

Torbay & Teignbridge Women's Network Guidelines

It is essential that before joining the network all women speak to the facilitators and attend one of our Welcomer Groups. This ensures the overall safety of the network and allows groups to receive the level of support they may need.

If you know someone who would like to join the network, please do not invite them to any of the activities and events arranged by the network. Please advise them to contact Caroline, Jo or Lynne at the Women's Network office so a meeting can be arranged.

The Women's Network accepts all women who may benefit from a supportive and safe space to regain confidence in themselves and others. Please help support our aim of empowering women by participating in the spirit of support and acceptance.

Role of Facilities

The facilitator's role is outlined on our Women's Network leaflets. Please be aware that Caroline, Jo and Lynne are facilitators, not counsellors. While they can help promote and maintain an ethos of support and acceptance, they cannot offer one-to-one counselling.

The Women's Network is not a crisis resolution service, nor do we run a telephone helpline. We are, however, experienced in mental health issues, providing positive support and signposting.

Personal Responsibility in the Group

Please support our aim of empowering women by respecting diversity and individuality.

Be aware of personal safety guidelines

If differences arise between women please try to sort this out yourselves without drawing in other members of the network.

Be aware that you have a right to your own space, a right to say no if someone asks for your help and a right to keep your personal details private.