
PAC-UK Special Guardian Support Groups 2025-26 - Ground Rules

We very much look forward to welcoming you to our PAC-UK Special Guardian Support Groups 2025-26.

Before you join your first group it is important that you read, understand and accept our ground rules for all participants, which are in place to ensure everyone is aware of processes, responsibilities and expectations.

If you have any queries, please contact jo.stopps@pac-uk.org prior to signing up/joining the group.

Mutual respect

- ✓ Groups will start and end on time. No one will be admitted to the meeting before 10.00am and the last entry will be at 10.10am. We will finish at 12.00pm.
- ✓ We have 2 hours and will share useful topic information then open the discussion to the wider group. We can support each other with our knowledge and experiences.
- ✓ We will put our cameras on at the start of the group and have them on when speaking.
- ✓ We will put phones on silent or vibrate.
- ✓ We will keep our microphones turned off apart from when speaking.
- ✓ We will treat each other with respect and compassion and not be judgemental.
- ✓ We will not interrupt others when they are speaking. We will listen. We can raise a hand, and messages can also be posted in the chat box.
- ✓ We all have voices, and our voices should be heard. People should take it in turns to talk so that everyone gets a chance.
- ✓ We will not have breaks, but people can take comfort breaks when they wish throughout.

Confidentiality

- ✓ We will all find a space where others cannot hear our discussions. We will wear headphones where necessary. We will protect children by ensuring they do not hear adult conversation.
- ✓ Participants should not share their surnames or the surnames of others during the group.
- ✓ We will keep people's private information confidential. Only share what feels comfortable in a group setting. Whatever is said in the group needs to stay in the group.

Safety

- ✓ We will not have time to hear in-depth experiences. Our PAC-UK Advice Line may be accessed following the group if required – phone 0300 1800 090 or email advice@pac-uk.org.
- ✓ PAC-UK is legally obliged to follow up potential safeguarding issues. If safeguarding issues are identified in the group, they will be followed up with the individual and may possibly be taken further.