

# GROUP RULES

AS AN 'A LITTLE POORLY BRIGHTON' MEMBER I AGREE TO THE FOLLOWING:



I UNDERSTAND ALPB IS A SAFE SPACE WHERE ANY MEDICAL INFORMATION, DISABILITY RELATED CONVERSATIONS OR PERSONAL DIFFICULTIES STAYS CONFIDENTIAL WITHIN THE GROUP UNLESS SAFEGUARDING ISSUES ARISE.



I WILL LOOK AFTER MY OWN HEALTH BEFORE HELPING OTHERS.



I WILL NOT DISCUSS TOPICS OF A TRIGGERING NATURE AT IN PERSON MEET UPS. I UNDERSTAND ALPB IS NOT A MENTAL HEALTH SUPPORT GROUP AND WILL CHECK IN WITH MY OWN MENTAL HEALTH REGULARLY, IF I FEEL I NEED PROFESSIONAL MENTAL HEALTH SUPPORT I WILL SEE MY GP OR ASK THE ADMIN TEAM PRIVATELY FOR SELF - HELP RESOURCES OR LINKS TO MENTAL HEALTH TREATMENT AND ALTERNATIVE THERAPIES SEPARATE TO ALPB.



I WILL NOT WRITE ABOUT TOPICS THAT COULD POTENTIALLY BE OF A TRIGGERING NATURE IN GROUP SPACES WITHOUT THE PROPER USE OF TRIGGER OR CONTENT WARNINGS.



I WILL NOT SHARE MY MEDICATION OR SHARE DETAILS OF OTHER PEOPLE'S MEDICATION WITH OTHERS, INSIDE OR OUTSIDE OF THE GROUP.



I RESPECT THAT EVERYONE HAS A DIFFERENCE OF OPINION, UPBRINGING AND BACKGROUND.



I UNDERSTAND ALPB DOES NOT TOLERATE HATE CRIME OR BULLYING DIRECTED TOWARDS ANY MINORITY GROUPS.



IF I HAVE A SAFEGUARDING CONCERN FOR MYSELF OR ANOTHER MEMBER, I WILL RAISE IT WITH AN ADMIN MEMBER OR THE CORRECT SOCIAL SERVICE, NHS OR THE POLICE.



I UNDERSTAND THAT ONLY ALPB ORGANISED MEET UPS CAN BE MONITORED SAFELY.



I AGREE TO NO ADVERTISING OF SERVICES SUCH AS MLM'S UNLESS PREVIOUSLY APPROVED BY THE ADMIN TEAM.



IF I WISH TO RUN A WORKSHOP OR SUPPORT THE GROUP I WILL DISCUSS THIS WITH THE COMMITTEE TO ENSURE SAFETY OF THE GROUP.

# ADMIN RULES

THE 'A LITTLE POORLY BRIGHTON' ADMIN COMMITTEE TO:



**STRIVE TO CREATE AN ACCESSIBLE, OPEN ENVIRONMENT BOTH ONLINE AND IN PERSON.**



**REPORT ANY SAFEGUARDING CONCERNS TO THE RELEVANT AUTHORITIES.**



**HAVE BOUNDARIES IN PLACE TO PUT OUR OWN HEALTH FIRST BEFORE HELPING OTHERS.**



**FACILITATE A RANGE OF GROUP MEET UPS AT ACCESSIBLE LOCATIONS OFFERING SKILLS AND A PLACE FOR A CREATIVE OUTLOOK WHILST SUPPORTING A DIVERSE RANGE OF CHRONICALLY AND DISABLED PEOPLE AND THEIR CARERS LIVING IN BRIGHTON AND HOVE.**



**MONITOR MEETUPS AND OUR POLICIES TO KEEP ALL MEMBERS AND ADMIN TEAM SAFE.**



**TO TREAT ALL OUR MEMBERS WITH KINDNESS ONLINE AND IN PERSON, CREATING A HAPPY ENVIRONMENT FOR OUR COMMUNITY, WHERE MEMBERS FEEL COMFORTABLE TO APPROACH US WITH ANY CONCERNS.**

# OUR ADMIN TEAM

INTRODUCING YOU TO THE 'A LITTLE POORLY BRIGHTON' COMMITTEE



**LAUREN (SHE/HER): FOUNDER / CHAIR**



**LEANNA (SHE/HER): HEAD MODERATOR**



**NATASHA (SHE/HER): MODERATOR**



**ROSIE (SHE/HER): MODERATOR**



**ALFIE (THEY/ THEM): MODERATOR**

## **Alpb- A Little Poorly Brighton, Group Rules:**

**As an 'A Little Poorly Brighton' Member I agree to the following:**

- **I understand ALPB is a safe space where any medical information, disability related conversations or personal difficulties stays confidential within the group unless safeguarding issues arise.**
- **I will look after my own health before helping others.**
- **I will not discuss topics of a triggering nature at in person meet ups. I understand ALPB is not a mental health support group and will check in with my own mental health regularly, if I feel I need professional mental health support I will see my GP or ask the admin team privately for self - help resources or links to mental health treatment and alternative therapies separate to ALPB.**
- **I will not write about topics that could potentially be of a triggering nature in group spaces without the proper use of trigger or content warnings.**
- **I will not share my medication or share details of other people's medication with others, inside or outside of the group.**
- **I respect that everyone has a difference of opinion, upbringing and background.**
- **I understand ALPB does not tolerate hate crime or bullying directed towards ANY minority groups.**
- **If I have a safeguarding concern for myself or another member, I will raise it with an admin member or the correct social service, NHS or the police.**
- **I understand that only ALPB organised meet ups can be monitored safely.**
- **I agree to no advertising of services such as MLM's unless previously approved by the admin team.**
- **If I wish to run a workshop or support the group I will discuss this with the committee to ensure safety of the group.**

