



# A Different Angle

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*Talking Tackle & Tackle Talking*

## Participant Consent Form and Basic Risk Assessment

### *About A Different Angle*

*A Different Angle is a counselling-informed wellbeing initiative combining professional therapeutic support with the calm and reflective environment of fishing.*

*Sessions are designed to provide a relaxed and supportive atmosphere where participants can engage in one-to-one therapeutic conversations while fishing in a small-group outdoor setting.*

## Participant information and consent form

Name:	
Telephone:	
Email:	
Emergency Contact Name:	
Emergency Contact Number:	
Relationship to Emergency Contact:	

### Important information

- Sessions take place outdoors in natural environments.
- Bankside terrain may include uneven ground, mud, roots, slopes, reeds, wet surfaces, and other typical angling-related hazards.
- Participants are responsible for ensuring they wear suitable clothing and footwear appropriate for outdoor conditions.
- Reasonable steps will always be taken to assess and reduce foreseeable risks wherever possible. However, due to the natural outdoor environments in which sessions take place, participants ultimately remain responsible for their own personal safety, awareness, conduct, and decision-making during attendance.
- Fishing equipment, hooks, landing nets, rods, and other tackle should be handled responsibly and safely at all times.
- Participants attend voluntarily and should consider their own physical capability before taking part.

- Participants must notify the facilitator of any medical conditions, injuries, mobility concerns, or additional support needs relevant to participation.
- Consumption of alcohol or recreational drugs during sessions is not permitted.
- Respectful behaviour toward other participants, wildlife, and the environment is expected at all times.

## **Therapeutic framework and confidentiality**

Sessions are facilitated by a qualified counsellor and psychotherapist working within the BACP Ethical Framework.

Participants are encouraged to engage at their own pace and are under no pressure to discuss anything they do not wish to explore.

*A Different Angle* is intended as a counselling-informed wellbeing service and is not a crisis or emergency mental health provision.

Please note that contact outside agreed sessions should be limited to arranging or changing appointments unless otherwise agreed.

## **Confidentiality**

All therapeutic conversations are treated respectfully and confidentially.

However, confidentiality may be broken where there are concerns relating to serious risk of harm to yourself, serious risk of harm to others, safeguarding concerns involving children or vulnerable adults, or legal obligations requiring disclosure.

Where possible, this would be discussed with you first.

Participants are also asked to respect the privacy and confidentiality of others attending the session.

The facilitator attends regular professional supervision in accordance with the BACP Ethical Framework. Client identity is not disclosed during supervision.

Minimal factual notes may be kept relating to attendance and broad session themes.

## **Attendance, cancellation and weather**

- If you are unable to attend a session, as much notice as possible is appreciated.
- Sessions cancelled with less than 48 hours notice may still be chargeable.
- Sessions may occasionally need to be rearranged due to unsafe weather or environmental conditions.
- If a session must be cancelled by the facilitator, an alternative appointment will be offered as soon as reasonably possible.

## Consent

By signing this form, you confirm that:

- You understand the nature and purpose of *A Different Angle* sessions.
- You are over the age of 18.
- You understand sessions take place outdoors in natural angling environments.
- You accept responsibility for wearing suitable clothing and footwear.
- You understand that fishing and outdoor environments carry inherent risks including slips, trips, falls, hooks, water hazards, and changing weather conditions.
- You confirm that you are voluntarily participating and believe yourself physically able to do so.
- You understand that *A Different Angle* provides therapeutic support and wellbeing conversations but is not a crisis or emergency mental health service.
- You agree to behave respectfully toward other participants and the environment.
- You understand the limits of confidentiality as explained above.
- You consent to participating in *A Different Angle* sessions.

Participant Signature:

Date:

Facilitator Signature:

Date:

## Basic Bankside Risk Assessment

Activity:	Small-group fishing-based therapeutic wellbeing sessions
Venue:	
Date Reviewed:	
Reviewed By:	

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Hazard	Potential Risk	Control Measures
Uneven bankside ground	Slips, trips, falls	Participants advised to wear suitable footwear. Locations chosen with accessibility and safety in mind.
Wet or slippery surfaces	Slips and falls	Weather conditions monitored. Unsafe areas avoided where possible.
Water hazards	Falling into water	Participants positioned safely where possible. High-risk swims avoided.
Fishing hooks and tackle	Minor puncture injuries	Safe tackle handling encouraged. First aid kit available.
Adverse weather	Cold, heat, rain	Participants advised regarding suitable clothing and preparation.
Emotional distress	Emotional upset	Sessions facilitated by qualified counsellor. Participants may pause conversations at any time.

### Emergency procedures

- Facilitator carries mobile phone.
- Basic first aid kit available.
- Emergency services contacted if required.
- Session locations recorded prior to attendance.
- Emergency contact details held for participants.