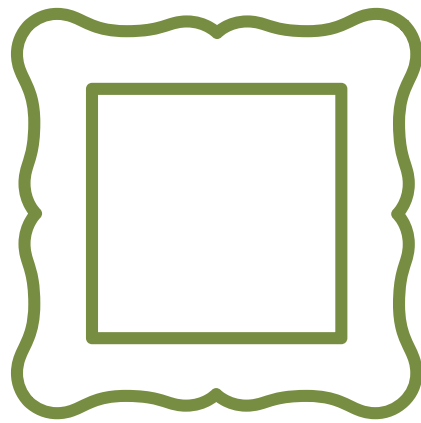




Wall of Reflection

A simple guide to create your own



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Quick overview

What is the National Day of Reflection 2022?

The second National Day of Reflection is taking place on 23 March, 2022.

On 23 March, let's take time to connect, supporting the millions of people who are grieving, and remembering the family, friends, neighbours and colleagues we've lost during the pandemic.

Whether sudden or expected, the death of someone close to us can be devastating. We will all feel the pain of grief at some point in our lives. The last two years have reminded us how much harder grief is when you are isolated from those whom you care about and those who support you.

While life is beginning to return to normal for some people, several million people are still living with the trauma of loss, and not being able to grieve properly. This includes many children as well as adults. We need to come together, in our streets, workplaces, schools and communities, as well as with the nation at large, to acknowledge and soothe this pain.

Let's make the legacy of the pandemic years one of compassion, love and active support for those who grieve, both now, and in the years to come.



National Day of
Reflection
23 March

The scale and nature of bereavement in the UK



Grief and bereavement will affect nearly all of us during our lifetime, and millions of us are affected by it right now.

One in 30 children, for example, lose a significant family member such as a parent or sibling.

Between March 2020 and January 2022, 1.1 million deaths have been recorded in England and Wales alone. For every death, it's estimated that an average of five people are deeply affected.

This means that almost 5.5 million people will be grieving someone close to them who has died since the pandemic began.

The National Day of Reflection will help us support and connect with each other through various activities both before, and on, the day.

Coping with bereavement, and supporting people who are grieving, are valuable life skills we can all benefit from.

What are Walls of Reflection?

We're asking schools, workplaces, community centres and many other shared, public spaces up and down the UK, to create Walls of Reflection for the National Day of Reflection.

The walls will be commemorations and celebrations of people who have died in the last few years, created by people who want to remember them. Volunteers will support everyone from pupils in schools to employees in workplaces to share their memories.

This guide will help you to set up a Wall of Reflection. It contains some ideas, tips and practical suggestions.



Hosting a Wall of Reflection: the basics

Find the right space.

1

**Sign up a few
volunteers.**

2

**Write to your
community and
local press.**

3

**Use our downloadable
toolkit.**

4

**Continue to share
information about
the wall.**

5

**On the day, bring
people together for a
moment of reflection
at your wall.**

6

**Share images and
stories from the day.**

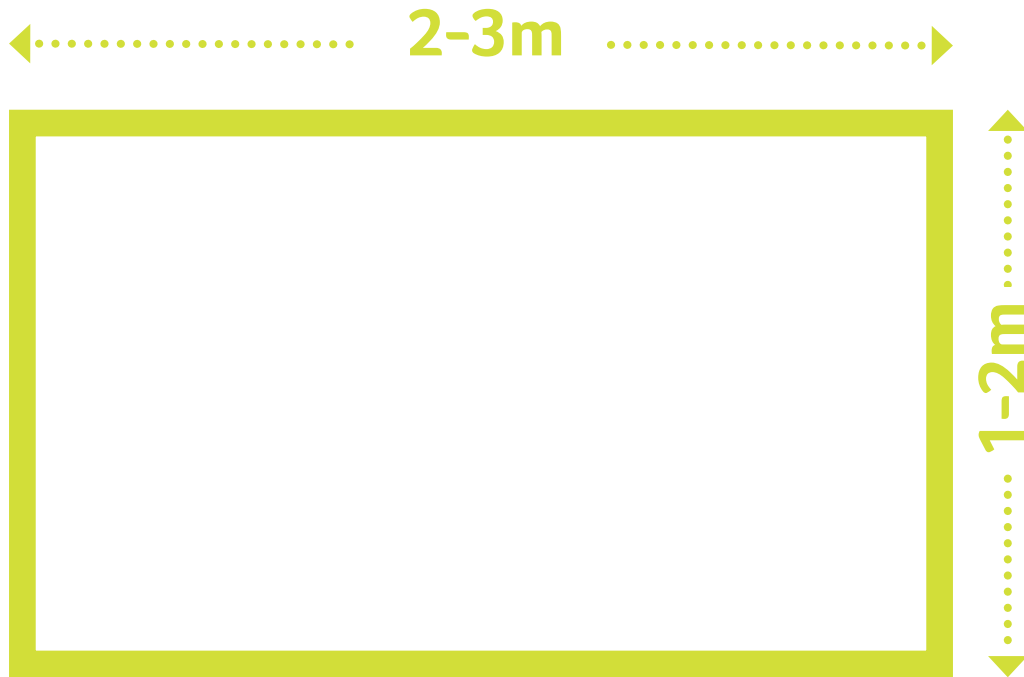
7

**After the day, decide
how you'd like to keep
memories of the wall.**

8

More detailed
guidance

Finding the right space



Try to find a large, clear area of available wall space. We'd recommend at least 2-3m wide by 1-2m high. Ideally, the wall space should be smooth and light in colour.

You could use an existing noticeboard, 'show-and-tell' or display space, or create a new one.

Ideally, there should be enough space around the display itself to hold a 'Tea and Biscuits' gathering on 23 March.

Lighting (whether permanent or temporary) should be good enough for the display to be seen clearly.

Your wall should feel like a celebration of people, as well as a commemoration, so it's important to get the mood right. You should try to make the space feel like somewhere that's shared, but also safe for people to share very personal thoughts. Try to avoid either very gloomy areas, or crowded spaces with lots of people passing by.

You also need the space to be easily supervised.

Getting volunteers to help



The walls will need one or two volunteers who can act as 'hosts' of the wall.

Their main roles are to:

- Look after health and safety.
- Make sure your community knows about the wall.
- Help people share their memories.
- Make sure the display is always respected and safe.
- Organise the 'Tea and Biscuits' event.
- Ensure the display is dismantled and preserved in the best way possible.

Encouraging people to take part



Make people aware of your wall and provide them with suggestions of the different ways they can take part.

Put up posters advertising the Day of Reflection and the Wall of Reflection, in prominent areas of your building or community.

Advertise the wall on things like intranets, newsletters and social media, inviting people to commemorate loved ones they're grieving.

Encourage people to think of the different ways they could commemorate someone – through photos, poems, objects, music, stories, articles, hobbies, recipes, food, and more.

With music, you could create a shared playlist on a streaming service and play it from someone's laptop on the day.

Remind people to also share their contributions to the wall on social media using #WallsofReflection and @mariecurieuk.

In primary schools, you might want to think about how children with less first-hand experience of grief and bereavement can still take part in the Wall: for example, offering messages of support, love and friendship for bereaved people in their local community.

Sharing personal materials and memories can be difficult, so it's important to reassure people your wall will be hosted carefully and sensitively.

Encouraging people to take part: email template

Here's an example of an email you could use to promote the day.

Heading:

Will you join the **[organisation name]** Wall of Reflection?



On 23 March, the second National Day of Reflection is taking place.

While life is beginning to return to normal for many people, several million are still living with the trauma of loss, and not being able to grieve properly. This includes many children as well as adults.

As part of this year's National Day of Reflection, we're asking the *[local community / school / company]* to come together and show our compassion, love and support for others by building a *[organisation name]* 'Wall of Reflection'.

