

Friendship Support Group

Our experience is that, through formal contact with others who have shared the experience of bereavement, new and lasting friendships develop and this informal support network becomes a powerful force for good, we host a weekly friendship group at United Reform Church, Geddes Place, Bexleyheath every Thursday from 1.30pm - 3.30pm.

Bexley Bereavement support group

A monthly group offering support after the death of a loved one, meets on the 3rd Wednesday of each month at The Angelus Centre, Bexley Road, Erith DA8 3HQ from 7pm. It's a small informal group and no bookings are necessary. Please feel free to pop along for a chat.

Bromley Bereavement support group

A monthly group offering support after the death of a loved one, meets on the 1st Wednesday of each month at The Holy Trinity Convent, 15 Marian Gardens, Bromley, BR1 3FH (the convent car park is via the driveway which runs along the side of St. Joseph's Church, 1 Orchard Road, Bromley, BR1 3JF (use this postcode in your Sat Nav) from 7pm. It's a small informal group and no bookings are necessary. Please feel free to pop along for a chat.

Feedback

We aim to provide a service of the highest quality and welcome your comments and suggestions. If there is anything you would like to say about your local group or the work of Cruse Bereavement Care in general, please talk to your bereavement volunteer. Alternatively, you may contact our offices at email bexleyandbromley@cruse.org.uk.

We also operate a formal complaints policy, the details of which are available on request.



DANSON PARK STABLES CAR PARK, BEXLEYHEATH, DA6 8HL



Local Contact Details

Cruse Bereavement Care, Bexley and Bromley
Queen Mary's Hospital, 'B' Block, Froggnal Avenue, Sidcup DA14 6LT
Tel: 020 8304 5245
E-mail – bexleyandbromley@cruse.org.uk

You can find out more about
Cruse Bereavement Care and its services online at
www.cruse.org.uk
Cruse National Helpline 0844 477 9400
Cruse young people's website www.RD4U.org.uk
Cruse young people's free-phone helpline 0808 808 1677

Other Agencies

Samaritans
National Helpline: 08457 90 90 90
www.samaritans.org
Email: jo@samaritans.org

Walking for health
www.walkingforhealth.org.uk

Ramblers
2nd Floor Camelford House
87-90 Albert Embankment
London. SE1 7TW
Tel: 020 3961 3300
www.ramblers.org.uk

Registered charity: 208078
A company limited by guarantee no 638709 (London)
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'Walk and Talk' in Bexley



 Cruse
Bereavement
Care
*Somewhere to turn
when someone dies*



When was the last time you went for a walk? This simple pleasure has a host of benefits that work wonders for more than just your physical health.

You needn't spend lots of money on a gym membership when the great outdoors is just beyond your doorstep.

Cruse Bereavement Care, in conjunction with Bexley Walking for Health, runs a 'Walk and Talk' group every Tuesday for adults of all ages. All our walks are led by friendly Cruse Bereavement Volunteers who are also qualified walk leaders.

The walks provide a great opportunity to enjoy walking in some beautiful green spaces, and there are normally refreshments and a chat at the end of each walk at The Stables, Danson Park.

Walks are suitable for all abilities and take place every week (except Bank Holidays or in cases of severe bad weather).

Please note that only registered assistance dogs are allowed on our walks; smoking is not allowed on any of our walks.

What is a 'Walk and Talk' Group?

'Walk and Talk' is a group for the people in our community who have experienced a bereavement (this includes relatives and carers who want to know more about bereavement, and how they can help). It provides an opportunity to meet other people and walk in the fresh air. Anyone can join – it's free, fun and friendly!

There is no need to book in advance, just arrive 10-15 minutes before the start at the meeting point.

We hope you will benefit from attending our 'Walk and Talk' groups.

What is the purpose of a 'Walk and Talk' group?

Many of our problems become clearer when we put one foot in front of the other. Walking in a group magnifies the power of this therapy. You will walk with people with similar life experiences. You can support each other and learn more about the grieving process. Enjoy good company, make friends and enjoy nature.

What can I expect at a 'Walk and Talk' group?

Short walks - ideal for beginners
An opportunity to talk to about how you are feeling
Trained walk leaders
Good company
Safe routes to walk
Informal and friendly

How long does a 'Walk and Talk' group last?

