

Bristol Parent Carers Virtual Support Group Agreement



As we are currently unable to run any face to face Support Groups due to COVID-19 restrictions, Bristol Parent Carers (BPC), has decided to trial Virtual Coffee Mornings to offer parent carers an opportunity to join together virtually in mutual support. We have established this agreement in an effort to ensure sessions are respectful, supportive and offer a safe and welcoming space for parent carers to connect.

BPC asks that every person attending a session adheres to the following agreement to ensure we all feel supported.

Our Virtual Coffee Mornings are only for parent carers of children and young people (0-25) with Special Educational Needs and/or Disabilities, or life limiting conditions, living within Bristol.

Why are we doing Virtual Coffee Mornings?

The aim of our Virtual Coffee Mornings is to reach parent carers, support them to connect with other parent carers and offer each other peer support by sharing thoughts and experiences. The experiences of parent carers who attend our sessions will help to inform the work we do as a parent carer forum when we work with partners to shape, improve and develop services. We may share your experiences but we will always do so without identifying you; it is important that we create a space where you feel comfortable and safe to share. We are not able to advise on individual cases, but we may be able to signpost to organisations who may be able to help.

Although we will always treat what you share in confidence, we have a duty to report any safeguarding concerns.

We want everyone who attends to have an opportunity to participate in a safe and supportive environment; we therefore ask for your cooperation in respecting others.

If anyone attending a session behaves inappropriately, BPC has the right to remove them from the session immediately.

Examples of inappropriate behaviour include: -

- Being disrespectful to others
- Making abusive or threatening comments
- Aggressive behaviour
- Inappropriate/offensive language

Respect



We expect that each person attending a session will respect and maintain the confidentiality of the group. What is said in group stays in the group and is not to be repeated or discussed at any other time or place. An exception of this would be if something was a safeguarding concern.

No one is to take photographs, screen shots or record the session.

Accept



We ask everyone to accept each other without making judgements and not discriminate. We will all be aware of each other's feelings and talk about what is present to us now, rather than what might have happened in the past. We will be supportive and encouraging to each other. We do not discuss others.

Listen



We expect everyone to listen to each other and give each other time to share and contribute if they want to. Please try not to interrupt each other.

Our goal is to welcome every parent carer who chooses to join, everyone is different and you may feel that these sessions are not for you.

By signing up to attend one of BPC's Virtual Coffee Mornings, you commit to abiding by this agreement.

Thank you for your understanding & co-operation in taking care of one another and valuing each other.