

GROUP PRINCIPLES

1. **Respect & Privacy**

Always show kindness and respect to other participants, staff and tutors.

What is shared by any individuals within the group is private and confidential unless stated otherwise.

2. **Timekeeping**

Please arrive no more than 15 minutes prior to the session start time to allow the facilitator to set up the space. Participants arriving late may not be able to enter due to the disruption this may cause to others.

3. **Listening & Sharing**

Every participant has a right to be heard and respected. Please listen actively to the tutor and your peers with an open mind and refrain from judgment or criticism. We are all different and it is important to respect each person's perspective, background and life experiences.

Please be mindful of the length of the session when sharing, and keep to the topic, as it is important for everyone to have time to speak if they wish to and for the tutor to cover their planned content.

4. **Boundaries**

Everyone has different comfort levels when it comes to discussion and sharing. If someone chooses not to share or participate, their decision should be respected without pressure. Avoid giving personal advice to others unless asked, instead focus on listening and validating others' feelings.

We ask that participants do not contact tutors or facilitators personally but instead make contact via the Community Wellbeing team.

5. **Safety & Support**

This group is intended to be an inclusive, safe space for everyone. Any behaviour that threatens the emotional or physical safety of others will not be tolerated. No harassment, discrimination, physical, emotional or verbal abuse will be accepted in any form.

The Isbourne does not share any individual's personal contact details with others. If you choose to share your information with an individual or group, this is at your own discretion and responsibility.

6. **Use of Technology**

We understand there are circumstances where you need to be contactable, however where possible please turn off or mute phones and other gadgets during tutor sessions to minimise disruption to others.