They usually last around 1½-2 hours; a 45 minute walk followed by a 45 minute chat over refreshments

How many 'Walk and Talk' groups should I attend?

You are welcome to join for as many or as few as you like, there is no limit to the number of 'Walk and Talk' groups you can attend.

Who leads our 'Walk and Talk' groups?

All our walks are led by trained Cruse Bereavement Volunteers who are also qualified walk leaders. All Cruse Bereavement Volunteers have studied or worked in the field of bereavement.

What do I need?

a comfortable pair of shoes

loose-fitting clothing - it's better to wear several thin layers rather than heavy, bulky clothing.

If you're going to be outdoors for a while, remember to take some water. And don't forget to be prepared for the British weather – if it looks like rain, a waterproof or umbrella will be very handy, and a sun hat and cream are a good idea in summer.

Where can I walk?

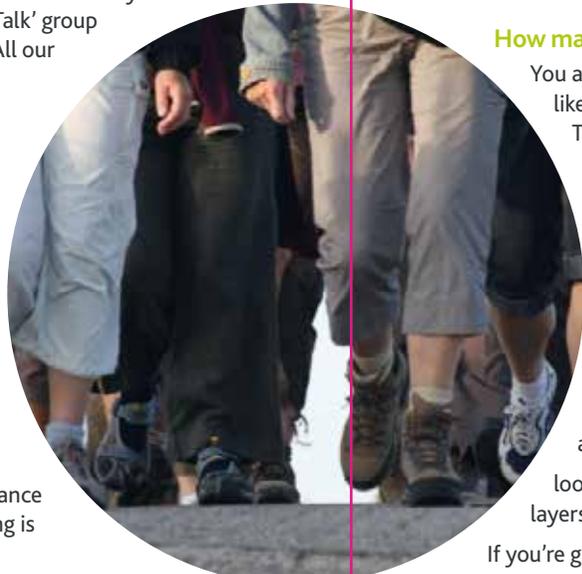
Day: Tuesday **Time:** 10.00am **Meet:** The Stables car park

Walk through Danson Park and around the lake.

This walk lasts about 45 minutes and takes a circular route around the lake. On paths throughout, can be a little muddy in the winter and involves mild inclines on the route.

New walkers will need to complete a simple registration form which will be provided by the walk leader.

[Please see map and list of facilities in the reverse of this leaflet.](#)



Why should I come along?

Here are a few things that walking can do for your health:

Walking can

..help you sleep better and feel more alert when you're awake. Taking long walks in the fresh air is bound to tire you out!

..improve your mood. Physical activity of any kind releases endorphins: hormones that boost your mood, which can help ease the symptoms of mild to moderate depression and reduce stress levels.

..help keep you fit. Long walks are the perfect way to explore somewhere new and give yourself a great workout. Even short walks will help stretch your legs and clear your head.

.. help your general health. Help your heart and lungs work better, Lower your blood pressure, keep your weight down, keep your joints, muscles and bones strong, increase 'good' cholesterol.

..reconnect you with nature. Appreciate the beauty nature has to offer. Take it all in, soak up the birdsong, admire the flowers and trees, and breathe in the scent of leaves and damp earth. Even in the winter there's a lot to see, horizons usually hidden by tree canopies are opened up. You'd be surprised what you might miss when you are looking down at your phone or hurrying along your route.

.. be a lovely way to meet new people who have also experienced a bereavement.

'Walk and Talk' Group Rules

Confidentiality

Everything discussed and identity of members is confidential and must not be discussed outside the group. In certain circumstances, Cruse Bereavement Care is obliged to break confidentiality, i.e. if we feel you are at risk to yourself or others. You will be informed if we feel it is necessary to take this action.

Respect

You are asked to show respect for other group members and Cruse volunteers, including accepting other members' opinions and listening.

Behaviour

We operate a zero tolerance policy on disruptive, threatening behaviour or offensive language directed at Cruse volunteers or other group members. Any member engaging in this type of behaviour or who in the opinion of the Cruse volunteers is under the influence of alcohol or drugs will be asked to leave immediately. Cruse volunteers may suspend a group if they feel safety is an issue.

