

**I'M WALKING IN
SOLIDARITY WITH
ANYONE WHO'S
FINDING LIFE TOUGH**



OCTOBER
23

Lost Hours Walk

around Lancaster in aid of

Campaign Against Living Miserably

Meet at Market Square at 1pm on Sunday 23rd October 2022

I'm walking in memory of my son Thomas, who died by suicide (pictured above). You could walk in memory of your own loved ones, or in solidarity with those who are struggling now.

To find out more, please email rememberthomasgudgeon@gmail.com or you can sponsor me at [justgiving.com/fundraising/rebeccagudgeon](https://www.justgiving.com/fundraising/rebeccagudgeon)