



## Shared Values

An ethos and declaration to support any workshop or activity for all involved - groups, individuals, participants, facilitators, staff and volunteers. Developed through the peer led project steering group.

1. To create a **Safe Place**. A space that creates cohesion, encouragement & support.
2. Provide opportunity to **express** & allow the space and time needed to do so together.
3. **Respect, understand and value difference**.
4. **Exercise empathy**: To be **sensitive**, aware and support each other with our individual needs and Mental Health conditions.
5. Respect wishes & privacy: **Confidentiality** is important to protect our safety and privacy.
6. Keep discussion and focus appropriate to the session and those involved. Be aware everyone has different sensitivities.
7. Be **creative**! Art allows us to express and communicate.
8. **Listen & Learn** from each other and ourselves.
9. Highlight and **celebrate achievements** of all levels.
10. Respect timings and facilitator as well as each other.
11. Feel free to ask for **support** where needed. If anyone is concerned to chat to staff in private where the right advise or pathways can be given.