

## HOW MUCH DOES IT COST?

There is no cost to join and walk with the group. You may choose to buy a snack and coffee at the cafe at the end of the walk. On picnic days people bring along some food to share.

## HOW MIGHT IT HELP ME?

People have told us of the many benefits they have experienced from being part of the Walking Through Grief program.

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.
- Better physical and mental health.
- Normalise the grief experience

*"I value sharing my grief experience with others who understand"*

*"The support and care from the group is so beneficial"*

*"I have found some new friendships and how to smile again"*

## IS THIS FOR ME?

As with any new experience, it may be difficult to come along at first but most people begin to feel comfortable with the group after one or two walks.

Our volunteers are there to introduce new people and to help you feel welcome as you begin to meet the other members.

## NORTHERN TASMANIA

Volunteer Support Service

Phone: (03) 6777 4544



## NORTH-WEST TASMANIA

Hospice Care Association

Phone: (03) 6477 7747



## SOUTHERN TASMANIA

Hospice Volunteers South

Phone: (03) 6231 9249



*A walking group offering mutual support for people who are experiencing grief through the death of a family member or friend from a life limiting illness.*

## ABOUT WALKING THROUGH GRIEF

Grief is a unique experience, there is no timeline. Isolation and loneliness may be very real and sometimes even people who have support with family and friends may feel alone.

Our program provides a place for people to talk, in your own time and share with others who understand.

Walking is good for our physical and mental health and the program offers 'gentle exercise' in a safe and supportive group.

We encourage people to attend our walks regularly as this helps in establishing rapport and connection with others. We hope that people will find the support and friendship beneficial.

The groups are led and organised by experienced Palliative Care and Hospice Volunteers, who are all trained in grief and loss. We meet and walk regularly (weekly/fortnightly). Your regional coordinator will provide you with a roster of planned walks in your area.

We walk for approximately one hour and then come together at a café location to enjoy a coffee and snack and/or a picnic during the warmer months.



## HOW CAN I JOIN THE GROUP?

We are open to self-referral, referral from a GP/health care professional or community group.

Please contact your region's Coordinator, for more information.

The Coordinator(s) will arrange to meet with you to provide details about the program, and discuss the roster or walks and a timeline for you to join.

## WHAT DO I NEED TO BRING?

- A hat, sunscreen and rain-jacket
- A bottle of water
- Wear comfortable shoes suitable for walking and be prepared for changeable weather.
- Any medications you might need to have with you

## WHO CAN JOIN THE GROUP?

Anyone who is over the age of 18 years who has had a family member, friend or someone close to them die from a life limiting illness. The group is open to care givers and non-care givers of all relationships.

You are welcome to join the group anytime from seven weeks after the person has died.



## HOW LONG CAN I STAY WITH THE GROUP?

As a guide people are invited to remain with the program for up to 12 months.

The Coordinators will discuss with each person a reasonable timeline for leaving with considerations relative to each person's situation.

Suggestions and referrals to other community groups are discussed for people to consider if required.

## 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 walk, you are welcome to join us after for a coffee.

