

Norwich and Norfolk OCD Voluntary Support Group

Charity Registration No: 1176907

Group Rules

The following Group Rules apply to the Governing Board, Volunteers, as well as those with OCD, carers, family members, mental health professionals and trainees now referred to as group members attending any group:

1. **Confidentiality:** Discretion is of the utmost importance. Anything divulged by a group member and/or discussed in the group must remain within the group. This confidential information is not to be revealed to anyone outside of the group and this also applies if a member, for any reason, departs from the group.
2. **Respect for the Individual:** Never make use of a group member's experience as an example or reference for discussion within or outside the group, unless they have specifically given you their prior permission to do so.
3. **We request no Interrupting:** We request members not to interrupt. This may obstruct a group member in the midst of their disclosure, causing an unnecessary break in the continuity of what they are saying. If their disclosure triggers a suggestion, idea or a similar experience, please wait until they have finished talking and then present your suggestion or comments. This rule also applies to any introductions being made during the group.
4. **Communication:** We encourage open and honest communication. However, group members are not expected to disclose anything about themselves unless they feel comfortable to do so; members are still welcome to participate in the group by actively listening and, if desired, partake in the group discussions.
5. **Contact:** Under no circumstances should the telephone numbers or any other form of contact details, addresses etc. of a group member or previous group member/s be disclosed. Telephone numbers may be exchanged within the group if both or all parties, at that time, give their consent but it is not permitted for this information to then be passed on to anyone outside of this consenting group.