



Reflections on grief: A fortnightly walk

Grief is a natural reaction to loss but is often difficult to talk about. And it can feel lonely, as loss can mean different things. Each week we lead a walk through the green spaces of Waterlow park.

We encourage the group to engage with the nature around us on the walk to understand our grief, and ourselves differently. There are opportunities to pause, reflect and share; but never the expectation, and we welcome you to bring the difficult feelings.

As this is an outside space, appropriate clothing and footwear is suggested (and we suggest you check the weather)!

Every 2 weeks starting on Friday 2nd May

11:00am – 12:30pm

For more information, and to register attendance email:

cerdic.hall1@nhs.net | sharif.mussa@nhs.net | jane.faulkner5@nhs.net

