

CAPITAL Project Trust Group Agreements



Group Agreements

These Group Agreements have been made by CAPITAL members so that we all feel safe and welcome at all our 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 meetings
- Online meetings
- Any small groups that are part of a larger event or meeting
- CAPITAL social media sites, including our Members Facebook Group
- All External meetings when we represent CAPITAL



Everyone in CAPITAL has their own experience of mental distress (you may prefer a different term), this is the perspective we bring into all our meetings



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

At each event, a show of hands will be asked for to show that everyone is happy to follow our group agreements.



See overleaf for further information



Opening doors to mental wellbeing



CAPITAL Project Trust
01243 869662
Safe Haven, 32 Sudley Road, Bognor Regis, West Sussex PO21 1EL
Registered Company Number 4157375
Registered Charity Number 1087420



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Everyone is expected and encouraged to follow the agreements below

We will:

- Put safety and wellbeing first
- Treat each other with kindness and respect
- Not be disruptive or rude
- Not share private information about others (unless someone is a risk to themselves or others. If you are concerned, please speak to a member of CAPITAL staff)
- Respect everyone's backgrounds, ideas, and experiences
- Include and value everyone
- Understand that everyone's ideas are important, but we do not have to agree
- Be on time for meetings and finish on time
- Keep our discussions short and relevant
- Listen politely and wait for our time to talk
- Use language that everyone understands
- Keep your mic on mute when you are not talking in an online meeting
- Raise your hand when you want to speak
- Turn off or silence our phones unless waiting for an important call
- Mute our microphone and leave the room if we need to answer the telephone
- Find a quiet space to join online meetings so that conversations are not overheard, and confidentiality is not broken
- Everyone agrees not to use illegal drugs and alcohol before or during the event

In the event that there are regular or serious breaks of the group agreements by an individual, we will offer help and support to follow them in the future.

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