

National Day of
Reflection
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This year, on Wednesday 23rd March, the UK observed National Day of Reflection. This year, this national day marked two years since the start of lockdown in the UK, due to the COVID-19 pandemic.

Created by life-changing charity, Marie Curie, the National Day of Reflection encourages people to spend time thinking back to how much life has changed over last two years, remember those who we have lost but also, the people who have helped us to get to where we are today.

It's without doubt that key workers, NHS workers and people in the social care sector have been pivotal in keeping the most vulnerable people in the country safe and well cared for. So, across the Excelcare family, we honour this day each year and encourage the people living and working in our homes to do the same.

Please see the stories and picture galleries below of how this day was marked across the Excelcare family.





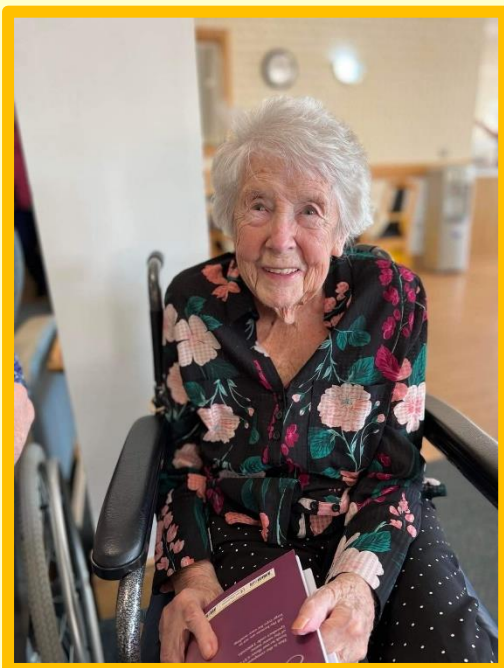
Cambridge

Etheldred House Care Home

On National Day of Reflection, the team at Etheldred House invited Judith and Cicely from the Church of England to deliver a remembrance service at the home.

During the service, they remembered people who they had lost throughout the pandemic and took time to think about all of the families that had experienced grief. They also took time to praise the people who selflessly continued to work and put other people's health and safety above their own.

They sang some beautiful hymns accompanied by Cicely who played the piano. It was a lovely way to mark the day and remember everybody the COVID-19 virus impacted.





Fitzwilliam House Care Home

At Fitzwilliam House, residents had been making paper daffodils ahead of National Reflection Day, so they were on display around the home during the National Day of Reflection. With the sun shining down, people also took time to admire the daffodils which had bloomed in their garden.

The team hosted fun activities throughout the day to allow people to engage in the day and reminisce about the last two years. The first activity was baking a lemon drizzle cake. People helped with different parts of the cake making session. Some people cracked eggs and others sieved the flour before combining it and whisking the mix together. Throughout the baking activity, the team played songs with yellow in the title, which included, 'Yellow Submarine', 'Yellow Brick Road' and 'Yellow', by Coldplay.

In the afternoon, team members took around small mirrors to people and sat with them as they described what they saw in their reflection. The aim of this was to say all the positive things they saw in themselves as well as what they are grateful for.

Jean said, "I can see a lucky lady who has had a brilliant life, has lived abroad for a few years and has a wonderful family."

Pam simply said, "I can see someone who has given and received a lot of love."

As well as remembering the people they had lost during the pandemic, it was nice for people to share positive comments about what they see when they reflect about themselves. It certainly boosted wellbeing at the home, and many smiles were raised in the evening as they shared a slice of the lemon drizzle cake they baked earlier in the day.





Glennfield Care Home

The people living and working at Glennfield honoured the National Day of Reflection by spending time in the garden, surrounded by the colourful daffodils they planted in October 2021.

The had also decorated the benches with cut outs of daffodils and daffodil petals. Many people commented how pretty everything looked with the colourful shades of yellow added.

At midday, they honoured the national minute silence to remember all of the people whose lives had been impacted by the pandemic. People said they also thought about key workers and healthcare professionals who did all they could to help keep people safe and healthy.





Hunters Down Care Home

The people living at Hunters Down enjoyed looking at the beautiful daffodils blooming in the garden. These daffodils were planted for this national day back in October 2021 with the help of the Mayor of Huntingdon, Cllr Karl Webb.

At midday, the home was silent for a minute as everyone reflected and remembered the people we lost during the pandemic, as well as the people who helped to get to where we are now.

People enjoyed the sunshine and took inspiration from their daffodils to do some arts & crafts. They also did some flower arranging with the bouquets that were donated as an act of kindness to cheer people up during this challenging day. Some people coloured in photos of daffodils which they have since displayed in their rooms.

Due to the sunny weather, other people chose to enjoy the fresh air while listening to some classic music in the garden.





