

Walk and Talk Notice

Thank You for Choosing Our Walk & Talk Service

Thank you for choosing our Walk & Talk session. We are delighted to deliver this and work with you. Our aim is to provide a safe, supportive, and enjoyable outdoor environment where clients can benefit from fresh air, gentle movement, and meaningful discussion. To help ensure the wellbeing and safety of participants, please read the following information carefully.

Conditions of Participation

For the safety and wellbeing of all clients, the following conditions apply to our walking service:

- Clients must inform us in advance of any **medical conditions, allergies, medications, mobility issues, behavioural concerns, or additional support needs** that may affect participation in the walk.
- We **do not administer medication** or provide medical, personal care, or specialist support. Any medication, care arrangements, or wider support needs remain the responsibility of the client and/or their guardian, or carer.
- Clients must not attend the walking service **under the influence of alcohol, illegal substances, or any substance that may impair judgement, behaviour, mobility, or safety.**
- **Smoking, vaping, alcohol, and the use of illegal substances** are strictly prohibited during the walk and talk.
- While we take reasonable care to provide a safe service, walking and outdoor activities involve inherent risks. We cannot accept responsibility for accidents, injuries, loss, or damage arising from **undisclosed medical, behavioural, or support needs**, or from a client being under the influence of alcohol or substances, or failing to follow safety instructions.

By using our walking service, clients confirm they have disclosed all relevant information and agree to these conditions.