

WALK FOR A LIFE

World Suicide
Prevention Day
2022

10 September

Walk start time: 10am

Stragglers Coffee House, Taunton Cricket Ground, St. James Street, Taunton
TA1 1JT - Following a wheelchair/pushchair friendly loop through Taunton.

Activities: 11am - 3pm

Rejoin us at **Stragglers Coffee House** after the walk to take part in various activities:

- Shared reading
- Crafts
- Find out more about the new Orange Button Community Suicide Awareness Scheme
- Art Exhibition from students at Somerset Recovery College
- Information from local services
- Sign up for Suicide Awareness training
- Display of Somerset Book of Hope
- A safe space for support
- Lived experience videos

For more information, visit: www.walkforalife.org.uk

By encouraging understanding, reaching in, and sharing experiences, we want to give people the confidence to take action. **Please send your contributions to BookOfHope@somerset.gov.uk using the subject "Book of Hope"**

