



**EAST MIDLANDS**  
**RESERVE FORCES AND CADETS ASSOCIATION**

# COMMEMORATING REMEMBRANCE 2021

**Your guide to supporting Remembrance**

**[WWW.EASTMIDLANDSRFCA.CO.UK](http://WWW.EASTMIDLANDSRFCA.CO.UK)**



EMRFCA



@east\_mids\_rfca



@east\_midlands\_rfca



East Midlands Reserve Forces



# HELLO.

# WE ARE EAST MIDLANDS RFCA

East Midlands Reserve Forces and Cadets Association (East Midlands RFCA) is one of 13 RFCAs in the UK. We are a community-based organisation with the responsibility of advising and assisting the Defence Council, and the Royal Navy, Army, and Royal Air Force on matters that concern Reserves and Cadets.

With its headquarters in Nottingham, East Midlands RFCA helps to promote and support the Reserve Forces and Cadets across the region, and by harnessing the extensive knowledge and experience of its membership, works to build relationships and increase understanding between military and civilian communities.

East Midlands RFCA is responsible for providing support to Reservists' employers; supporting Reservists and Cadets; recruiting Cadet Force Adult Volunteers; and the maintenance and support of Army Reserve Centres and Cadet Centres within which Reserves and Cadets conduct their activities.



# WHAT IS ARMISTICE DAY?



**Armistice Day**

**Thursday**

**11th**

**November**

Armistice Day is commemorated every year on 11 November, to mark the armistice signed between the Allies of World War I and Germany. It marks the cessation of hostilities which took effect at 11 in the morning — the "eleventh hour of the eleventh day of the eleventh month" of 1918.

Two minutes silence is often observed in order to acknowledge the lives lost, both civilian and military, and the gravity of the cessation. Ceremonies will take place at your local cenotaph or town hall, including the laying of wreaths.



# WHAT IS REMEMBRANCE?



**Remembrance  
Sunday  
14th  
November**

Remembrance Sunday is held on the second Sunday in November and honours those who serve to defend our democratic freedoms and way of life.

- It unites across faiths, cultures and backgrounds, to remember the service and sacrifice of the Armed Forces community from Britain and the Commonwealth.
- It pays tribute to the special contribution of families and of the emergency services.
- It acknowledges innocent civilians who lost their lives in conflict and acts of terrorism.



# WHAT DOES THE POPPY SYMBOLISE?



## The Poppy

Remembrance does not glorify war, and its symbol, the red poppy, is a sign of both Remembrance and hope for a peaceful future.

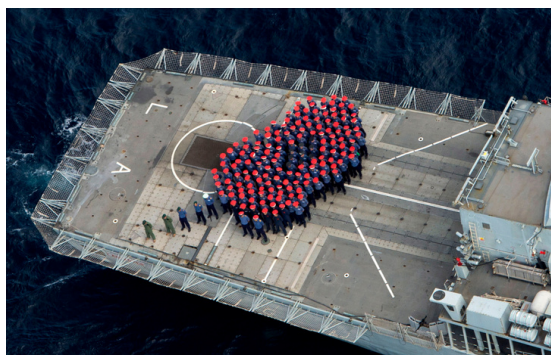
During the First World War previously beautiful countryside was blasted, bombed and fought over, again and again. The landscape swiftly turned to fields of mud: bleak and barren where little or nothing could grow. But out of this devastation, the delicate but resilient bright red Flanders poppies grew and flourished in their thousands.

Wearing a poppy is never compulsory but is greatly appreciated by those who it is intended to support. When and how you choose to wear a poppy is a reflection of your individual experiences and personal memories.



# HOW YOU CAN GET INVOLVED

- There are many local services of Remembrance and wreath-laying ceremonies in your local village, towns and cities. If you are able, and you feel safe to do so, show your support by attending and acknowledging Remembrance in person.
- As employers, there are many other ways in which you can support Remembrance from your home or office:
  - Sign the [Armed Forces Covenant](#): if you are not already signed up as a business, this is the most effective support you can provide.
  - Visit the [Royal British Legion](#) website for stories and information, to better understand Remembrance.
  - Donate to the [Poppy Appeal](#) to support current Armed Forces personnel and their families in need.



Whatever you do to mark Remembrance, please let us know and send any photos. We will record these against your 'Measures of Effectiveness'.



# SHOW YOUR SUPPORT

## INTERNAL COMMUNICATIONS

- Provide all staff with an e-signature banner to add to their emails during the week.  
(See Remembrance assets below).
- Arrange for two minutes silence in your workplace, and support staff in being able to mark this, where possible.
- Encourage your Veterans and Reserves to talk about what Remembrance means to them. Perhaps share their story with your staff and customers.  
Remembrance is not just about World War 1, it is about all those who fight to defend our democracy.



# SOCIAL MEDIA

Follow the Royal British Legion and share their stories and posts:

Twitter: [@PoppyLegion](#)

Facebook: [@OfficialPoppyLegion](#)

Instagram: [@royalbritishlegion](#)

LinkedIn: [@RoyalBritishLegion](#)

Use the following hashtags:

#EveryPoppyCounts

#Poppy100

#Remembrance

Tag us at East Midlands RFCA and we will like and share your posts:

Twitter: [@east\\_mids\\_rfca](#)

Facebook: [@EMRFCA](#)

Instagram: [@east\\_midlands\\_rfca](#)

LinkedIn: [@East Midlands RFCA](#)

You can download our [Remembrance assets](#) here.

We have provided ready-made templates for you to share on social media.

Royal British  
Legion

#EveryPoppyCounts

#Poppy100

#Remembrance





**EAST MIDLANDS**  
**RESERVE FORCES AND CADETS ASSOCIATION**

East Midlands Reserve Forces  
Triumph Road  
Nottingham  
NG7 2GG

07515 999 231  
em-comms@rfca.mod.uk

**[WWW.EASTMIDLANDSRFCA.CO.UK](http://WWW.EASTMIDLANDSRFCA.CO.UK)**



EMRFCA



@east\_mids\_rfca



@east\_midlands\_rfca



East Midlands Reserve Forces