

# Things to consider when starting a peer support group

## 1. What are the people in your group like?



Consider:

- What are their likes or dislikes?
- Does everyone in the group have the same budget to spend on activities?
- Does anyone have any physical or medical disabilities that need to be considered?
- When attending a venue, is it easy for the whole group to get to?  
For example, are there good transport links?



## 2. What is the main focus of the group going to be?



The focus of the activity will depend on the group's aims and how often they want to meet. Do they want:

- a regular activity, eg a meeting in the same coffee shop on the first Tuesday of every month?
- a rota of different activities, eg ten-pin bowling one week and a climbing wall the next?

### 3. Is everyone in the group happy with the choice of activity?



Before booking, it is important that everyone in the group feels listened to and that their thoughts and feelings have been taken into consideration. As a group, agree on:

- making compromises on the choice of activity
- taking it in turns to choose and select activities
- voting on activities and going with what the majority of the group wants.