



SUN Membership Expectations and Responsibilities

The primary aim of SUN is for members to give and receive support in the groups and to feel part of a wider SUN community. We encourage members to bring different topics to SUN support groups and we acknowledge this may impact everyone differently. We may all experience the same event in different ways and part of the SUN ethos is for all perspectives to be reflected on. Within SUN we are curious, compassionate and approach everything as an opportunity to learn.

SUN has several expectations of its members which are:

1. Members will check in and out with the support of the group, which includes both members and facilitators.
2. Members are encouraged to complete a RASP within their first two groups, with the support of the group. This is a requirement to become an active member of SUN.
3. Members will not seek out one to one support conversations with the facilitators. SUN is a community where responsibility is shared between facilitators and members for the running of the groups and the service.
4. Members are expected to behave in a supportive manner in the SUN groups. There is a group agreement read out at the beginning of each group which will continue to be co-developed with members detailing some of these expectations.
5. If a member's behaviour is experienced as unsupportive, it is the responsibility of members and facilitators to raise this. The group will then need to discuss whether the majority of the group agree that the behaviour is unsupportive and if so, this will be marked in the minutes.
6. The group then needs to decide what sanction, if any, needs to be applied, beyond the discussion and reflection in the group. Often it is sufficient to acknowledge that the behaviour has been experienced by the group as unsupportive and for this to be reflected upon. The process is very important in upholding the culture of safety and support within SUN.



7. The group can ask a member to leave if it is felt that the safety of the group is immediately threatened.
8. Members are encouraged to bring their experience of an unsupportive behaviour incident to other groups in the week.
9. The SUN staff team can decide outside of a SUN group that a member has been unsupportive. This is most likely to occur if an incident happens near or at the end of a group and there is no time for the group to decide *and* safety has been threatened. In extreme circumstances, the member can be asked to take time out from SUN or have their membership revoked. If this happens, then the members will be informed of what happened and the consequences via supervision feedback and discussion of this will take place throughout the groups in the week.
10. If safety has not been immediately threatened but there was no time to discuss the incident, then the member is expected to talk about what happened in the next SUN group that they attend. That group will then decide what sanction, if any, is appropriate. Members and facilitators are also encouraged to raise incidents of unsupportive behaviour with that member.
11. After time out has ended and a member returns to a group, they will be expected to look again at their RASP with the group as a way of structuring a discussion about the incident and their return. This can be revisited in other groups after their first one if required.
12. Once time out has ended, there will be a check in with that member with the service lead, two facilitators and at least one member to discuss their return.
13. Groups take place within community venues so behaving supportively towards the host venues is also part of being a SUN member and facilitator.