Primrose Croft Care Home

The people living at Primrose Croft began preparing for National Day of Reflection back in October 2021, when they planted 250 daffodils in the garden. They hoped these would grow and bloom in time for this important national day and to their luck, they did!

Everyone gathered near these daffodils at midday to take part in a one-minute silence. During this minute, they remembered the people who lost their lives during the pandemic and thought about the people who helped us to get to where we are today.

Throughout the rest of the day, the team hosted daffodil inspired activities for people to get involved with. This included a cupcake making activity with themed cupcake cases and an arts and crafts session, where people used foam daffodil stickers to create colourful works of art.

To end the day, the team hosted a memory themed garden party in the sun. They played popular songs from the past to help bring back memories, decorated the cupcakes they made earlier and danced in the sunshine.

It was a memorable day reminiscing and marking an important day for all.





Essex

Okeley Care Home

In preparation for National Day of Reflection, the team at Okeley Care Home decided to make small daffodil broaches that they could wear on the national day.

To do this, they cut daffodil shapes out of yellow felt, then used a darker shade of yellow to make the inside of the daffodil. These were then glued together and fastened with a pin, which could be fixed onto people's clothes.

They looked wonderful when complete and on National Day of Reflection, everyone wore them with pride. They helped to brighten up the day and served as a constant reminder of the challenges and changes we have faced over the last two years.





Stanley Wilson Lodge Care Home

It was a lovely sunny day at Stanley Wilson Lodge, so they marked National Day of Reflection in the garden. They enjoyed a hot drink and remembered not only the people they lost during the pandemic, but iconic people throughout their lives that have sadly passed away.

Some people shared memories of their life partners and told stories about them, whilst other spoke about their parents and siblings.

During the minute silence at midday, they admired the daffodils which had recently bloomed and when the minute came to an end, commented on how wonderful they looked in the sun!



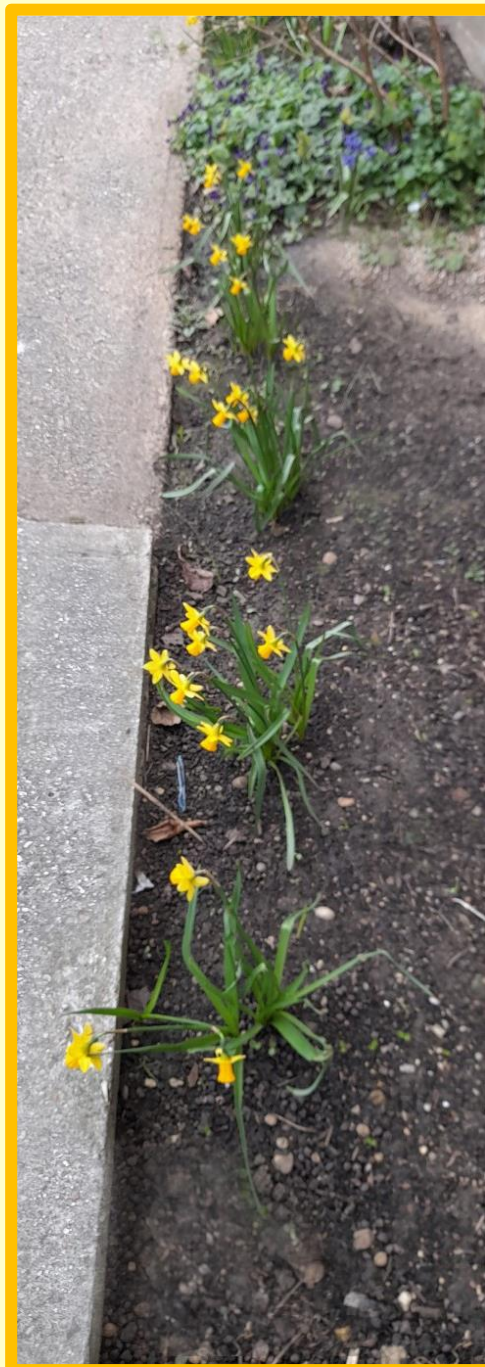


Sweyne Court Care Home

At Sweyne Court, people spent time admiring the daffodils they planted in the garden last year to symbolise people who lost their lives during the pandemic.

Everyone was delighted to see these flowers in bloom again this year, and as they admired the flowers' beauty, they thought about the people who lost their lives during the pandemic, as well as the people who helped us throughout.

These daffodils will continue to grow and as they bloom each year, will serve as a constant reminder about the people who sadly passed away during the COVID-19 pandemic.





London

Peartree Care Home

At Peartree Care Home in Sydenham, residents were joined by team members from creative minds to honour the National Day of Reflection.

They took part in a mask making activity, where they remembered the people who lost their lives in the pandemic and shared their wishes with these people's surrounding families and friends.

At midday, they took time out of their activities to join in with a one-minute silence and shared their hopes that a pandemic doesn't happen again!

