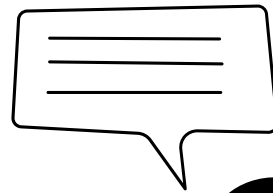





Survivors'
Network

Peer Support Group Agreement

Volunteer & Groupwork Service



[Survivorsnetwork.org.uk](https://www.survivorsnetwork.org.uk)



The Purpose of the PSG is to share stories, gain support from each other and to give support to your peers. We ask that you take care of yourself during the group and take a break if you need to. You can leave the group at any time and there is no pressure to speak or to join in. It's OK to just be here with others.

1. Confidentiality


Everything said in the group and who attends is kept confidential within Survivors' Network. We ask that participants not discuss anything that occurs between or among group members, or who attends, outside of the group.

You may see people from the group in public places, so please be mindful that you don't share with others how you know each other, as this will be breaking confidentiality.

If the group facilitator or volunteer believes that a participant or someone else is at risk, they have a professional obligation to act to help keep everyone safe. This may include calling emergency services if appropriate. We will always try to speak to you first if we need to contact other services.

* For more details, please ask to see Survivors' Network Confidentiality Policy, or find it [HERE](#).

* Try to stay in the group together and not split off into separate groups in different areas of the buildings or gardens. This ensures confidentiality and helps everyone feel included in the group.



2. Discussion

We ask participants not to enter into too much detail about any abuse, such as who and what was involved. It is fine to discuss the impact the abuse may have had and how they are feeling. This is so people are not triggered and don't feel retraumatised by sharing too much. This is also important as some have open police investigations, and discussing the details could impact their case. The Groupwork Facilitator and volunteers will guide you if they feel that you are going into too much detail. This may feel difficult, but it is important for protection and boundaries

3. Physical contact

Please do not initiate physical contact with another group member unless you have asked them, and they have agreed to this. Please ask each time, even if they have agreed to physical touch on a previous occasion. Even a touch on the arm that was intended to be reassuring may cause anxiety for some group members. *This extends to mobility aids and service animals.*

4. Questions

If you are asked a question by another group member, you do not have to answer. Just let them know that you prefer not to answer or remain silent. If you are asking questions, please don't ask probing or very personal questions as this can feel invasive to some. Some people may not wish to speak at all so please don't invite someone to speak if they are quiet as this may bring unwanted attention and make someone feel uncomfortable. It is very empowering to find your own words and to speak at a time that feels right for you and it is fine if you want to be quiet and just be here.

5. I statements

We agree not to give advice. We encourage the use of 'I' statements. An example would be 'I felt like that' or 'I experienced the same and found ...to help a lot'. These are instead of 'You' statements, which might be 'Have you tried doing...' or 'You really need to...' I statements help to give people options, fit with SN's empowerment ethos and the belief they are the experts in their recovery.

6. Appropriate behaviour & language

We ask for considerate, compassionate behaviour and inclusive language towards all group members. This includes volunteers and staff. We do not accept homophobic, transphobic, racist or ableist language, or language that could make people feel excluded based on their identity. We ask participants to avoid swearing, as this can feel aggressive to some. Participants who continue to disrupt or upset the group may be asked to leave. We also ask participants to stay away from divisive or political subjects and keep to the purpose of the group.

7. Alcohol and Other Drugs

When under the influence of alcohol or non-prescription drugs, individuals may have less access to their emotions and less control over their behaviour. If the facilitator believes that a participant is under the influence of alcohol or other drugs, they will be asked politely and discreetly to leave the group.

8. Exclusive relationships

We encourage positive relationships and peer support within the group; however, please be careful that friendships between group members do not make other group members feel left out. The email that you receive to book a slot in groups is for your own personal use only. We ask that people not share the Eventbrite links with anyone else, on any platforms, even with people who they know are attending the group.

9. Self-Care

Although the environment should always be friendly and caring, attending a group can at times feel overwhelming. Remember to take care of yourself. If you need to, take a break and ask the facilitator or volunteers for support. It's OK to just be here.

10. Phones

We request that participants not use their phones or any recording devices during the group. If someone needs to take an important call during this time, they are welcome to leave the room to do this. Please check that your phones are on silent.

Data Protection

We will always aim to keep your information up to date, by storing it securely on password protected databases or in locked filing cabinets, by not keeping it for longer than necessary and by destroying it securely when we no longer need to hold it.

Please see the Policies page on our website or ask to see our Confidentiality Policy and/or our GDPR Data Protection Policy.

Get in touch

For more information or to access support, please complete an online referral form via the 'Get Help' page on our website [HERE](#) or call 01273 203380 (voicemail service) or email info@survivorsnetwork.org.uk for more information.

You are welcome to reach out whenever you feel ready.

**We
believe
you**

We hope you have found this guide useful and look forward to seeing you soon.

Contact Support
info@survivorsnetwork.org.uk
www.survivorsnetwork.org.uk
[@survivorsnetwork](https://www.instagram.com/survivorsnetwork)

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