

HOW MIGHT IT HELP ME?

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

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 support and being in the same boat.
- Better physical and mental health.
- Normalise the grief experience.

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.

Specialist Palliative Care Service

North Volunteer Support Service

Phone: (03) 6777 4544



North-West Tasmania

Hospice Care Association

Phone: (03) 6440 7110



Southern Tasmania

Hospice Volunteers South

Phone: (03) 6224 3808



Supported by the Tasmanian Association for Hospice & Palliative Care Inc (TAHPC) through the Australian Department of Health's Better Access to Palliative Care (BAPC) in Tasmania Program.



PalliativeCare
TASMANIA

Tasmanian Association for Hospice and Palliative Care Inc



Walking Through Grief



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

ABOUT WALKING THROUGH GRIEF

The Walking Through Grief (WTG) group meets fortnightly to support people who are experiencing grief following the death of someone significant in their lives.

The groups are led and organised by experienced hospice and palliative care volunteers, who have all undertaken training in grief and loss.

The walking group provides a chance to talk, to enjoy some fresh air and gentle exercise in a safe and supportive group.

The group walks for approximately one hour in a variety of locations and finishes at a café for a drink and snack or on warmer days with a picnic.



HOW CAN I JOIN THE GROUP?

Call your local group coordinator for a chat about taking part.

We'll send you a simple registration form to complete and return.

When you return the form, we will get back in touch with you about the next walk.

HOW MUCH DOES IT COST?

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

WHAT DO I NEED TO BRING?

We ask that you 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 18 years and older who has had a family member, friend or someone close to them die from a life-limiting illness.

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

HOW LONG CAN I STAY WITH THE GROUP?

People can remain with the WTG group for approximately 12 months.

We have a special morning-tea to farewell small groups of people when it comes time to leave the group. Many participants continue to get together after they leave the Walking Through Grief group.

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.

