

LIVINGGRIEF

Let's talk about grief..

Walk On free walking group



Ipswich & East Suffolk

St Elizabeth
Hospice



Walk On Walking group



Our Walk On Walking group is for anyone who has had someone close to them die.



**Some
time ago**

Recently

You can join the group whether you lost someone close to you recently or some time ago.



This group combines walking with the support of others who understand what you're going through.



Walks take place in Ipswich and nearby areas.



After the walk, many people visit a café together.



For details of walks call the LivingGrief Bereavement and Emotional Wellbeing Enquiry Line on **0300 303 5196**



or to register and find details about upcoming walks, please visit:
www.stelizabethhospice.org.uk/our-care/livinggrief-bereavement-support/walk-on/

You can contact us in a number of different ways.

Phone number: 0300 303 5196

Email: emotionalwellbeing@stelizabethhospice.org.uk

Address: St Elizabeth Hospice, 565 Foxhall Road, Ipswich, Suffolk IP3 8LX

Website: stelizabethhospice.org.uk

Facebook: St Elizabeth Hospice

Instagram: @stelizabethhospice

LinkedIn: st-elizabeth-hospice

This document was adapted into easy read by Ace Anglia.

Website: www.aceanglia.com

Facebook: Ace Anglia

Instagram: @ace_anglia

LinkedIn: ace-anglia

YouTube: @AceAnglia

Email: info@aceanglia.com

Date this was made: September 2025

Made
with

