

## Walk and Talk Groups at North London Hospice

Our Walk and Talk Groups are led by trained bereavement support volunteers and the routes are planned with a range of abilities in mind. We have two social bereavement walks where anyone who has been bereaved and is known to the hospice may attend. The groups generally will walk for 1 hour 15 mins and then disperse or spend time having a drink at a local café.

### Why walk and talk?

Both are immensely beneficial for our physical and emotional wellbeing, the benefits from walking and talking with those who have also experienced loss and are bereaved, enables a safe space where the subject of loss is not hidden but embraced, acknowledged, and shared.

### Where and when?

The first walk meets in Victoria Park, each Wednesday. This is an established group, around 20 individuals attend each week. The walk is for those who are wanting peer support and who are perhaps further on in their bereavement.

Our second walk is smaller in number and currently takes place in Groveland's Park on the first Thursday of the month. From January 2024 the walk will be starting North London Hospice Enfield, at Barrowell Green. The group is aimed at those who have been bereaved from six months to two years. This walk offers a safe space to meet with others who have been bereaved in a friendly and supportive environment.

We have a new walk and talk group starting January 2024. This walk will be meeting every other week and will be leaving from the hospice site in Finchley, with local walking routes used. The walk is for those more recently bereaved and will be focused on normalising the range of emotions that may be present for attendees., providing a safe space to be individual in one's expression of grief but also have access to the support that others may give within the group. The walk leaders will have time to be empathetic to the individual needs of the group members and acknowledging of the different complexities of each person's situation. This walk will be limited to 8 attendees and will run for six sessions over a 12-week period. This is for those who would like the commitment of a planned walk for a set period.

### What should I wear?

Comfortable loose clothing that is appropriate for the weather. A good fitting pair of shoes that are cushioned at the heel and ball of the foot.

### What should I bring?

Bottle of water, some money for tea/coffee should you wish, sunscreen and sun hat in summer, gloves, and waterproof coat in winter.

If you would like to join one of the walks please complete and return a self-assessment form, the bereavement team will then contact you with further information.