

## **DASH 'Ground-rules'**

We want you to enjoy being part of DASH. In order for it to be a positive experience for all, we have a few 'groundrules' below which we would like you to read and abide by please.

Do treat everyone with courtesy and respect.

Do not use aggressive language or behaviour.

Do talk to you a member of staff if you are experiencing any difficulties in the group or if there is anything that you are concerned or worried about, relating to the group.

Do not bring illegal substances to the group meetings or attend whilst under the influence of illegal substances.

If you do attend the group either under the influence of illegal substances or behave inappropriately, you will be asked to leave.

If you do confide in us any concerns you have relating to the group or its membership, we will listen to you, respect your privacy and discuss with you what action we think may be appropriate.

If you do become very distressed or agitated whilst attending the group and we become concerned for your immediate safety or that of others, we will contact someone who can support you, even if you do not give your explicit permission.

If we do become aware of inappropriate behaviour towards other members of the social group, occurring either inside or outside of the group meetings, then we will talk to you about this and help you to understand and to change your behaviour.

Please do not ask anyone to lend you any money.

Please do pay your weekly contribution to costs.

**I have read and understood these 'groundrules' & agree to abide by them.**

Name:

Date: