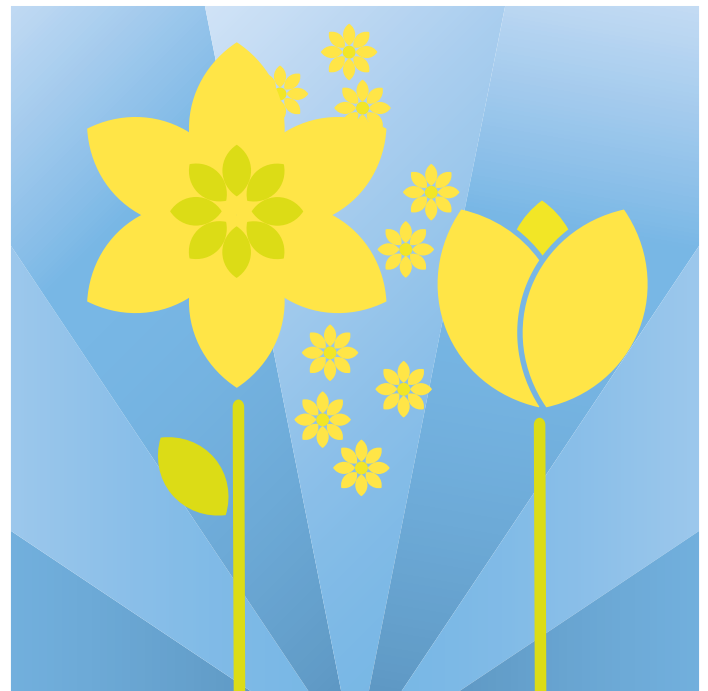


The National Day of Reflection on 23 March marks one year since the first UK lockdown.

Let's come together to reflect on our collective loss, support each other and hope for a brighter future.

Search 'Day of Reflection' to find out more or get support if you're grieving.



The National Day of Reflection on 23 March marks one year since the first UK lockdown.

Let's come together to reflect on our collective loss, support each other and hope for a brighter future.

Search 'Day of Reflection' to find out more or get support if you're grieving.



Instructions:

1. Cut along the dotted lines.
2. Fold the greeting cards in half.
3. Write your message.

If you're not sure what to write, we've got tips for writing meaningful condolence messages. Head to mariecurie.org.uk/blog/five-tips-for-writing-a-meaningful-condolence-card

If you or a loved one is struggling with grief, call the **Marie Curie Support Line** on **0800 090 2309** for free and ongoing bereavement support.

