

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 maintain a non-judgemental environment
- 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 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
- We expect members to be civil at all times and refrain from using inappropriate language and behaviour.

*** 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

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

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