* We are all here because of similar personal circumstances including those who have given their own time to make this group happen.
* Every member is important and will be listened to with respect
* We try to make sure everyone is able to have their say
* We don’t pressurise anyone to speak
* We always respect confidentiality \*
* 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

***\* Confidentiality:***

***What we say stays in the room and is not shared outside with anyone unless someone may be at risk from themselves or others.***



