

# Walking through Grief sessions are held every week

Cost £2.55 per session (includes refreshments)

Day	Place	Time
MON	Poulsom Park, Castletown (register at the Railway Station next to the Viking Hotel)	10am - 11.30am
TUES	NSC, Douglas (register at NSC Main Reception)	9.30am - 11.30am
WED	Ramsey, Mooragh Park (register at Conrod's Café, Mooragh Lake)	10am - 11.30am
THURS	The Promenade, Peel (register at Harbour Lights Café)	10am - 11.30am
FRI	NSC, Douglas (register at NSC Main Reception)	9.30am - 11.30am

## Your Safety is Important

The Sports Development Unit endeavour to ensure that Walk and Talk is a safe experience.

To achieve this, the following measures are in place:

- All walkers are required to complete a health questionnaire prior to walking. (GP approval may be required in some cases).
- Routes are measured & take place in an open environment.
- When attending NSC sessions all participants must walk on the NSC Track.
- Walking on the NSC Raceway is not permitted.

A Walk & Talk Instructor is present at all sessions & is emergency aid trained.

If you have any pre-existing health conditions please check with your own doctor or healthcare worker before commencing any new or increased activity.



# Walking through Grief



## Walking through Grief

Everyone who has lost someone close to them will experience grief. However, no two people grieve in the same way. Grief means having to face the reality of loss, allowing for the pain of that loss, and finding new ways to live meaningfully without the person who has died.

## Restoring with the natural world for grief?

### Connecting to the present

The healing power of nature helps you to feel connected to the present when you're spending a lot of time thinking about the past or the future. Use all your senses to notice what's around you to help focus your mind and listen to whatever sounds arise and fade.

### Calming effect

Getting out and walking in nature helps to increase your physical exercise, social contact and exposure to natural light; all of which makes a big difference to your wellbeing.



## What are the benefits of Walking through Grief?

### Improved mental health

Walking is good for the body and mind. The link between exercise and good mental health are well documented. But after a loss, it's important to take things slowly. You can walk at your own pace, and decide if you want to chat or just walk in companionable silence.

### Easing loneliness

Walking with a Grief Buddy can help you form new connections and enable you to meet people socially whilst you enjoy some gentle exercise in a safe and supportive environment.

### Sleep quality

As little as 30 minutes of walking may increase your sleep quality that same night. Slowly trying to increase your daily exercise when you feel strong enough, is just one way to get your sleep back on track

## What is a Grief Buddy?

A Grief Buddy is a non-judgemental person who is there to give you the time and space to talk outside of your family or social network.

A Grief Buddy is not a counsellor or there to give advice. They are trained to listen in an empathetic manner.

## How do I Participate?

You can take part whether or not you have walked with us before. There is no need to book. Just come along and register on the day. If you are not up for a walk please join us for a coffee and chat.

For further enquiries about the programme please contact Zoe on 688575

Email: [zoe.crowe@gov.im](mailto:zoe.crowe@gov.im)

Working hours: Tuesday: 9:15- 17:00;  
Thursday: 9:15- 16.30 ; Friday: 9:15 -16:30