

**Welcome to your carers group:** Here, you will have a safe space to discuss your caring role and time to talk in confidence. The Purpose of your group is for carers to discuss and provide peer support about their caring roles.

**We ask that:**

- ☐ Anything discussed in the session is confidential and is not revealed outside the group. (Please note confidences will be held unless someone is considered to be at risk of harm. Carers Support West Sussex will always keep you fully informed of any actions we may have to take as a result of a disclosure.)
- ☐ Discussions are around your caring role and not other personal matters – if we feel that discussions around personal matters are impacting the group, we will stop the meeting and talk with you in private before re-starting the group.
- ☐ We are unable to have private conversations with you after the groups – if you would like a 1-1 session, please let us know and we can book you into a phone surgery.
- ☐ Each carer has the opportunity to talk should they wish to.
- ☐ Only one person talks at a time.
- ☐ We all listen to each other.
- ☐ Everyone respects other's points of view. However, language or opinions which could cause offence will not be tolerated and you will be asked to stop.
- ☐ Consideration is given to the caring situation & feelings of others.
- ☐ Mobile phones – do not need to be off, but in consideration to speakers or other carers if you could put time either on vibrate or silent. If you need to take a call, please do so but could you take it outside of the group please.
- ☐ Breaks – please leave the group if you need to do so.

