



Peer-Led Support Groups

Group Guidelines and Code of Conduct

Reviewed May 2021

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

What are the Peer-Led Support Groups?

Available to any adult (18+) based in the UK, we offer two online support groups run on Zoom.

1. *Peer Support Group – Individuals.* For anyone 18+ affected personally.
2. *Peer Support Group – Family & Friends.* For anyone 18+ caring for or concerned about someone else.

Both groups run online and are a chance to connect with others in a safe and encouraging space. Limited to 8 places per session.

When do they run?

The groups run on alternate Tuesdays from 25th May 2021, 10am-11.30am.

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

- For those attending the 'Individuals' group, please do not use potentially triggering terminology such as talking about weight, clothing sizes, calories etc.
- The groups will be moderated by members of ABC staff at all times.
- Please respect others when they are talking by giving your attention and not interrupting.
- 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@anorexiabulimiare.org.uk