



Plan for Support groups in 2022

Our monthly support groups are facilitated by a Rethink worker and a staff member from mental health services. We are currently planning new groups, and would love to hear from you. If you are interested in either or both of these options, please email to let us know: bristolcarers@rethink.org

In Person

Once a month in person closed group limited to 6 – 8 people for a period of 6 months, or six sessions.

Online group

Once a month online (Zoom) closed group limited to 6 – 8 people for a period of 4 months, or six sessions.

Group Agreement

Users of Rethink mutual support groups are reminded that everyone has the following rights:

- ❖ To **confidentiality**. You should feel able to speak freely in the meetings in the knowledge that nothing heard or said will be repeated outside of the group meetings. **This includes being in a room where other people won't overhear what you or others in the group are saying.**
You may like to use headphones. *(There may be times when facilitators have to share information specifically under Duty of Care procedures if we feel you or someone else may be at risk. We will always aim to discuss this with you first)*
- ❖ To be **listened to**.
- ❖ To talk openly and freely without fear of **judgement**. Show respect to other people their experiences and their opinions, even if you don't share them.
- ❖ People may prefer to stay quiet and not share much at times

And the right **not to expect**

- ❖ To be spoken over or ignored
- ❖ To have someone dominate conversations and not allow others to express an opinion
- ❖ Usual pleasantries - mobile off (unless needed for emergency/urgent contact)

As facilitators, we will ensure the group is only open to carers we have had previous contact with and will exclude anyone who doesn't respect the above agreement.