

'30 in 30'

2022



Edward's  
Trust

DO IT  
YOUR WAY

# WALK 30

FOR THOSE WALKING IN GRIEF



**WALK/RUN/MOVE 30**

mins every day

**TALK 30**

talk to 30 people about  
the work of Edward's Trust

**GIVE 30**

pounds\*

**JOIN OUR OCTOBER FUNDRAISING CHALLENGE**

**[edwardstrust.org.uk/walk30](https://edwardstrust.org.uk/walk30)**

\*minimum, or do as a sponsored challenge



Supporting children, young people and families facing loss and surviving bereavement

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