



# *If I told you, What would you do?*

# Peer Support Group

## Who is this for?

People who have been harmed by any form of abuse in a church/faith context.

## When does it meet?

Once a month for 90 minutes on Zoom, with less frequent in-person sessions in Newcastle.

## How does it work?

The facilitators are Carol Butler (Newcastle DSA) and Maggi Creese (Support Person).

New members attend an initial meeting with either Carol or Maggi before joining the group, to ensure that this peer support group is appropriate and safe for them.

The facilitators may offer individual support to members who need it and signpost/refer members to other support services when appropriate.

Members come together to share their experiences and to give and receive support.

Occasionally sessions are set aside for specific activities: educational workshops, creative arts, outdoor activities, social gatherings.

Feedback about the group and how it is run is welcome and can be given directly to the facilitators or via regular SurveyMonkey questionnaires.

## Who do I contact?

**Carol** [c.butler@newcastle.anglican.org](mailto:c.butler@newcastle.anglican.org)  
Mobile: 07825 167016

or **Maggi** [peersupport@newcastle.anglican.org](mailto:peersupport@newcastle.anglican.org)  
with questions or to arrange an initial meeting.

## Confidentiality and Data Security

All personal data is kept in accordance with GDPR.

At the end of each meeting those present agree what information should be captured by the facilitators, e.g. issues/themes discussed. These will not be attributed to individuals.

## Group Agreement

As created by group members

**The group is inclusive:** anyone who has been harmed in a church/faith context is welcome.

**Group discussions are private and confidential to the group;** this is important for building and maintaining trust (see explanatory note below regarding the limits of confidentiality).

It is up to individual members how often they attend meetings and how long they remain part of the group. If someone returns after an absence they will be welcomed back.

Members are asked to be sober when they attend meetings.

**In meetings:** Bring your full self to the group - this is YOUR time and you deserve it; Be open-minded and non-judgmental - remember that people are unique and experiences may vary; Be confident - no question, idea, problem or challenge is wrong or "dumb" - remember that undoubtedly others have the same question or thought and you are helping by raising it; Be mindful of the importance of inclusivity - we want to encourage one another to engage and actively participate; Be sensitive to and respectful of the different levels of engagement that others in the group may have with faith/religion; Only share what you are comfortable sharing.

These guidelines are reviewed by the group periodically to ensure that they are working.

Facilitators will only break confidentiality if we believe that you or others are being harmed or are at risk of harm. We will endeavour to discuss disclosure to others with you beforehand and agree a way forward, but this may not always be possible or appropriate.

