

The background of the entire page is a repeating pattern of stylized tropical leaves in various shades of green and blue. A large, dark green circle is centered on the page, containing the main text.

# Tending to our grief

## Reflective walks

We are offering a new approach to understanding loss  
by walking the green areas and open spaces of  
Waterlow Park in Highgate

**Every Friday from the 14<sup>th</sup> June 2024**

**11:00am – 12:30pm**

**For more information, and to register  
attendance email:**

**[cerdic.hall@candi.nhs.uk](mailto:cerdic.hall@candi.nhs.uk)**

**[jane.faulkner5@nhs.net](mailto:jane.faulkner5@nhs.net)**

**Why are we doing this?**

Grief is a natural reaction to loss but is often difficult to talk about. And it can feel lonely.

While walking and observing the spaces in Waterlow Park, this group will be supported to reflect on grief but to do so in a way that builds a community.

We will offer the space to talk about how we take care of ourselves, acknowledging how sometimes it can be difficult to do that.

While we encourage anyone attending to share – reflections, feelings, tools they use for taking care of themselves, it isn't an expectation. And you can simply come to walk if that's best for you on the day.

**What will people do?**

You will be guided by us, starting somewhere new each week. We will walk through the park, pausing to allow ourselves to catch our breath and our thoughts. We will finish in a specific area of the park and stay there to talk, write, and move back into the day.

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

**Who are we?**

We are a group of people who have experienced grief, loss and bereavement as well as working in work in Mental Health services. We all enjoy being outside and have a deep appreciation for nature and our community and will be working side by side with you.

Email [cerdic.hall@candi.nhs.uk](mailto:cerdic.hall@candi.nhs.uk) or [jane.faulkner5@nhs.net](mailto:jane.faulkner5@nhs.net) for details and sign up.