

Walk & Connect

I see you. I hear you. You matter.

VISUAL HOST CHEAT SHEET / 60 MINUTES



BEFORE ANYONE ARRIVES

18+ adults • Maximum 12 participants • Two prepared hosts

Complete local setup and host rehearsal. Use the Host Handbook v1.0. Check access, route or room, alternative format, first aid and verified local response contacts.

Keep everyone included; do not split without two hosts per group.

RUN THE HOUR

00-08

ARRIVE

Welcome, access check, optional one-word check-in and headcount.

08-13

SEE & AGREE

Explain choices, agreement, privacy limits, concerns route and route or venue.

13-20

LEARN

Teach one seven-minute lesson. Show a short example, then practise.

20-40

LISTEN & UNDERSTAND

Pairs: settle 2 min; A speaks 5 + reflection 2; swap 7; reflect and return 4.

40-50

SUPPORT

Reflect on your own experience. Offer a discreet host check-in; keep partner stories private.

50-57

CONNECT

Choose a private next step or no action. Agree any contact or support explicitly.

57-60

CLOSE

Optional check-out; reconcile arrivals and departures. Confirm handovers and next date.

HELP PEOPLE FEEL HEARD

THE LISTENING LOOP

- 1 ASK PERMISSION**
Talk, or quiet company?
- 2 LISTEN**
Let them finish. Allow pauses.
- 3 REFLECT & CHECK**
"What I heard was ..."
"Have I understood?"
- 4 ACCEPT CORRECTION**
Their meaning belongs to them.
- 5 ASK WHAT HELPS**
Listening, options or a host?

CHOOSE A CONVERSATION PROMPT

"How are you arriving today?"
"What is taking up your attention?"
"What has given you support?"

CHOICE STAYS WITH THE PERSON

Pass, pause or change partner.
Tell a host before leaving.
No forced sharing, advice, contact exchange, photos or recording.

HOST REMINDERS / KEEP THESE VISIBLE

- Explain privacy honestly. Keep stories private; group privacy cannot be guaranteed and public spaces can be overheard.
- Explain the limits. Hosts may share necessary information for serious safety or safeguarding concerns or local reporting duties; explain where safe.
- Pause for safety. Stop conversation at crossings or hazards. If a concern arises, use the local response plan and keep group oversight.
- Close with care. Keep reflection sheets private. Record concerns separately and securely; agree a named follow-up owner.

Community listening, not counselling or crisis care.

Based on Printable Resources v1.0 • Oct 2026 | Use with the full handbook and local plan.