

# Welcoming visitors guidance

In this meeting space, our goal is to support each other to feel confident and safe. We ask that in the time we are together you share this goal too.

We have accessibility and communication needs that are mental, physical and emotional. We ask you to respect these needs during the time we are together. If you have accessibility needs, please let one of the facilitators know and we will support you to feel comfortable and included in our meeting.

Our group and ways of working have taken a long time to develop. As a group, we follow our 'Working With' and 'Boundaries for Working With' agreements which we ask all non-members to read before coming into the group. These behavioural expectations apply to everyone, they are in place to keep everyone safe, comfortable and to try to avoid people from becoming triggered (i.e. becoming suddenly upset, emotional or distressed).

We want people who attend our meetings to feel safe, confident and welcome.

Ways we do this includes:

- Do not ask personal questions
- The balcony is the group's personal space, especially during breaks
- Think about level of detail shared or requested about an experience
- Think about the language we use (if in doubt see this guide from Crisis)
- Respect other people's right to privacy and anonymity

We may need to ask you to change the way you ask a question or reflect on your choice of words. Please don't be offended by this. It is part of our process of feeling safe. Either one of us, or a facilitator, will speak to you about this if needed. Because we have spoken about feeling safe, we trust that nobody here would intentionally say something to upset us. Nonetheless, we ask that everyone pays attention to how they speak and how it can make other people feel.

For safety reasons, please do not take photographs or videos of group members. You may take photos of our work for personal use, but please do not share this externally without our permission. We encourage you to raise awareness of our project, but please do not share personal information or direct quotes without consent. If you would like to post about our project on social media we welcome this, but please ensure all social media is run past either the Project Manager (Nicky Pyper) or Participation Leads (Jules Grenville/Nicki Menin).

Please be aware, we may give feedback to you afterwards about your visit and welcome you to do the same.

We hope you feel comfortable and safe during your visit to our meeting.