

Kind Mind Community - Code of Conduct

Welcome to Kind Mind Community

To help everyone feel safe, supported, and able to get the most from their experience, we ask that all participants follow our Code of Conduct. Significant breaches of this code may result in being asked to leave the Recovery College.

If you have any questions about the Code of Conduct, please speak to any member of the Recovery College team—we're here to help.

Respect and Inclusion

- Be mindful of the participants in your class/session so that everyone who wishes to participate has space to do so. This allows for a range of views and experiences to be heard.
- Maintain confidentiality of issues discussed in any group or session whilst respecting the rights, life choices and opinions of others and promoting freedom of speech.
- Not use violent, disorderly or offensive behaviour or language or make personal remarks of a slanderous nature. This includes not wearing logos or slogans that could be offensive to others.
- Respect the property of other participants and Kind Mind Community and report any safety concerns you may have.

Safety and Wellbeing

- Be aware of and take responsibility for your own behaviour during sessions. Please let the facilitator or trainer know if you are feeling unwell or require to step out of the room.
- Not behave in any way that may be considered threatening or disruptive or be likely to lead to physical or emotional harm to any participants or staff. We all share responsibility for keeping sessions calm and inclusive to support everyone's learning.
- Refrain from the use of alcohol, and non-prescription medication, or illicit substances when attending Kind Mind Community courses and sessions.
- If you need to take prescribed medication during the day, please do not do this during the session itself. If possible, step outside the room to take medication, as this may be triggering or distressing for some participants.

Everyturn Mental Health

Head office: 2 Esh Plaza, Sir Bobby Robson Way, Newcastle upon Tyne, NE13 9BA

T: 0191 217 0377 | E: enquiries@everyturn.org | everyturn.org

Everyturn Mental Health is the trading name of Everyturn (charity number 519332) and Everyturn Services Ltd (company register ed in England & Wales, number 4391008).

- Maintain good personal hygiene to support a comfortable learning environment for everyone. This includes attending sessions clean, wearing fresh clothing, and being mindful of strong fragrances that may affect others.
- If you are feeling physically unwell or experiencing symptoms of illness that could be contagious, please do not attend sessions in person.
- Share personal experiences thoughtfully. Please avoid disclosing details that may be distressing or triggering for others. Keep contributions focused on learning and recovery rather than personal crisis or graphic information.
- To maintain appropriate boundaries, participants should not give, lend, or request money to or from other participants during sessions or in connection with the course.

Learning and Participation

- Make the most of your participant experience and your course – ask for clarification if you are not sure about anything.
- Ask questions freely; participate as much as you feel able to.
- Provide honest and constructive feedback on any courses you attend to allow us to constantly improve our offer.
- Students are encouraged to explore a range of sessions. To give everyone a fair opportunity, each course can only be attended once unless otherwise agreed with staff.
- To attend the enrolment sessions, we understand that this may be a difficult or unusual process for some people, and we will support you through the enrolment process. You can bring someone with you for support if you feel it's necessary.

Environment and Use of Space

- Where possible, limit and refrain from using mobile phones during Recovery College sessions and courses, but we understand that participants may need to take or make urgent calls. In this case, please take calls outside the classroom and keep phones on silent or vibrate.
- Please leave the classroom during scheduled breaks between sessions unless a prior arrangement has been agreed with staff. Breaks are an important time for both students and staff to rest, reset, and prepare for the next session.
- Only use the College space when attending a scheduled group, course or activity.

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