



Survivors Unite

Peer Support Group

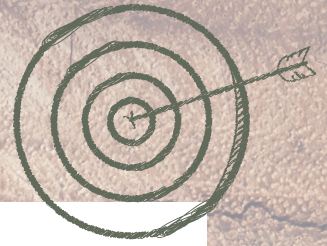
Welcome




Book

Supported by:







Aims of the Group



-  To provide a safe confidential space to be with others who understand the impact of childhood sexual abuse.
-  To create an atmosphere of common understanding where we can be with others and not alone.
-  To know that it is okay to talk about having been abused but without sharing details of our personal abuse.

Introduction

-  After Children 1st acquired funding from Survivor Scotland to establish a Peer Support Group within the Borders, a diverse group of survivors of childhood sexual abuse (CSA) came together to establish this group.
-  We feel it is important that we create space for us to meet to support each other with day to day issues and impacts which stem from our individual experiences of abuse. We recognise however that it can be too overwhelming to discuss individual details of abuse and so this is not the purpose of the group.
-  Although we have all had individual support we have never had an opportunity to come together with other people who have endured childhood sexual abuse.
-  We want to create a warm, welcoming, environment that is safe. For us this means it is important that the group is a confidential and non-judgemental space in which people are able to openly support each other as survivors.

Group Attendance



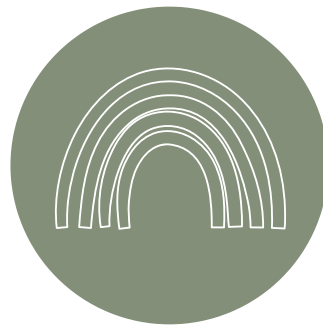
Your presence at the group will be highly valued and steady attendance helps the group to become a safe and satisfying place to be, so if you are unable to attend a group meeting we would appreciate it if you could let us know by contacting our group facilitator:

Rachel Bailey – rachel@survivorsunite.onmicrosoft.com

Group Rules



Mutual Respect



No discrimination



**No substance misuse
whilst at the group**



Confidentiality

Confidentiality



The group must protect the identity of other group members at all costs. All information shared within the group must be kept private and not shared with anybody who is not a member of the group. This means that members do not talk about other members outside the group or tell friends and family or acquaintances who are attending the group. Group members may talk only about their own experiences outwith the group.



Although the group can not take responsibility for what happens outwith the group we encourage healthy boundaries to be agreed between members of the group if they meet each other outside the group.

Confidentiality Limits



Your wishes will be respected as far as possible, except in the following circumstances:



If we are given information from you or others that a child is in danger or being abused we will pass this information to the relevant authorities.



If we have indication or information that anyone is at risk of injuring themselves or others we may seek appropriate help.



Returning phone calls: We will follow group member's instructions on the best way to contact each other and sharing of contact details.

Group timings



- 🌰 The group runs from 10:30–12:30pm.
- 🌰 From 10:30–10:45am we arrive and make a drink etc.
- 🌰 10.45–11.30ish we check in and have the main part of the group.
- 🌰 11.30–11.45ish we take a short break.
- 🌰 11.45–12.15pm we continue with what we are doing or do something different.
- 🌰 12.15–12.30pm we check out.
- 🌰 12.30–12.45pm we clear up and get ready to leave.

Blocks








- 🌰 The group is run in 6 week blocks with 1 week break in-between organised as follows:
- 🌰 Week 1 Open group (discussion decided on the day)
- 🌰 Week 2 Open group (discussion decided on the day)
- 🌰 Week 3 Open group (discussion decided on the day)
- 🌰 Week 4 Open group (discussion decided on the day)
- 🌰 Week 5 Open group (discussion decided on the day)
- 🌰 Week 6 Open group (discussion decided on the day)
- 🌰 Week 7 Social meeting (unfacilitated)







Our Intentions



-  Our intention is that no individual involved with the group is treated less favourably than others.
-  The service is accessible and welcoming to all sections of the community.
-  Discrimination will not be tolerated and action will be taken if this happens.
-  We value social justice, participation, mutual respect, learning, and co-operation.
-  To support an environment which fosters empowerment for group members.

Complaints Procedure



-  If you have a complaint about the group please follow the procedure below:
-  Discuss your complaint with a group facilitator. If this feels difficult or inappropriate proceed to the next step.
-  Speak or write to the manager: Christopher Walker, Unit 3A Tweedmill Business Park, Selkirk, TD7 5DZ. The manager will reply to you within a week to try to discuss and attempt to remedy the complaint.
-  If your complaint is unable to be resolved with the manager, we will identify a named person to support you in pursuing your complaint in accordance with the Survivors Unite Complaints Policy.

Evaluation



In order to gather information to support future funding we ask group members if they are willing to take part from time to time in giving feedback about their experience of the group.



The information gathered will be anonymous unless express permission has been given to use a group member's name.

Contact Us



Unit 3A Tweedmill Business Park, Selkirk, TD7 5DZ



07506 491 045



Projectcoordinator@survivorsunite.onmicrosoft.com



www.survivorsunite.org.uk