

How fit do I need to be?

A basic level of fitness is required for the walks which are conducted at a gentle pace. It is important to talk through any concerns you may have about walking with your doctor and to let us know about anything which could impact on your ability to participate. If you think you may be unable to manage the walks, you can still join us at the café afterwards.

What benefits are there from participating?

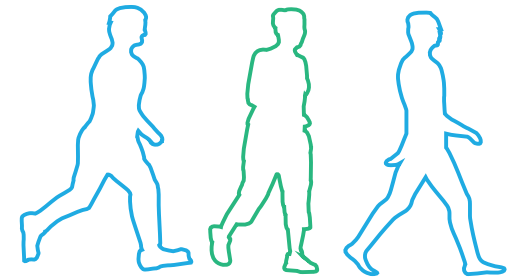
People have told us of many benefits they have experienced from walking. Some of the most common ones are:

- a chance to meet and connect with new people
- a positive focus during a time of loss and grieving
- a 'safe' place to share feelings and emotions
- a strong sense of camaraderie and support
- enhanced physical and mental health

For any enquiries about
Walking Through Grief
please phone 6224 3808



 Hospice Volunteers
Compassionate Care



Walking Through Grief

A walking group offering mutual
support for people who have
been bereaved

Telephone 03 6224 3808



About Walking Through Grief

The Walking Through Grief group meets fortnightly to support people who are experiencing grief following the death of a loved one. It is an opportunity to meet socially and enjoy some gentle exercise together in a safe and supportive environment.

Experienced Hospice volunteers, all of whom have done training in grief and loss, help organise and lead the walks. We walk for approximately one hour in a variety of locations in and around the Hobart area. We finish each walk at a café for a drink and a snack, or occasionally on warmer days, with a picnic.

Who can join the group?

Anyone whose loved one has died as a result of terminal illness is eligible to join Walking Through Grief. Numbers are limited to 16 participants and the group is unsuitable for children.

How can I join the group?

You are welcome to join the group one month or more after your loved one has died. After you have read this brochure, we invite you to call us on 6224 3808 for a chat about participating. There is a simple registration form to fill in which we will send to you. Once we receive your completed form, we will get back in touch with you to arrange getting started.

What if I am unsure about participating?

As with any new experience, it can feel difficult to come along at first but most participants begin to feel comfortable within the group after one or two walks. You will be encouraged to do only what feels manageable and you will be fully supported at all times.

How long will I stay with the group?

People can remain with Walking Through Grief for approximately 12 months. When it comes time to leave the group, we have a special morning-tea to farewell participants.

How much does it cost to participate?

There is no cost to participate other than the cost of a snack and refreshment at the end of each walk.

What do I need to bring?

We ask that you bring:

- required medications
- a hat, sunscreen and rain-jacket
- a flask of water

It is advisable to wear comfortable shoes suitable for walking and to be prepared for changeable weather conditions.