

## SUN Group Agreement

SUN groups are facilitated peer support groups where members both give and receive support. Members are asked to respect confidentiality at all times and join from a private space (when joining online). It is important that the structure of the group feels familiar and predictable for members, so we encourage each other to work together to ensure that each part of the session starts and finishes on time.

Members are expected to stay for the group duration. However, if you are struggling to stay, we encourage you to discuss how you are feeling so you can make use of the support available. If you do leave early, it is important to verbally check out so that the group knows how you are feeling.

We recognise different needs and challenges, however the group asks that members bring their whole attention, and have their camera on (when online), because this helps to support each other.

Members may bring many different topics and experiences to SUN groups, and some of the things discussed may be sensitive or difficult. Members are encouraged to be respectful to each other during these conversations and recognise that different feelings may be evoked in each person.

It is important that members are open about difficult feelings and perspectives within the group so that these can be explored and resolved together. Members are reminded that it can be helpful to challenge each other in a constructive way for any behaviour experienced as unsupportive. This could include, but is not limited to: drug and alcohol misuse, discriminative language, being distracted such as using phones or Teams chats or a pattern of coming in late or leaving early.

We do not encourage or discourage contact between members outside of SUN, but members are welcome to bring any situations back to group.

<b>Check-in</b> <45 mins>	<b>Break</b> <15 mins>	<b>Support Forum</b> <50 mins>	<b>Break</b> <10 mins>	<b>Check-out</b> <30 mins>
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