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## Walk and Talk Sessions

### Location



Sessions in Crewe take place at Queens Park, Crewe. I will meet you by the notice board located inside the main entrance, opposite the Car Park on Queens Park Drive, CW2 7QZ.

### Weather

Sessions will go ahead outside unless it is dangerous to continue (storms, flooding, icy conditions). This means that you will need to think about wearing clothes and shoes that are appropriate. This could include waterproof layers and jumpers or sunscreen and hats.

I will check the forecast 24 hours before our meeting, if it is forecast for dangerous conditions, I will contact you and offer you an alternative online session or the opportunity to reschedule.

### Health and Safety

Please let me know if you have any allergies or medical conditions that might impact on our sessions. We will have a quick chat to make sure I know when you may require additional assistance. Please make sure you have any medication or aids with you during our session.

Please be careful and aware of where you are walking, particularly near the lake to avoid any slips, trips and falls.

## Confidentiality

As sessions will be taking place in a public place, it is difficult to guarantee a confidential space in the same way a counselling room could and it is likely that we will encounter other people (and dogs) during our walk. At the beginning of our first session, we will discuss how you would like to handle this, particularly if it is someone one of us knows.

## Covid-19

Please follow current government guidelines regarding social distancing during our sessions. Because we are meeting outside there is a reduced risk, but you may still wear a mask if you wish. You are advised to wash your hands or use hand sanitiser before and after sessions.

In line with NHS Track and Trace I may be asked to share your contact details if asked and will do so. If you have questions or concerns about this, please let me know before our session so we can discuss it further.

