

Friends & Family Group Guidelines

We aim to provide a safe, therapeutic environment for the group, which can be achieved with the following guidelines:

Confidentiality – what is said within the group stays within the group

Respect for each other – demonstrated by listening and appreciating others' opinions

Anonymity – avoiding giving individual names

Discussions welcomed – aim to stay relevant to topic; the facilitators will help guide discussions

Avoid personal attacks – facilitators available at the end of the meeting to discuss any issues that may arise

Adult Service – the group is open to anyone over 18

Feedback – we welcome feedback about the group