



INDEPENDENT COUNSELLING: DAVID SIMON

63 High Bridge
Newcastle upon Tyne
NE1 6BX

07861200366

“Walk and Talk” Counselling / Coaching Sessions

Risk Assessment conducted by David Simon. Last updated 28/06/2026

Locations include: immediate environs of the above address; any agreed public park; north and south banks of the river Tyne, 2km either side of the Swing Bridge.

Overall risk rating of this activity is that while minor injury is always possible, it is rendered unlikely, given negotiated controls.

Hazard	Who might be harmed	How the risk may be controlled
Traffic / vehicles present	All	<ul style="list-style-type: none">• Be vigilant, especially when crossing roads and traversing car parking areas• Use footpaths where possible• Avoid excessively noisy areas
Daylight hours	All	<ul style="list-style-type: none">• Be aware of limited daylight hours in winter. May need to arrange an earlier time than usual.
Road works / building works	All	<ul style="list-style-type: none">• Stay vigilant• Warn in pre-walk talk, if known• Counsellor to warn as necessary on route
Dogs	Clients fearful of dogs	<ul style="list-style-type: none">• Check before commencing• Keep nervous clients away from dogs and warn dog owner to keep dog away from the client
Weather Check adverse weather conditions. Is shelter / shade available if exposed?	All	<ul style="list-style-type: none">• Check clients' clothing at beginning of walk and remind in email/text if necessary• Take water, hats, rain coats, etc.• Be aware of places to shelter• Chose alternative route or cancel if conditions are more than moderately adverse

Confidentiality / privacy	Client	<ul style="list-style-type: none"> • Agreed in contract and verbally • Boundaries to be discussed, in case of unexpectedly meeting friends, etc.
Client's psychological safety	Client	<ul style="list-style-type: none"> • Avoid rowdy or potentially intimidating individuals • Have a charged mobile to hand
Client's disability issues	Client	<ul style="list-style-type: none"> • Be aware of visual, hearing or other impairment, and negotiate appropriate accommodation with client
Slips, trips and falls	Clients, particularly those with balance or mobility issues	<ul style="list-style-type: none"> • Warn in pre-walk talk, and as necessary on route • Help client if needed • Abandon walk if conditions are more than moderately adverse
Inclines and steps	Clients, particularly those with health or mobility issues	<ul style="list-style-type: none"> • Warn in pre-walk talk • Be aware of clients' health needs • Allow client to take inclines at their own pace • Client to take and use medication if necessary • Rest as needed

