



Registered Charity 1182307

www.cc-sn.org

Peer Support Principles

Peer support only works when we are all involved and can give and get support from peers. These are the principles which we build our groups on.

TRUST - Feeling safe and having confidence in the group

HOPE– Feeling that you can achieve your goals

DIVERSITY – We all have different experiences, perspectives and opinions and value those differences

EMPATHY – We understand and share the emotion of others

MUTUAL BENEFIT – We share and encourage others to share, so that we may give and get support

Peer Support Guidelines

Safety

In the group each of us is responsible for our own safety. We share our experiences, either focusing on the here and now or delving into past events or traumas, in an open fashion. If someone speaks of things that you find unsettling, it is ok to say you find that triggering (we would suggest that you message the group leader). If you step out of the group, or leave the session, please message the group leader so we can make sure you are safe.

Participation

During the meeting there is no pressure to talk, sometimes we can draw strength just by being with people who understand. Equally, everyone should have the opportunity to participate. If you do not want to have your camera on please tell us in advance why that is and we will be sympathetic.

Respect

We are all here for the same reasons – to get support and learn from each other. It's ok for us all to have different experiences and perspectives. Please be respectful of others, and remember to talk with them and not over them. Please offer support rather than advice.

If, for whatever reason, you are unable to join the chat, there is a 'raised hand' emoji on the dashboard which will alert the group leader.

We are committed to this being an inclusive group and anyone using any offensive or discriminatory language may be asked to leave.

Confidentiality

Our participation and discussion here is private and confidential to the group. It is fine to discuss topics raised in the group with your therapist, but please respect the confidentiality of the group and its members by refraining from sharing personal information.

Concerns

If at any time you have concerns about the topics raised, or someone else in the group, you can message the group leader at any time to discuss your concerns. Any conversations will be held in confidence unless required by law.

Safeguarding

If you share something that identifies someone may be at risk of harm (whether yourself or another adult/child), Our safeguarding policy will be used. We will speak with you privately about any concerns and discuss any further options. We keep your contact details securely in accordance with GDPR and will not share them without your permission except if required by law or safeguarding. Our Safeguarding policy is available on our website or from any Trustee.

Attendance

You can attend the group for as long as you need to, there is no restriction on how long you can attend. We do advise you join for a few sessions, each meeting is different and cover a wide variety of topics & guest speakers.

Online safety:

- We want the group to be a safe space, please follow the online safety guidelines
- The meeting link is confidential to this group and must not be shared with any other person(s)
- Please ensure you are in a private space where the group will not be heard by anyone else
- We will not record sessions (unless otherwise stated and with the agreement of participants) or save chats, and you must not record the sessions, save chats or screenshot the meeting

Removal from Group

We want the group to be a safe space, and expect everybody to be responsible for keeping the group a safe and supportive environment. There may be times when we feel it is necessary to ask someone to leave the group, temporarily or permanently. Many issues can be resolved by a 1-1 conversation, we always aim to resolve issues and return to the group wherever possible.

Reasons for removal includes (but are not limited to):

- Abusive or offensive language or comments
- Repeatedly talking over others who are speaking
- Speaking about topics which others find distressing
- If we feel you, or someone around you, are a risk to other members
- If we receive a complaint from another group member.
- Mentions of unhealthy coping methods or treatments that are not medically proven (such as microdosing or the use of illegal substances)