

## **STEP OUT FOR A WALK OF THOUGHTS**

Join supporters of St Elizabeth Hospice for a peaceful and reflective walk.

The six mile circular walk will start from the picturesque Framlingham Castle on Sunday 21<sup>st</sup> February at 10am.

Anyone is invited to come along, whether to remember a loved one or just enjoy the beautiful scenery – whilst raising funds for the Hospice.

It is the third time the Hospice has organised a walk of this kind, but the first time from Framlingham Castle.

Laura Backhouse, community fundraiser at St Elizabeth Hospice said “The Walk of Thoughts is an opportunity to remember a friend or loved one or to simply enjoy walking in beautiful surroundings.

“It is also a great way to blow away the winter cobwebs, to keep fit in the New Year and to help support your local Hospice at the same time.

“All ages are welcome to join in and all money raised through the Walk of Thoughts will enable us to continue providing our care free of charge to the local community.”

Registration fees in advance are £5.50 adults and £3.50 for under 16s. On the day it will be £7 for adults and £5 for under 16s. Families (max two adults, two under 16s) pay £15 or £20 on the day. Walkers are invited to raise sponsorship money.

There will be free parking and refreshments.

For more information or a registration form, please contact the fundraising team on 01473 723600, email [fundraising@stelizabethhospice.org.uk](mailto:fundraising@stelizabethhospice.org.uk) or visit [www.stelizabethhospice.org.uk](http://www.stelizabethhospice.org.uk) to download a registration form online.

For more information contact Sarah Cawley, PR and Communications Officer, on 01473 707015 or 07903 726569.

### **Key facts about St Elizabeth Hospice**

- St Elizabeth Hospice in Foxhall Road, Ipswich, was established in 1989 and cares for patients in East Suffolk who have a life-limiting illness for whom the focus of care is quality of life.
- Our services include an 18-bed in-patient unit, day care services, Hospice at Home, a family support team and an education service.
- All of the wide ranging services are provided free of charge. It costs £11 per minute to run St Elizabeth Hospice with annual running costs of £5.9 million.