



Peer Support Group Agreement

Introduction

This group agreement sets out the responsibilities of both the facilitator and the group member and provides guidance on what to expect being a member of a Prevent The Bet Peer Support group.

Background

Prevent the Bet is a registered organisation set up by those who have experienced first-hand the devastating effects that gambling can have on family and friends.

Group Meetings

At Prevent the Bet we offer support through facilitated group meetings. They are fully inclusive so that everyone is equally involved and supported. The group meetings provide an opportunity for people to share with others who have similar lived experience. This is a mutually supportive approach where people are able to safely share, learn and benefit from each other.

Meetings take place via Microsoft Teams and will usually last between 60 and 90 minutes but with the agreement of the group will occasionally run to 120 minutes should the facilitator feel it necessary to continue. Meetings will normally take place weekly on the agreed day and time unless specified by the facilitator.

We appreciate that not everyone will be able to attend every meeting and respectfully ask that where possible that group members inform their Facilitator of any known absence.

Being Mindful When Sharing

Prevent the Bet peer support groups aim to be a safe and supportive space for everyone. We encourage members to share openly about their experiences; however, we ask all participants to be mindful of how much detail they share during group meetings.

Some topics, particularly detailed discussion of suicide, self-harm, or traumatic events, can be distressing or triggering for other group members. To help maintain a safe environment for all, we ask that:

- Members avoid sharing graphic, detailed, or explicit descriptions of suicide, self-harm, or other highly distressing experiences during group meetings.
- If you are feeling overwhelmed or experiencing thoughts of harming yourself, please let the facilitator know. They can signpost you to additional support outside of the

group setting and help you access an emergency service if required.

- Facilitators may gently guide discussions if a share becomes too intense or potentially triggering, and this is done to protect the wellbeing of the whole group.

If at any point you feel affected by something shared in the group, you are encouraged to speak with the facilitator privately.

Prevent the Bet recognises that recovery can involve very difficult feelings, and support is available. Group meetings are one part of that support, but we are not a crisis service.

Confidentiality

All meetings are facilitated by trained Prevent the BEt representatives and we ask all group members to respect one another's confidentiality and to not discuss any matters that are discussed within the group.

However, there are some exceptions to confidentiality. If the Facilitator believes that a group member or their family member are at risk of serious or immediate harm, confidentiality may be breached and the Facilitator will follow the Prevent the Bet Safeguarding policy.

Participants will be asked if they would like to be a part of a WhatsApp group for communication and updates; please note that this means your phone number will be visible to other group members. By joining, you consent to

this and are asked to be mindful of your own and others' privacy when using the group.

Data Protection

Facilitators are required to keep very minimal notes from the meetings for things such as attendance, safeguarding and any subsequent one to one support sessions. All names will be recorded by first name or initials only and are stored online with our GDPR and Privacy policies which can be found on the Prevent the Bet website.

Contact Outside of Peer Support Meetings

Occasionally the Facilitator may arrange an additional one to one session with the group member should this be deemed required by both parties.

In addition, should a group member need to contact a Facilitator directly then they should do so via text/WhatsApp or email in the first instance.

Group members will also be asked (this is optional) to be part of a Prevent the Bet WhatsApp Group which is there to provide additional peer support. However, our core purpose is to provide support through meetings and the WhatsApp group is not intended to replace this.

Expectations & Complaints

Prevent the Bet aim to promote an environment where everyone on the group feels safe, free to speak and share without fear or judgement. If for any reason a group member feels that this is not the case then we ask that the

matter is raised with the group facilitator in the first instance.

If this is not possible then please contact the Prevent the Bet CEO via e-mail hello@preventthebet.co.uk or one of the team via the same email address.

Declaration

Please do read the Prevent the Bet Peer Support group agreement carefully. If you have any questions, comments or suggestions then please do speak to your facilitator in the first instance.

Signed on behalf of Prevent the Bet

Jake Elliott

Founder and CEO