

Join the minute's silence

at 12 noon on 23 March

to support the millions who've been bereaved

and

take a moment to reach out
to someone you know who's grieving.

National Day of
Reflection
23 March

More ways to get involved



Wear your daffodil as a symbol of hope through grief and to support the Great Daffodil Appeal.



Join our free online talks and conversations, featuring expert panels, real life stories and celebrities.



Draw, plant or buy spring flowers to put in your window to symbolise hope.



Shine a light in the evening to show your support for the millions of people who are grieving.

Led by



mariecurie.org.uk/dayofreflection