

## Survivors Voices Changemaker and Peer Support Team Training Day Information

Survivors Voices is a survivor-led voluntary organisation that seeks to transform the response to trauma and abuse through the expertise of those affected.

**Who:** Our team training day is for anyone interested in being involved in peer support, research, training or other survivor activism.

It will be facilitated by Jane Chevous and Concetta Perot, who bring much experience of facilitating peer support, training, writing and research from Survivors voices and professionally.

**When:** 10am - 4.30pm, Saturday 9<sup>th</sup> November 2019

**Where:** The Community Hub at St Katharine's Precinct, 2 Butcher Row, London, E14 8DS

**Cost:** Free to Survivors Voices volunteers, Changemakers and those interested in volunteering with us.

Drink and snacks will be provided. You can buy lunch in the Yurt cafe next door, there is a tasty and affordable menu. See <https://precinct.rfsk.org/> for more information about the lovely cafe and the venue.

**Programme:** The day is based on the principles and values of survivor-centred and trauma-informed practice that underpin all our work. We will go through these together to better understand them.

The morning will focus on facilitating peer support, with an introduction to the facilitator role, group models and creating safety. The afternoon will share research, writing and training skills, explain opportunities to be involved as a Changemaker and explore our priorities for survivor activism.

Depending on your role and interests, you may come to either or both parts of the day.

Peer support: **10am to 2pm**

Research, writing, training and other activism: **12.30pm to 4.30pm.**

We ask everyone who attends to sign up to our values and group guidelines, below.

**To book:** Please book on-line through our website [www.survivorsvoices.org/events](http://www.survivorsvoices.org/events)

### Values and Group Guidelines

As an organisation, Survivors Voices is committed to work in a way that is safe, fair and inclusive. This means:

- We are committed to the inclusion of all, in all our diversity (e.g. gender, age, ethnicity, disability, sexuality, experience, culture, faith)
- We will promote a safe space based on a culture of tolerance, mutual respect and co-operation
- We seek to remove barriers that divide people and we encourage everyone to participate as much as they want to

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- We will strive to develop a culture of openness, learning and fun where it is okay to make mistakes as well as celebrating success.

These are the core values of our organisation. We commit to follow them in the way we run our groups and we ask all participants to do so too.

### **Respect**

We are here to learn from each other and it is OK for each of us to have different experiences, views, problems and solutions. Please accept the contributions of others with the same respect that you would like them to give you, and honour the choices they are making as they grow and heal. Be respectful of yourself and others by talking with people not about them and by sharing from your own experience, rather than giving advice.

### **Safety**

This is a learning space that will include elements of peer support, as we are survivors united in using our experience to help others. We try to maintain a warm and supportive space that acknowledges this can be costly and painful. We are each of us responsible for our own safety and participation and for seeking appropriate support outside of group. There is no pressure to talk about your experiences of abuse, we are here to learn how best to use our experience to create change. It is impossible to completely avoid triggers as they are unique to us as individuals. If you find something upsetting please do whatever you need to keep safe. Take time out if you need to (someone will pop out and check to see how you are). Please let someone in the group know if you decide to leave early. If you are aware of having dissociative parts of yourself please do what you can to support, reassure and keep those parts of you safe.

### **Confidentiality**

Many of us may need or want to keep our experiences and participation at this group completely private. Please maintain privacy by ensuring that what is shared amongst us remains confidential. You may of course wish to discuss your experiences of the conversations here with other friends and supporters; but please preserve other people's anonymity. Please don't disclose the names of any participants outside of this group. If you have communication with others in any other context, be careful not to disclose information inadvertently. Please be aware that if you share something that clearly identifies a child or adult is at risk of significant harm, our national safeguarding responsibilities come into play. Please see our Safeguarding policy for full details.

### **Boundaries and Concerns**

We seek to set boundaries that both enable participation as well as keep us all safe. Everyone is asked to read and agree to these guidelines before attending. We will take whatever action is appropriate to address any behaviour that breaches these guidelines or threatens personal safety. We will ask someone to leave if necessary. If you have a concern about someone's comments or behaviour during the group and it isn't possible to address this directly with the person concerned, please inform our facilitators who will try to resolve the issue. If you are still unhappy please see our complaints process, details are via the Survivors Voices (or Reshapers) websites and available on the day.

This is a democratic group so we value your feedback about these guidelines and the way we run this group. Please speak to the facilitators on the day or via the website.