The wall will commemorate and celebrate the people close to us who have died in the last two years. You can find our Wall Of Reflection at *[add details]*

We'd love you to share your memories on our wall. There are ideas and inspirations for different ways to do this at mariecurie.org.uk/walls-of-reflection And remember to share your contributions on social media using #WallsofReflection and @mariecurieuk.

For more information, *[host contact details e.g. email name@name.co.uk]* or search 'Day of Reflection' to find out more about the National Day itself.

Thanks for your support

Encouraging people to take part: social media template

Here's an example of a Facebook or social media post you could use to promote the day

Heading:
Introducing the [*name*] Wall of Reflection



On 23 March, the second National Day of Reflection is taking place.

While life is beginning to return to normal for some people, several million are still living with the trauma of loss, and not being able to grieve properly. This includes many children as well as adults.

Our [*local community / school / company*] is coming together to show our compassion, love and support by building a [*organisation name*] Wall of Reflection.

The wall will commemorate and celebrate the people close to us who have died in the last two years. You can find our Wall Of Reflection at [*add details*]

We'd love you to share your memories on our wall. There are ideas and inspiration for different ways to do this at mariecurie.org.uk/walls-of-reflection

And remember to share your contributions on social media using #WallsofReflection and @mariecurieuk.

Putting the display up

Allow one to two weeks before 23 March to start to build your display area. To make it quick and easy to set up your wall, we have created downloadable, printable materials (see next page).

Materials available include:

Wall of Reflection signs, to be positioned top left and top right of your wall.

An explanation board telling people what the day and the wall are all about.

Invitation to a Tea, Biscuits and Reflection event at the wall on 23 March, with space for you to add specific details.

Details of bereavement services available around the UK.

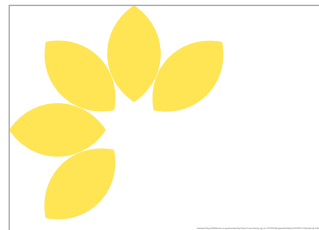
A selection of picture frames of different styles, within which you can place mementoes: pictures as well as words.

Corner panels that can be used on any size or shape of display to frame your wall.

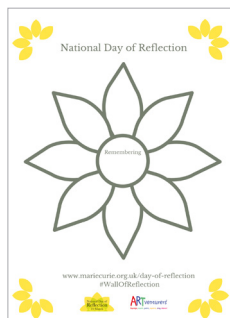
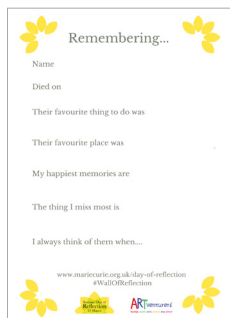
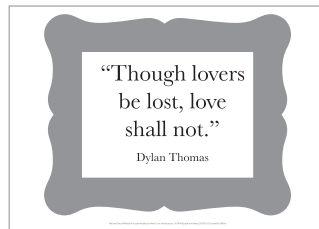
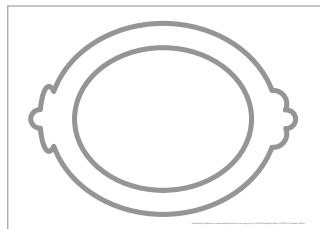
You might well find it useful to also set up a table in front of, or next to, your wall. This will be useful for displaying any objects or mementoes that cannot be wall-mounted; for food; or for a laptop to play music and videos.



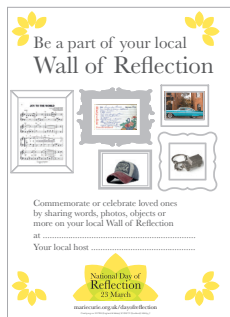
Downloadable materials for your wall



Wall graphics
Frame 'blanks' are included within which people can add mementoes – these can be pictures as well as words.



Art templates



Posters

To get the ball rolling, start creating the outline of your wall, and add some inspiration to help people begin adding to it.

