

Media Release



Thursday 22 October 2026

Every step counts for Eastern Palliative Care

Community invited to walk or run-in memory of someone special at Pound the Pavement 4 EPC 2026.

Eastern Palliative Care CEO Adjunct Assoc Professor Gaylene Coulton is inviting the community to register now for Pound the Pavement 4 EPC 2026 and help raise vital funds for free, specialist home-based palliative care.

The community fundraising event will be held at Wattle Park, Burwood, on Sunday 22 November 2026. Participants can choose a 2.5km or 5km walk or run, with speeches beginning at 9.50am before the event starts at 10am.

Participants can take part in memory of someone special, regardless of whether they received care from EPC, or to show their support for people in the community who rely on EPC's care. Families, friends, colleagues, children and dogs are warmly invited to join in.

Ms Coulton said Pound the Pavement offered a meaningful way for the community to honour someone they love while helping more people with a life-limiting or terminal illness receive compassionate care at home.

"Pound the Pavement brings our community together to remember the people who are important to us and to help ensure others can receive the care and support they need during one of the most vulnerable times in their lives," Ms Coulton said.

"Every person who registers, fundraises, donates or shares the event helps Eastern Palliative Care continue supporting people to live well at home, surrounded by the people and things that matter most to them."

Eastern Palliative Care is a not-for-profit provider of free, home-based specialist palliative care. EPC supports people with life-limiting or terminal illnesses, as well as their families and carers, across Melbourne's eastern region.

Funds raised through Pound the Pavement will help support services and programs that make home-based care possible and give families and carers practical help, reassurance and connection when they need it most.

This includes medical equipment, overnight nursing support, 24-hour on-call care and bereavement support for families and carers following the death of someone they love.

"Our care extends beyond the person who is unwell. We also support the family members and friends caring for them and continue to provide bereavement support following the death of a loved one," Ms Coulton said.

"Whether you walk, run, fundraise or donate, every contribution helps ensure we can be there for another person or family when they need us most. I encourage everyone to gather their family, friends, colleagues or walking group and register today."

Those unable to attend can register for the virtual event and complete an activity of their choice before the end of November.

Event details

* Date: Sunday 22 November 2026

* Location: Wattle Park, Burwood

* Register [Pound the Pavement 4 EPC 2026](https://www.epcvic.org.au/pound-the-pavement-4-epc-2026)

* Time: Registration from 9:30am, Event 10am – 1pm

* Distances: 2.5km or 5km walk or run

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