



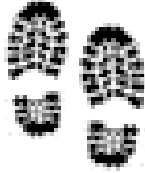
Bereavement

Princess Alice
Hospice

For People. For Living.

Walk &

Talk









Welcomes you to St Giles & St George's Church

We hope you find walking with us helpful and enjoyable, especially the opportunity to talk with others who are also bereaved, as well as with the volunteers from St Giles & St George's Church, Ashted who accompany the walk. Walking can be very beneficial, especially in the fresh air and lovely natural surroundings. We walk on the first Friday of every month at 10.30am, apart from Christmas Day!

After the walk we encourage you to stay on for refreshments in St George's Café and carry on chatting with each other. The café closes at 2pm.

Practicalities

-  The walk will go ahead whatever the weather unless we consider it could be dangerous (e.g. snow, fog etc.) - if you want to check this you can phone the contact number 01372-813332 and speak to Sarah.
-  If it's raining, for example, and people decide they do not want to walk, then we can go straight into the café instead.
-  We ask people to arrive at 10.15am for registration although the walk will start at 10.30am.
-  Please fill in the sign-in sheet and provide a contact number or e-mail address in case we need to contact you about unexpected changes or future walks.
-  The walk will last about an hour with some short stops as we go along. The pace is fairly slow and we always make sure everybody is able to keep up.
-  We suggest you wear sturdy shoes, especially as it can sometimes be muddy and also suitable clothing for the weather conditions.