To do this, we've provided you with:

- Graphics you can use to frame the outline of your wall.
- A range of picture frames inside which you can add your own photos, drawings or words
- Ready-to-use poems, inspiring phrases and quotes that you can place straight on the wall.
- Simple ideas for sharing memories that you can send to your community, encouraging people to contribute to your wall.
- Art templates with spaces for people to add names or messages.

All templates are A4 size, but can be printed larger and smaller as necessary.

You might also want to put yellow ribbons on your wall or table to which people can add names of loved ones.

Download as much as you need from mariecurie.org.uk/walls-of-reflection

A number of local printers around the country have agreed to help print materials, should you need them. To find your nearest participating printer, go to the list on the Printweek website at printweek.com and search for 'Marie Curie'.

Tea and biscuits on the day



On the day itself, we're encouraging people to come together for 'Tea and Biscuits at the Wall of Reflection'. Or whatever food and drink is suitable for your venue or school.

People will gather round the wall, with chances to talk about loved ones who've died, and for others to listen and comfort them.

You can do this at any time on the day that suits your community, but elevenses is an especially good time, perhaps finishing with the national minute of silence at noon.

Your gathering can last for whatever amount of time you think is right for your community to share and connect.

Post images or videos of your wall and event on social media using #WallsofReflection and @mariecurieuk.

What to say on the day

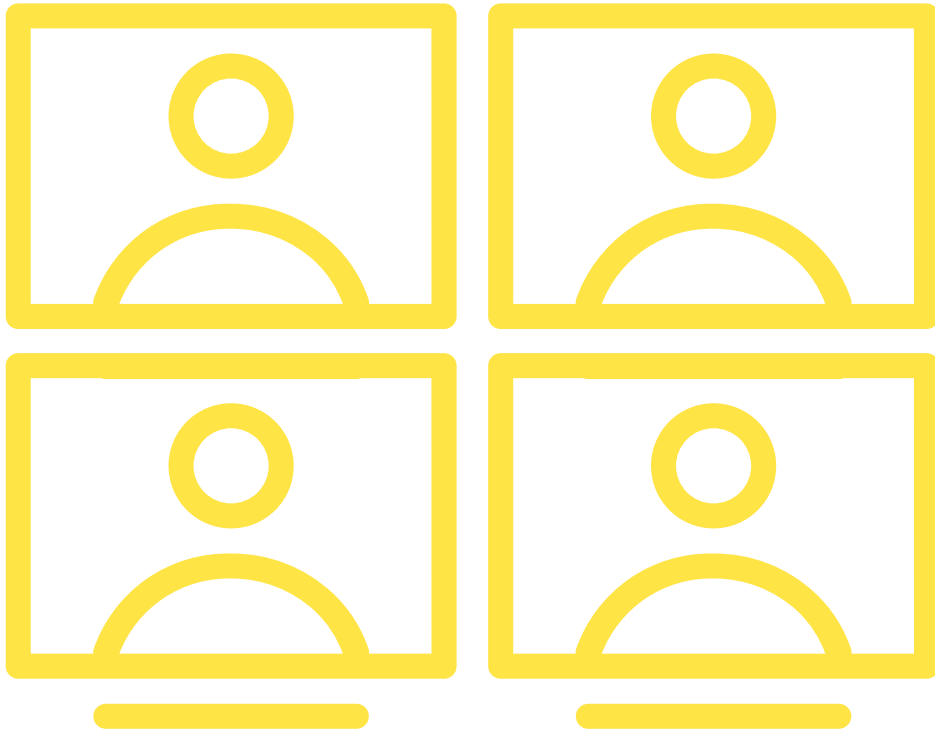


You know your community best and should manage the day as feels appropriate.

