



Clarity Walk

No phone, Less stress, More connection



www.claritywalk.co.uk

Clarity Walk Referrals

Clarity Walk is a social enterprise (SC640285) based in the Highlands which aims to improve mental health and wellbeing for the community through No-Phone nature walks.

Our aims are to become the leading wellbeing provider in the UK for walking services to improve mental health by working alongside NHS, GPs, counsellors, and mental health charities.

Clarity Walk is a safe space which is non-judgemental, friendly and very welcoming to provide a great support network for those who need our service.

We are looking to build referral partnerships with Highland organisations to improve mental health in the community with our No-Phone nature walks

Benefits to organisations

- Referrals receive a free membership for 4 months which will help them reduce anxiety, reduce isolation and build connections during this pandemic. Referrals can be re-referred at any point.
- Provide referrals with an activity that is safe, non-judgemental and very welcoming to make them feel included and part of the community

Benefits to Clarity Walk

- Improve community business relationships to reach and help more people
- Strengthen funding applications by using your name as a referral partner to generate more revenue to help our social enterprise create a larger community impact

Becoming a referral partner is free for organisations and is a very simple process involving a 15 minute call to explain how patients/clients can use our service and make sure we are happy to work together.

From there we simply need you to send us a document with headed paper confirming you have become a referral partner.

Contact Matt@claritywalk.co.uk to start the referral process

How Clarity Walk works

Clarity Walk is an hour 'no phone' nature walk to disconnect from technology and reconnect with others, nature and yourself. It is a non-judgemental, friendly experience which is open to all, including dogs and young people. It is an opportunity to simply walk and talk without the intrusion of digital devices to allow people to feel connected, calm, relaxed and in the present moment.

There is a walk for all abilities including an "Inclusive" walk for those with mobility restrictions. The walks are specified by levels so walkers can choose a walk that suits their ability. The levels included are;

- *The Inclusive walk for those with physical disabilities.*
- *Flat walks.*
- *Flat to moderate walks which are mostly flat walks with one or two hills.*
- *Moderate walks include hills and potentially rough terrain.*
- *Steep walks include steep hills throughout.*

Currently based in Inverness, Highlands Clarity Walk currently runs 12 walks per week using a variety of beautiful walking routes which anyone is welcome to join.

Prior to booking a walk, those attending must complete a 'Wellness Questionnaire' which ensures they are safe to walk, and also provides measurable data which is compared at a later date to see if the attendee has benefited from attending the walks.

With Clarity Walk the outcome for those that attend our walks are:

- Reduce anxiety
- Reduce isolation
- Improve confidence
- Build a positive support and social network
- Improve physical wellbeing

Which leads to improvements in their quality of life.

Memberships with Clarity Walk are £7-15p/m but those referred by GPs, counsellors and mental health charities partnered with Clarity Walk receive free memberships.

Become a referral partner

Get in contact with us to start the referral process and ask any questions you may have about our organisation.

Primary Contact:

Matthew Wallace

PVG Checked

Matt@claritywalk.co.uk

07597319749

Secondary Contact:

Phyllis Finnie

PVG Checked

phyllisfinnie@tiscali.co.uk

07483857623

