



SCN Sheffield Group Member Guidelines

Members are asked to adhere the following guidelines:

- What is discussed at group meetings is **confidential** and not to be repeated outside of the group.
- Everyone takes **responsibility** for what, and how much, personal information they share.
- **Respect** and **tolerance** for individuals, their beliefs and experiences, even when different to one's own.
- Maintenance of a **safe environment** where no-one will attempt to convert you or sell unwanted services.
- Recognition that the group is for **peer-support** and not group therapy.
- Ask **permission** before questioning others about their experiences and beliefs. You do not have to share anything if you do not want to.
- Whenever possible the session will begin and end with a few minutes of silence and an opportunity to '**check-in**'.
- Sharing may be **time-limited** so that everyone gets a chance to speak.
- All members can **contribute** to the future topics, format, and direction of the group.
- **Share** using specific 'I' statements rather than general 'You' statements, don't assume everyone shares your experience or understanding.
- No cross-talk or interruptions, wait for people to finish speaking before contributing.
- Please turn off mobile phones.

- These guidelines can be reviewed at any time and especially when new members join.
- Contacts details will be kept private and only used to inform members about group meetings.
- Contributions to room hire can be made at the start of the session.