

Obesity UK

Peer Support Group

Running a good peer support group

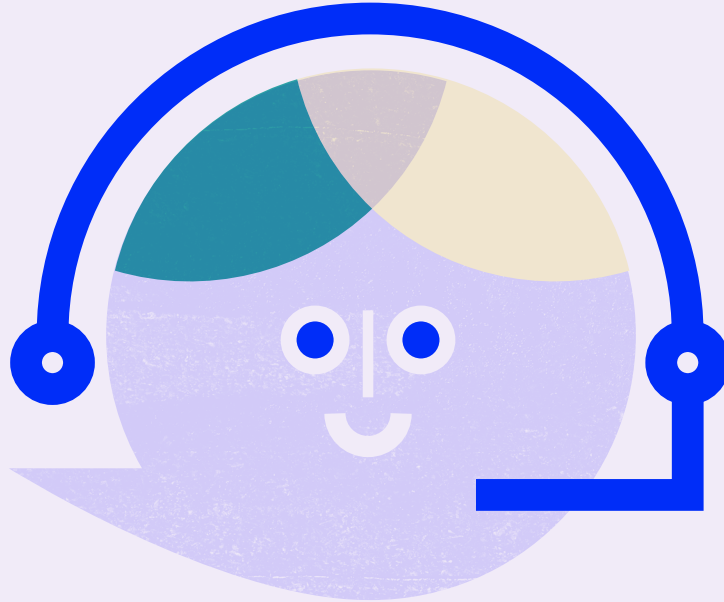
Ensuring inclusivity within the group



To create a safe and inclusive space, it is important to ask new members about what access needs they may have.

This may mean having a one-to-one discussion with someone to find out in more detail about how you can accommodate their access needs. It may be helpful to consider the following strategies:

- A suitable setting for a person living with a physical disability, e.g. level access.
- Comfortable and appropriate seating arrangements.
- Good lighting within the room.
- A quiet space.
- Good sound and visual quality for online peer support group sessions.
- Use of closed captions or transcriptions on your chosen online communications platform for online sessions, where possible. For information on how to do this using Zoom, see Zoom Support, 'Using audio transcription for cloud recordings': https://support.zoom.com/hc/en/article?id=zm_kb&syparm_article=KB0064927#h_01EHA52NVDQD5YSESWWF1XAQM8
- Offer to hand out notes after the session, where possible.
- Allow group members to communicate using the chat box during online sessions, if needed.
- Provide a translator or British Sign Language interpreter, where possible.
- Create opportunities to explain information in more detail to people who may need more support with their understanding.
- Choose appropriate topics of conversation that are relatable to the group. Allowing people to have choice and control over what is discussed in the group will help with this.
- Giving a verbal or written introduction of the selected topics of conversation at the start of the session or before it.
- Obesity UK can provide some further training resources around equality, diversity and inclusion if needed.



How to get in touch

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

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

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