

On Sunday 28th March 2010  
 come and join **Cruse Bereavement Care**  
 at our **RICHMOND MEMORY WALK**



## Why walk for Cruse?

Taking part in a memory walk is a great way to enjoy a scenic, healthy, fun day out with family and friends while supporting the important work of Cruse across the U.K.

Cruse has been helping bereaved people for 50 years and demand for its services is continuing to increase as more and more people come to the charity for help. By walking and raising sponsorship you will be helping us continue to provide this support.



## How much is it?

There will be a minimum donation of £10 on the day. You will receive a heartsease plant - the Cruse emblem - and the opportunity to leave a message for a loved one on our 'cyber tree'. There will also be a biodegradable balloon release over Terrace Gardens, where local MP Susan Kramer will say a few words.

## Where and When? Please see other side for details

For more information please visit [www.cruse.org.uk](http://www.cruse.org.uk)  
 and click on 'News and Events'. Alternatively call 020  
 8876 0417 and ask for Mel.

# ABOUT THE WALKS

The Richmond Park walks will begin at 11.30am and 1.15pm from Terrace Gardens, in sight of the famous view on Richmond Hill (Opposite the Roebuck Pub). They then proceed into Richmond Park via nearby Richmond Gate, continue on to Pembroke Lodge and Ham Gate, before returning to Terrace Gardens.

A shorter walk will also start at Terrace Gardens but allow walkers to stop for a coffee break at Pembroke Lodge before returning with the other walkers.

The first walk will end and the second will begin at 1.15 pm when local MP Susan Kramer will say a few words while biodegradable balloons are released over the Terrace Field. Participants will receive a heartsease plant - the Cruse emblem - and they will have a chance to leave a message for a loved one on our 'cyber tree'.



**Terrace Gardens.**  
 The walks begin and end here

**Pembroke Lodge.**  
 There will be the opportunity to stop for refreshments here

**Ham Gate.**  
 This is the furthest point of the walks.



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