

Bereavement Support Walk & Talk

Do you need to talk about the loss of a loved one?

It can be difficult to get out and about when you have lost a loved one.

Sometimes it can help to do a little gentle exercise and meet up with others for company.

Maybe you would like to share your thoughts and feelings or maybe you would just like some quiet companionship.

Our walk and talk group is here to help you.

- Walks will be easy and suitable for most. A gentle stroll in the park or canal side
- Guided peer support group
- Intimate and casual
- Share time with others experiencing similar loss or with experienced bereavement support workers
- A café stop will be included as an option
- We can help you contact local walking groups if you find it is something you enjoy

**First meeting on Thursday 25th January 2018 outside Mandels Cafe,
Dunwood Park, Shaw, OL2 7UR.**

Meet at 11am for a walk through Dunwood Park.

You must wear suitable footwear and clothing.

Please contact **Pauline Brierley**
for further information and to book on **0161 624 2727**



Providing care for those with
life limiting illnesses in Oldham