



[LivingGrief Bereavement Support](#) > [Walk On – Great Yarmouth and Waveney](#)

Walk On in Great Yarmouth & Waveney

Walk On is a walking group for adults run by volunteers on behalf of LivingGrief, the bereavement service at St Elizabeth Hospice.

Open to all bereaved people in Great Yarmouth and Waveney, even if you haven't accessed hospice services before, the Walk On group explores local places and the countryside to boost wellbeing and mental health.

Upcoming walks



FAQs



In May 2025, we started to offer walks in the Great Yarmouth and Waveney area, led by Steve.

All walks are free to attend and are typically between 3 to 6 miles in length at various locations, detailed below. Enjoy coffee and cakes with fellow walkers after the sessions.

Please wear appropriate clothing, footwear and bring a bottle of water. Well behaved dogs on leads are welcome.

[First walk with us? Register here](#)



[FAQs](#)

What our walkers think:



A real highlight is the coffee and cake at the end of every walk! Walk On has been a great comfort to me. It has helped me a great deal and I would really recommend the group to anyone, as it is a positive impact on both your mental and physical health.

ROBIN



We really do talk about everything, have laugh as a group, a chinwag and put the world to rights. The coffee and cake at the end of each walk is a real highlight too.

Walk On is such a lovely crowd of people, open to all, with an ethos of helping one another and we always enjoy welcoming new people who join.

CYNTHIA



Walk On is a really nice, informal and relaxed setting. There really is something wonderful about walking and talking in the outdoors and I have found it quite therapeutic, talking freely with others in a safe space, who understand how you feel.

TERESA



The coffee at the end of the walk is a great chance for a chat with people who truly understand what you're going through, creating a nice atmosphere where you can talk things through – it's very reassuring.

The walk and exercise are great, but the coffee and conversation at the end are invaluable. I would thoroughly recommend Walk On to anyone.

MICHAEL

Upcoming Walks in Great Yarmouth and Waveney

Please note, information can be subject to change.

If this is your first walk, please register via the form below & chat with Steve.

For any queries on the walks or if you are lost, please call 07593 447695.

Thursday 29 May

Meeting Point: Carlton Marshes, Suffolk Wildlife Trust car park, Burnt Hill Lane, Carlton Colville (NR33 8HU).

Timings: Meet to **start walking at 10:30am**, finish around 12:30pm.

Walk Details:

- ✓ 5-6 mile circular walk of the nature reserve.
- ✓ Some parts are muddy; walking boots advised.
- ✓ Refreshments: Visitor centre café at the end of the walk.

Thursday 19 June

Meeting Point: Eel's Foot Inn, School Cottages, Eastbridge, Leiston (IP16 4SN).

Timings: Meet to **start walking at 10:30am**, finish around 12:30pm.

Walk Details:

- ✓ 5-6 mile circular walk around footpaths surrounding the Minsmere RSPB nature reserve.
- ✓ Can be heavy underfoot; walking boots advised.
- ✓ Refreshments: Eel's Foot Inn at the end of the walk.

Thursday 17 July

Meeting Point: Five Bells Inn, Southwold Road, Wrentham, Beccles (NR34 7JF).

Timings: Meet to **start walking at 10:30am**, finish around 12:30pm.

Walk Details:

- ✓ 5-6 mile circular walk to Covehithe and back.
- ✓ Can be heavy underfoot; walking boots advised.
- ✓ Refreshments: Five Bells Inn at the end of the walk.

Thursday 21 August

Meeting Point: Entrance to Southwold Pier (IP18 6BN).

Parking: On the street on North Parade adjacent to the pier.

Timings: Meet to **start walking at 10:30am**, finish around 12:30pm.

Walk Details:

- ✓ 5-mile circular walk around footpaths surrounding Southwold.
- ✓ Muddy in parts; walking boots advised.
- ✓ Refreshments: Southwold Putting Green Café at the end of the walk.

If it is your first walk, please register...

Walks do not need to be booked in advance, but those new to Walk On are asked to register before attending their first walk.

Simply fill in the form & chat with Steve on the phone so we know to expect you on: **07593 447695**



Call us to attend your first walk: 07593 447695



Great Yarmouth & Waveney Walk On New Member Form

If it is your first walk with the group, please fill in this form.

"*" indicates required fields

Step 1 of 3

33%

Full name:*

First

Last

Email*

Enter Email

Confirm Email

Mobile number:*

Next

Frequently Asked Questions

- Is there a cost? >
- Do I need to book on each walk? >
- What do I need to do when I arrive for my first walk? >
- How will I know if there is a last minute change to a walk? >
- If the weather is bad will the walk be cancelled? >
- What should I do if I am travelling to a walk and there is an issue, which means that I am going to be late? >
- What should I do if I can't find the start of the walk? >
- Can I bring my children with me? >
- Can I bring my dog with me? >
- What happens if I become emotional and distressed during a walk or at the café? >
- Do I need any special equipment? >
- I have a question not answered here... >

Additional Support



LivingGrief Sessions & Counselling



565 Service: Children Support



Compassionate Communities

LIVINGGRIEF

Let's talk about grief...

LivingGrief Referral



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Subscribe to email newsletters or our printed bi-annual newsletter for the latest fundraising, events, retail, volunteering and news from St Elizabeth Hospice services.

Sign up



Our 24 hour advice line OneCall continues to provide essential support for patients and families. OneCall is there to support everyone in our catchment area.

0800 567 0111

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