

# Walk and Talk Group

**A walking peer support group for those living with bereavement.**  
Meet new people who have shared similar experiences and receive support and guidance from a member of the hospice team.

**The third Thursday of every  
month from 2.00pm**

**Castle Park, arch  
opposite the Train  
Station, Ullswater Road,  
Penrith, CA11 7EG**

No booking necessary, this  
group is open to anyone  
who may benefit.



Find out more by scanning the  
QR code or visiting our website:  
[www.edenvalleyhospice.org](http://www.edenvalleyhospice.org)



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