

SEASONS Safe Space Agreement

SEASONS is a service for adults in Edinburgh who wish to have support with their mental health and wellbeing. We want everyone to feel included, respected, valued and supported during their time at the group.

To keep our space safe and welcoming we agree:

To be respectful

To be inclusive and welcome new group members

To take responsibility for our words and actions

To act with care and consider others feelings

To use language thoughtfully and be aware of how it may affect others

To recognise everyone has an equal voice and right to contribute

To speak with staff if feeling upset during a session

To give notice if bringing a friend who hasn't been before

Only to attend sessions when sober (without having consumed alcohol or substances)

To care for personal hygiene before attending sessions and take extra care during food preparation

To share in cooking meals and washing up

To care for the premises, tidy up and wash our own crockery

To respect safety rules and only plug in electrical equipment belonging to the centre

To keep the place secure by turning the front door lock after coming in and remembering to close windows at the end of a session

To keep the premises and grounds non-smoking

Having a say

We value contributions from everyone at SEASONS equally and wish the service to be shaped by participants. Ideas for improvements, meals to cook, new activities and sessions are welcome at any time.

Every month we have a meeting we call the community meeting. It is a forum to discuss new ideas and learn about wider policy developments and changes facing mental health services in Edinburgh. Community meetings are independently facilitated by Advocard, a group advocacy provider.

In order for our community meetings to run smoothly, we expect participants to show courtesy by listening while someone else is speaking and to wait for them to finish before replying.

If any members choose not to participate and wish to have a conversation there's space for this to happen in a separate room.

Other things it's useful to know

We usually ask for a financial contribution toward costs of ingredients for meals, tea, coffee, sugar and juice (£1.50 and 50p, if you can't afford this, let us know, we'll help in times of hardship.)

While we hope everyone will respect our agreement and benefit from it. There is a separate policy document which explains reasons why someone attending the service may receive a caution or be asked not to attend group activities.