Remembrance Sunday
(Armistice day 11th November)
Remembrance Sunday is always the Sunday closest to the 11th of November. It is the day when the nation remembers all service men and women who have lost their lives not only in the two world wars, but also in other conflicts. Armistice day (11th) is the day when the peace treaty was signed after the first world war. Two minutes silence is usually observed on both days. It is important that all staff are made aware of this and that they respect the silence on both days.

What to do
Many of your residents will wish to buy and wear a poppy and the Royal British Legion will be happy to provide you with a collecting pot and poppies. They also have free resources on their website.

Set the scene
Make your own display by making paper poppies out of tissue paper. Put them in jars or attach to a board. You could also try painting poppies.

Watch
There is always a Remembrance service on the BBC on the Saturday night and on Sunday morning there is a televised parade and laying of wreathes in London. See if your residents want to watch this as a group or individually.

Local church
Most churches will hold a Remembrance Day service on the Sunday morning and they will be only too pleased to accommodate your residents.

In the garden
For those who have lost loved ones the RBL provide simple wooden crosses with poppies on that could be placed in your garden.

Poetry and music
In the afternoon, after the service, try and lift the mood with some poetry.

- In Flanders field.
- Daffodils by William Wordsworth,
- The owl and the pussy cat and Albert and the lion.

This is the day to also get out the old war time songs such as

- Pack up your troubles
- It's a long way to Tipperary
- We'll meet again
- There'll be bluebirds over
- You are my sunshine
- My Bonnie lies over the ocean
- Que sera sera.

Finish up
Finish up with some tea and cake!

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The Activity Coordinator’s Friend