However, below are some suggestions on what to say on the day:

- Welcome everyone to the event.
- Thank everyone who's helped to support the wall and the day, especially people who've shared memories and helped create your wall.
- Explain what the National Day of Reflection is about – a time for all of us to connect, supporting people who are grieving, and remembering the family, friends, neighbours and colleagues we've lost; and an opportunity to take the time to acknowledge – and reflect on – our experiences of grief and loss.
- Remind people about any other activities happening on the day that may be relevant (eg midday minute of silence and a range of online events).
- Encourage people to explore the wall and talk and connect with one another.
- Encourage people who have shared memories on the Wall to talk to the gathering about the loved ones they're commemorating. This could be explaining how they've chosen to commemorate those loved ones through mementoes on the Wall of Reflection, or on the table in front of it. Or people could do readings, play some music, or even share things like food cooked to a loved one's favourite recipe – try to encourage people to do whatever feels most appropriate to them.
- Point out the list of additional services that are available for anyone who'd like to use them, including bereavement support (eg list on the wall, cards with details, more details and services at mariecurie.org.uk/get-involved/day-of-reflection/grief-resources)

Creating and hosting a digital wall



Some groups and work colleagues may only be able to connect virtually, rather than in person.

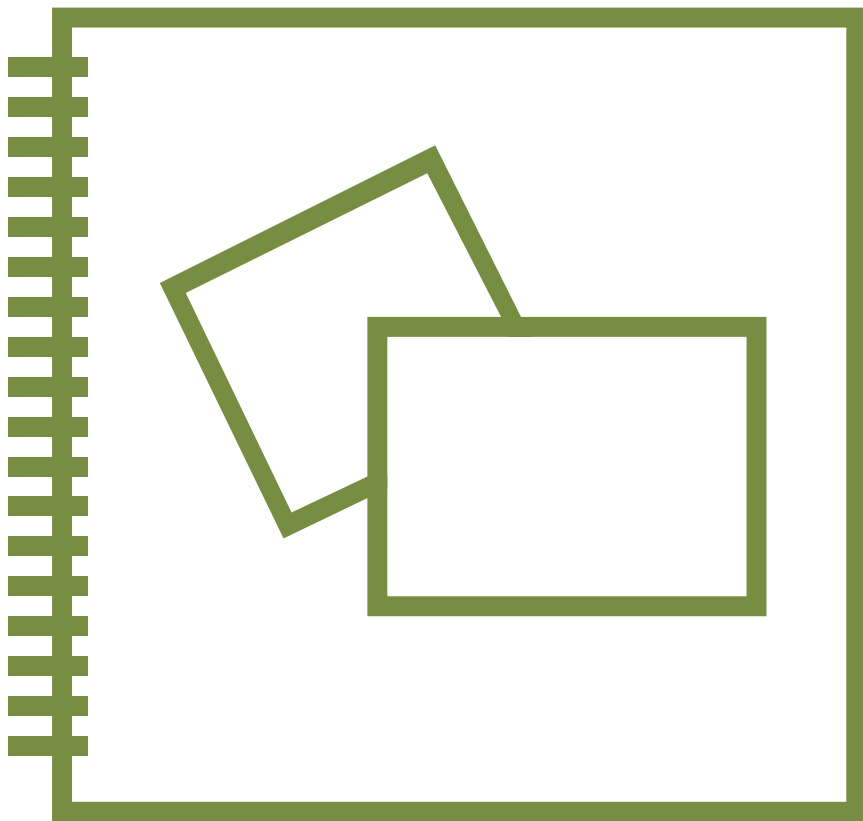
If this is the case, you can still create a virtual wall using digital tools.

To create your wall, encourage people in your community to upload their memories to a shared virtual whiteboard. You can use apps like Google Jamboard or Microsoft Office Whiteboard.

You'll find various downloadable materials in our Kit of Parts to make your Wall of Reflection look great. Then just ask your community to use the range of editable templates within the Kit of Parts to submit any photos and words that they would like to share on your virtual wall.

Finally, on 23 March, host a virtual gathering by inviting your community to join a group video call on, for example, Zoom or Microsoft Teams.

