



CAPITAL

Group Agreements

These Group Agreements have been made by CAPITAL members so that we all feel safe and welcome at all our groups, hubs, localities and events. We want everyone to be respected, valued and included.

These group agreements apply to all CAPITAL events including:

- Face to face groups, including peer led groups and meeting
- Any small groups that are part of a larger events or meetings
- All external meetings when we represent CAPITAL
- Online meetings
- CAPITAL social media sites, including our Members Facebook Group

Everyone in CAPITAL has their own experience of Mental Distress and/or Conditions. This is the perspective we all bring to every meeting. Do not disrespect others experiences.

These group agreements apply to CAPITAL Members, Trustees, staff, guests and visitor equally.

See overleaf for further information

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Group Agreements

Everyone is expected to always follow these agreements –

We will:

- Treat everyone with kindness and not be rude or disruptive
- Respect everyone, their backgrounds and their experiences
- Not share private information about others
- Understand and respect everyone has ideas, but we don't have to agree
- Listen politely, raise your hand if you wish to speak and wait for your turn
- Not use illegal drugs and alcohol before or during meetings, hubs, etc.
- Clean up and put things back after ourselves before leaving
- Be on time for the start of meetings and finish on time
- Turn off or mute our phone/s, unless waiting for an important call

For online meeting:

- Keep our mics on mute while not talking
- Find a quiet space to join the meeting, so that we are not overheard and so that confidentiality is not broken

If there is a safety concern and you believe someone is at risk of hurting themselves or others, then PLEASE speak to a member of staff in private

If the group agreements are regularly or seriously broken by an individual, a member of staff will meet with you to you about how we might be able to help sort out any problems

If they continue to be broken, then we may ask the individual you not attend events, hubs, etc. until they are able to follow the agreements