

Peer-Led Support Group

Group Guidelines and Code of Conduct

March 2021



Please read the following guidelines and information carefully. We ask all those booking a place on the Peer-Led Support Group to agree to the code of conduct listed below. If you have any concerns or questions, please contact mail@anorexiabulimiacare.org.uk

What is the Peer-Led Support Group?

Available to any adult (18+) with an eating disorder or eating distress, the group runs online and is a chance to connect with others in a safe and encouraging space. Limited to 6 places per session. The group is recovery-centred.

When does it run?

Fortnightly, starting Wednesday 10th March 2021, 10.30am-12pm.

What is the 'code of conduct' for the group?

- The group will be moderated by members of ABC staff at all times.
- Please do not use potentially triggering terminology such as talking about weight, clothing sizes, calories etc.
- Please respect others when they are talking by giving your attention and not interrupting them.
- Please make sure to look after yourself and if you are not feeling good about the conversation, raise a hand in the Zoom room and someone will write to you in the chat box.
- Please do not give advice to others unless they say they'd like to receive it.
- Please remember that everyone will have a unique experience of an eating disorder, and although their experience may differ to your own, all contributions and thoughts are valid.
- Please be kind towards others during conversations. Discriminatory comments on the grounds of race, gender, identity or religion, or any other nature, will not be tolerated.
- Please do not share any personally identifying information with the group, such as telephone numbers, email addresses or social media profiles.
- Please respect the privacy of all group members. The confidentiality agreement will be explained by the moderator at the start of each session.
- Please bear in mind participants are under no obligation to share if they don't want to - they are more than welcome to just listen to others and share if and when they are ready.
- Please do not promote commercial products or services, personal blogs, websites or apps.

We look forward to seeing you at a group and hope you find it helpful. For questions, or to give us feedback, please contact mail@anorexiabulimiacare.org.uk