After the day



When you've finished bringing together memories on your wall, you'll need to consider what to do with everything people have shared.

There are several options here, and you should choose the one that suits your wall and your community best:

- Contributors could take down and keep what they've shared. You might also want to encourage them to share the memories on their own social media and upload them to our Memory Cloud at mariecurie.org.uk/memory-cloud
- Someone could take a good quality photo of the whole display which could then be shared digitally or printed as an A1 poster.
- You might want to make an album from all the memories people have shared, perhaps one that visitors can see all year round.
- You could bury the contents in a time capsule to be dug up in future years (this might particularly appeal to schoolchildren).

Managing grief

— support materials

When someone is bereaved, it can be hard to know how to react. We all want to help, but it can sometimes be hard to know where to start.

Simply hosting a Wall of Reflection is one really helpful way of supporting people in your local community.

To find out more about how to support people who are grieving, or if you're grieving yourself, visit mariecurie.org.uk/get-involved/day-of-reflection/grief-resources

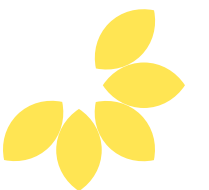
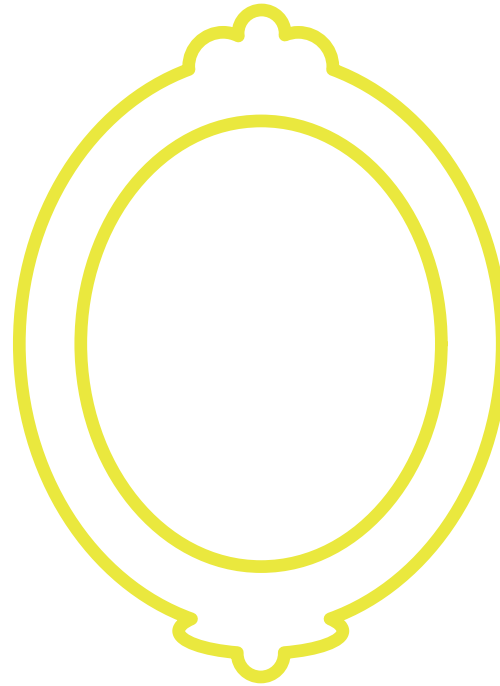
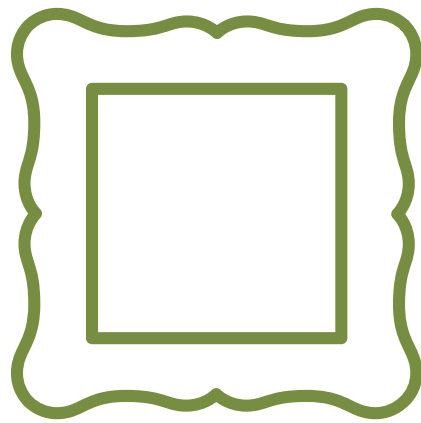
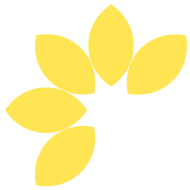


Suggested timetable

Week beginning 28 February	Week beginning 7 March	Week beginning 14 March	Week beginning 21 March	Week beginning 28 March
Commit to running a Wall of Reflection	Build your Wall of Reflection	Continue to spread the word and share updates on the day		Take down the wall, making sure to return any items that people have asked to be given back, but also thinking about ways you might preserve some of the memories eg in an album, large printed photograph or time capsule
Find the right place for your wall of Reflection	Let your community know what's happening	Get more contributions to the wall from your community		
Sign up your volunteer organising team	Get the first contributions for the wall from your community		Host an event such as Tea and Biscuits at your wall	
			Wednesday 23 March: National Day of Reflection	
			Share information about your event and other activities from the National Day	

 Your actions

 Actions of your community



National Day of
Reflection
23 March

Led by



mariecurie.org.uk/dayofreflection

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