

Group Values and Behaviours

- We are all here because of similar personal circumstances including those who have given their own time to make this group happen
- We welcome and support new members
- We recognise that every member is important who will be listened to with respect no matter what gender, sexuality, age, race, religion or disability
- We accept that conversations taking place during group meetings are confidential and no person's information should be discussed outside of group meetings. What we say in the room, stays in the room
- We ask members to maintain a non-judgemental environment, be open minded and be prepared to listen and encourage others
- We try to make sure everyone is able to have their say
- We don't pressurise anyone to speak or join in activities
- We share information and don't give advice recognising that we are all different, and that each member is responsible for their own decisions
- We may not agree all the time but we do respect that we all have our own opinions
- We recognise that disruptive behaviour and bad language may distress other group members and it will not be tolerated in the group
- We recognise that alcohol and illegal drugs will **not** be tolerated - anyone under the influence of said drugs or alcohol will be asked to leave.

Anyone who disregards Group values and behaviours or may be a harm to themselves or others will be asked to leave the meeting or any other activity they are engaged in.

Thank you in advance for upholding the Group's value and behaviours