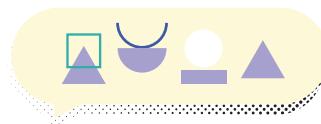


# Obesity UK Peer Support Group

Creating safety within the peer support  
group – **A safe and suitable setting**

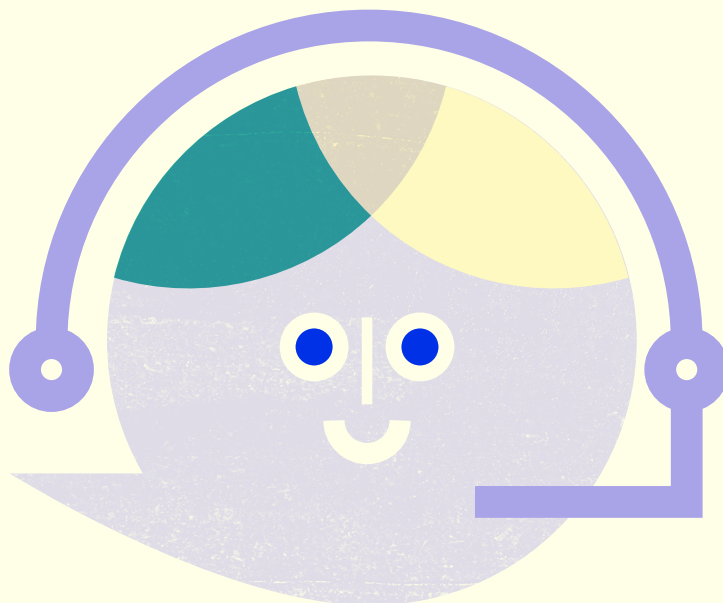
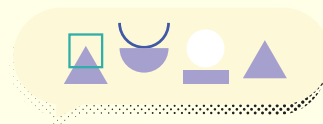
## Creating safety within the peer support group – **A safe and suitable setting**



It is important to choose a venue that is both safe and suitable for the specific group of peers that you are working with.

It may be useful to consider the following points:

- Is the venue easy to get to and find, including by public transport?
- Is there parking available or close by?
- Is the venue provided by a trusted organisation? This is particularly important for certain community groups.
- Is the venue appropriate for people with certain cultures or religions?
- Is it private?
- Who else uses the venue? Will this affect the comfort of group members?
- How busy or noisy is the venue?
- Is it well-lit? Is there enough natural daylight?
- Does it feel non-clinical?
- Is it warm and comfortable?
- Does it feel welcoming and inviting?
- Is it large enough?
- Is there safe and level access for people living with disabilities?
- Does the room have enough navigation space for people living with disabilities?
- Does the room have comfortable and suitable seating and arrangements?
- Does the room have good acoustics?
- Does the room meet your Information Technology (IT) needs?
- Is it free or affordable?
- Are there accessible toilets?
- Is there access to a kitchen or refreshments?
- Is there space for group members to take a break from the session if needed?
- Consider asking group members if they are happy with the venue or have any problems with it.



## How to get in touch

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At Obesity UK we are happy to chat with you and answer any questions you may have.

We would be happy to hear your feedback and ideas for this resource.

We can also connect you with other people facilitating peer support groups for people living with obesity.

## Please get in touch

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Contact us: <https://obesityuk.org.uk/contact/>

Contact us on Facebook: <https://www.facebook.com/Obesityuk>