

## Reflective Open Forum

The current Covid-19 crisis has led to unprecedented levels of isolation and concern about self and others. As NHS Ward staff you may have been cast into ways of working that are exceptional and may feel antithetical to your normal custom. You may have experienced a reduction in the opportunities for talking and sharing your experiences, some teams have been disrupted and the normal patterns of support might have been eroded. Thinking time and opportunities to talk to a wider group of peers seems to have contracted. We would like to offer you the facility to have some time to do this.

As with our peer-reviews, we are inviting you to join an online forum where you can speak with others about your work, share ideas, give and receive support. Overall, we are providing a space for you to take time to reflect on the current situation with your peers from all over the UK. The forum is intended to be a safe place, however, **it is not therapy and it is not supervision.**

Creating this kind of space using technology is a new way of working for many of us so here are a few key things to be aware of to ensure the space is safe and useful:

- The host is an experienced practitioner who will retain confidentiality
- Group membership is not consistent and is likely to change from group to group
- No names of patients or staff, that are not present, should be used
- The group will work with what the members bring, so come prepared to share an issue, situation, experience, or dilemma
- This is a space for shared learning, do ask questions that allow you and others to think about the work and themselves
- Be aware of the feelings that you and others have in response to your work
- Suspend critical or harsh judgment of yourself and of others
- Confidentiality is an important aspect of securing the boundary of the group. Each member is expected to respect the privacy of each fellow member and to treat what any individual might say in the group as confidential to the group. However, any information that is shared that relates to a potential safeguarding issue will be raised outside the group through the proper channels.

Specific to online meetings:

- Although, we would like you to use your own name you can use a nickname
- Do have your video on so that we can all be seen
- In a large group you may need to mute your microphone when not talking. Experience has shown that this cuts down on feedback and poor sound quality

Each reflective open forum will take place fortnightly and last for one hour. It will comprise up to twenty members but may be much less. If less than two people are able to attend, then we will explore other options, or the group will be cancelled. The group will begin with an introduction from each member saying who they are and describing their situation. The rest of the time will be shaped by what you, as group members would like to share.

Participation in the group will signify consent to the contents of this note.