Inner Compass
THERAPEUTIC SERVICES LTD

ENVIRONMENTAL POLICY

SEPTEMBER 2026

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INNER COMPASS THERAPEUTIC SERVICES LTD

Purpose
This policy outlines our commitment to minimising the environmental impact of our therapeutic work. Although we are a small practice, we recognise our responsibility to operate sustainably and to contribute positively to environmental wellbeing.

Our Commitment
We are committed to:

- Reducing waste and using resources responsibly
- Minimising our carbon footprint
- Making environmentally conscious choices in our day-to-day practice
- Encouraging associates to follow the same principles

Energy and Resource Use
We aim to:

- Use energy-efficient lighting and heating in therapy spaces
- Turn off equipment when not in use
- Use digital systems - invoicing, and communication to reduce paper use
- Print only when necessary, using recycled paper where possible

Waste Management
We will:

- Dispose of confidential waste securely and responsibly
- Recycle paper, cardboard, and other recyclable materials

Travel and Carbon Reduction
We encourage:

- Low-impact travel such as walking, cycling, car-sharing, or public transport
- Scheduling appointments efficiently to minimise unnecessary journeys

Purchasing and Supplies
We aim to:

- Choose environmentally friendly products where feasible
- Work with suppliers who demonstrate sustainable practices

Associates and Shared Responsibility
All associate therapists working under the practice name are encouraged to:

- Follow this policy in their own therapeutic work
- Raise suggestions for improving sustainability within the practice

Continuous Improvement
We will review this policy annually and update it as needed to reflect good practice, new opportunities, or changes in our working arrangements.

Written by: Sam Lewis

Date: September 2026
Review date: April 2027