## **Alpb- A Little Poorly Brighton, Group Rules:**

**As an 'A Little Poorly Brighton' Member I agree to the following:**

- **I understand ALPB is a safe space where any medical information, disability related conversations or personal difficulties stays confidential within the group unless safeguarding issues arise.**
- **I will look after my own health before helping others.**
- **I will not discuss topics of a triggering nature at in person meet ups. I understand ALPB is not a mental health support group and will check in with my own mental health regularly, if I feel I need professional mental health support I will see my GP or ask the admin team privately for self - help resources or links to mental health treatment and alternative therapies separate to ALPB.**
- **I will not write about topics that could potentially be of a triggering nature in group spaces without the proper use of trigger or content warnings.**
- **I will not share my medication or share details of other people's medication with others, inside or outside of the group.**
- **I respect that everyone has a difference of opinion, upbringing and background.**
- **I understand ALPB does not tolerate hate crime or bullying directed towards ANY minority groups.**
- **If I have a safeguarding concern for myself or another member, I will raise it with an admin member or the correct social service, NHS or the police.**
- **I understand that only ALPB organised meet ups can be monitored safely.**
- **I agree to no advertising of services such as MLM's unless previously approved by the admin team.**
- **If I wish to run a workshop or support the group I will discuss this with the committee to ensure safety of the group.**

## **Alpb- A Little Poorly Brighton, Group Rules:**

**As an 'A Little Poorly Brighton' Member I agree to the following:**

- **I understand ALPB is a safe space where any medical information, disability related conversations or personal difficulties stays confidential within the group unless safeguarding issues arise.**
- **I will look after my own health before helping others.**
- **I will not discuss topics of a triggering nature at in person meet ups. I understand ALPB is not a mental health support group and will check in with my own mental health regularly, if I feel I need professional mental health support I will see my GP or ask the admin team privately for self - help resources or links to mental health treatment and alternative therapies separate to ALPB.**
- **I will not write about topics that could potentially be of a triggering nature in group spaces without the proper use of trigger or content warnings.**
- **I will not share my medication or share details of other people's medication with others, inside or outside of the group.**
- **I respect that everyone has a difference of opinion, upbringing and background.**
- **I understand ALPB does not tolerate hate crime or bullying directed towards ANY minority groups.**
- **If I have a safeguarding concern for myself or another member, I will raise it with an admin member or the correct social service, NHS or the police.**
- **I understand that only ALPB organised meet ups can be monitored safely.**
- **I agree to no advertising of services such as MLM's unless previously approved by the admin team.**
- **If I wish to run a workshop or support the group I will discuss this with the committee to ensure safety of the group.**

## **Alpb- A Little Poorly Brighton, Admin Rules:**

**'A Little Poorly Brighton' Admin Committee agree to:**

- Strive to create an accessible, open environment both online and in person.**
- Report any safeguarding concerns to the relevant authorities.**
- Have boundaries in place to put our own health first before helping others.**
- Facilitate a range of group meet ups at accessible locations offering skills and a place for a creative outlook whilst supporting a diverse range of chronically and disabled people and their carers living in Brighton and Hove.**
- Monitor meetups and our policies to keep all members and admin team safe.**
- To treat all our members with kindness online and in person, creating a happy environment for our community, where members feel comfortable to approach us with any concerns.**

## **Alpb- A Little Poorly Brighton, Admin Rules:**

**'A Little Poorly Brighton' Admin Committee agree to:**

- Strive to create an accessible, open environment both online and in person.**
- Report any safeguarding concerns to the relevant authorities.**
- Have boundaries in place to put our own health first before helping others.**
- Facilitate a range of group meet ups at accessible locations offering skills and a place for a creative outlook whilst supporting a diverse range of chronically and disabled people and their carers living in Brighton and Hove.**
- Monitor meetups and our policies to keep all members and admin team safe.**
- To treat all our members with kindness online and in person, creating a happy environment for our community, where members feel comfortable to approach us with any concerns.**

## **Alpb- A Little Poorly Brighton, Admin Rules:**

**'A Little Poorly Brighton' Admin Committee agree to:**

- Strive to create an accessible, open environment both online and in person.**
- Report any safeguarding concerns to the relevant authorities.**
- Have boundaries in place to put our own health first before helping others.**
- Facilitate a range of group meet ups at accessible locations offering skills and a place for a creative outlook whilst supporting a diverse range of chronically and disabled people and their carers living in Brighton and Hove.**
- Monitor meetups and our policies to keep all members and admin team safe.**
- To treat all our members with kindness online and in person, creating a happy environment for our community, where members feel comfortable to approach us with any concerns.**