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**RECOVERY PARTNERS**

***NHS Experts by Experience***

**MEETING GROUND RULES**

1. Confidentiality is at the forefront of every meeting.

* What is said and done within the meeting stays in the meeting.
* Exercise caution and respect anonymity when referring to other people’s experiences.

1. Be respectful, supportive, and encouraging to each other always.
2. Accept others without making judgments.
3. Breaks will be planned, and timings followed.
4. Listen respectfully and allow others to speak.
5. Avoid interrupting or having side conversations.
6. Silence all mobile phones. Important calls must be taken outside of the meeting room.
7. You may leave the room if you are distressed or upset, but expect that someone will check-in with you to give you support.
8. If you bring a support dog, please keep them on a lead until consent is given from all present to let them off the lead. If you are uncomfortable around dogs or have an allergy to them, please approach the group chairperson who will inform the owner.
9. Everyone must take note of where the fire exits, and other facilities are.
10. Try to arrive on time – if you should be late, please come in quietly.
11. Please do not attend under the influence of drugs or alcohol.
12. Do not do anything which puts other participants at risk.

**SAFETY BOUNDARIES**

* There is no obligation to meet any peer outside of the group, but should you wish to at any point never meet a peer in your home or theirs, until you are certain you can trust them.
* If you have a concern that a peer will do something unsafe, inform the group facilitator or a health professional.
* If you feel uncomfortable with a relationship with a peer inform the group facilitator or a health professional.
* If a peer is ever threatening towards you or others in the group, seek help from the group facilitator or the Police.

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