

## Bourn Hall's Virtual Fertility Support Group – Ground Rules

What is the group? This facilitated group is a mutual self-help group in which members provide emotional, social and moral support to each other. It is not a therapy group. We respectfully request from group members the following:

- Confidentiality is essential. There is an expectation that each member will respect and maintain the confidentiality of the group. What is said in the group is not repeated or discussed outside the meeting.
- We are here to share our own feelings and experiences; we try not to give advice.
- We each share the responsibility for making this group work.
- We try to accept people, just as they are, and to avoid making judgements.
- We try to give everyone an opportunity to share.
- We have the right to speak and the right to remain silent – each member participates to the extent they feel comfortable.
- We give supportive attention to the person who is speaking and avoid side conversations.
- We avoid interrupting. If we do break in, we return the conversation to the person who was speaking.
- We have the right to ask questions and the right to refuse to answer.
- We try to be aware of our own feelings and talk about what is present for us now.
- We do not discuss members who are not present.
- The support group is not for complaints about the service of the clinic. (We encourage you to talk in confidence to our Bourn Hall staff member Sharon instead).
- Meetings are 6.30pm to 8pm approx.
- We very much hope your treatment is successful. Out of sensitivity to others members in treatment, we ask for your co-operation in refraining from announcing this good news directly to the group (unless the group agree); but instead to share it privately only as you feel appropriate.
- Following a successful cycle of treatment, we welcome your attendance at one more fertility support group meeting, or up until the 7-week scan. We will of course offer you information of another supportive group, upon request. Thank you.

Jackie Stewart, Independent Fertility Counsellor and Facilitator  
Lee-Ann Sapsford, Patient Support Co-ordinator