



Worthing Rethink Mental Health Carers Group Group Guidelines

Welcome to the Worthing Rethink Carers Group, this group is managed and led by volunteers and supported by and registered with Rethink mental Illness.

Our peer support group aims to offer a safe relaxed space for people caring for someone with mental illness to share their experiences freely and without judgement. We offer support and encouragement to one another, so our members feel less isolated and more supported.

As a voluntary led peer support group, we do not give advice, however we can sign post members to professional carers support services and other organisations.

To ensure we provide a positive environment and a group that people feel safe in, we ask that everyone observes and practices the following.

- **Contraband:** The use of drugs, alcohol, cigarettes and e-cigarettes are prohibited at Meadowfield. Worthing Rethink also prohibits the use or influence of these items during meetings.
- **Advice:** Worthing Rethink cannot give advice. However, group members may signpost or make suggestions for others to explore should they wish.
- **Punctuality:** Try to arrive on time. Interruptions can break the flow.
- **Confidentiality:** What is said in the group stays in the group, unless someone is at risk of harm from themselves or others. The sharing of another's contact details, situations, etc. should only occur with the permission of that individual. This applies especially to any Social Media postings.
- **Phones:** Please either switch off or set to silent.
- **Language:** Please, no swearing or inappropriate language. We will not tolerate any discriminatory language of racial, gender or stereotypical type. Where possible, be sensitive to other members feelings in what you say.
- **Respect:** Everybody has a right to be heard uninterrupted, if you wish to speak indicate this, discretely, to the group coordinator and wait your term. Whenever possible, everybody will get a chance to speak. but this may occasionally mean you are asked to be brief. Please listen to the speaker with compassion and understanding.
- **Views:** People are allowed to have views which may differ significantly from yours. Disagree with the point, not the person. For Virtual Meetings Only
- **Recording:** Meetings will not be recorded by Worthing Rethink or those attending. Neither should screen shots without permission of those participating.

- Meeting Login: Please don't share the group meeting login details without permission.
- Privacy: Please ensure that you cannot be overheard by those outside of the meeting. If you can, please use headphone to keep the confidentiality of others.
- Etiquette: Please switch off any background noises, such as music, and mute your microphone when others are talking. The above guidelines (1 to 8) still apply to virtual meetings.

Adherence in either Meadowfield or Virtual Meetings Failure to comply, following a warning from a Group Coordinator (GC), i.e. Mark, Pam or Peter, may lead to the offender being excluded from the rest of the meeting. Should the same offence occur at subsequent meeting then they will again be excluded.