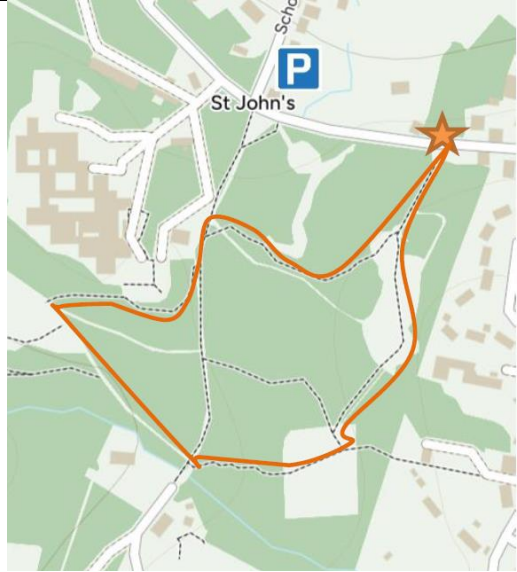


Walk and Talk Therapy - Nicola Stewart MBACP (Accred)
Risk assessment & Life Lessons

Walk Location:	St. Johns Common, St. John's Road, Crowborough, East Sussex, TN6 1RU, UK
What3words location:	///geology.uttering.formal https://w3w.co/geology.uttering.formal
Route Details:	
Type of Terrain:	Woodland, Low-land heathland
Assessment Completed By:	N.Stewart
Date Assessment Completed:	2/4/2025

Risk	Y/N	Who might be at risk	How we can mitigate risk	Life Lesson
Uneven ground/ mixed surfaces		All, particularly anyone with mobility issues	<ul style="list-style-type: none"> • Discuss in pre-walk talk and adjust route if needed • Self-monitor and self-adjust as needed on the route 	<i>Sometimes the path in life can be rocky, sometimes slippery; when we are observant we can learn that it is possible to right ourselves if we lose our balance.</i>
Dogs		All, particularly those fearful of dogs	<ul style="list-style-type: none"> • Discuss plan in pre-walk talk and as necessary on route • Keep nervous walkers away from dogs and ask a dog owner to keep dog on lead as we pass by 	<i>Avoiding what scares us doesn't always help us. Let's explore what scares you and challenge that core belief whilst soothing that fear.</i>
Low hanging branches		All	<ul style="list-style-type: none"> • Discuss in pre-walk talk and be observant as necessary on route 	<i>Sometimes we have to duck down to avoid something in our way, sometimes we have to go around it, finding our own path is part of what makes us resilient in life.</i>
Weather		All, particularly those that may have medical vulnerabilities or aren't dressed for extremes of weather	<ul style="list-style-type: none"> • Advice on choice of clothing to protect from weather can be assessed by checking the MET weather app. • Take water, hats, rain coats, etc. • Be aware of places to shelter • Reschedule walk if necessary 	<i>Different weather teaches us to be adaptable and observant. Coping with an unexpected rain shower can be a surprise and we may get wet, but we will get dry again – life is all about learning to navigate changes.</i>
Other people		All	<ul style="list-style-type: none"> • Be considerate of others - avoid blocking entrance ways and paths 	<i>We are social beings and need connection. Research shows us that saying 'Good morning/afternoon' to another person as you pass them can be good for your wellbeing and theirs. Sociologists call this 'loose ties'</i>

Steps and Inclines		All walkers, particularly those with heart problems e.g. Angina	<ul style="list-style-type: none"> • Discuss in pre-walk talk • Be aware of walkers' health needs • Allow walkers to take inclines at their own pace • Remind walkers to take and use medication if necessary • Rest at hill tops 	<i>Sometimes life can feel like an uphill struggle but once you reach the top of the hill you gain perspective – the view from that hill reminds you that you have everything you need within you – you've got this!</i>
New walkers		New walker	<ul style="list-style-type: none"> • Read through medical details with the new walker • Check in regularly to assess response to the environment 	<i>You can be proud of yourself you have tried something new. Tell yourself – use positive self-talk, this is so good for your self-worth.</i>
Watercourses		All	<ul style="list-style-type: none"> • During the pre-walk talk discuss the streamways and stone bridge we will see on route • Invite walkers to keep away from edges with no barriers 	<i>Boundaries are important in life, being mindful of a land/water boundary is a visual reminder that boundaries are your friend!</i>
Other				

I have read and fully understand this risk assessment.

Client Name:		Emergency Contact:	
Client Signature:		Medical Information:	
Parent/Carer Name: (if appropriate)			
Parent/Carer Signature: (if appropriate)		Date:	