



WHATSAPP GROUP RULES

Extra Cover — Group Rules

1. Respect Everyone

No:

- racism
- sexism
- homophobia
- transphobia
- bullying
- intimidation
- abuse
- personal attacks

Treat everyone with respect.

2. Confidentiality Matters

What is shared in the group or at meetups should stay private unless someone is at risk of harm.

3. This Is a Supportive Space

People use the group in different ways:

- some will talk openly
- some won't
- some may just want distraction or company

All are welcome.

4. By Joining, You Understand:

- other members can see your phone number
- members may contact each other privately
- you can leave the group at any time

If someone asks not to be contacted privately, respect that.

5. No Pressure to Attend

Meetups are informal and optional. Drop in when you can.

6. No Professional Advice

Extra Cover is a peer-support community, not a counselling or medical service.

If someone is in crisis or immediate danger, contact emergency or professional support services.

7. Admin Decisions

Admins may remove members who repeatedly:

- disrupt the group
- make others uncomfortable
- break the rules

The aim is to keep the space safe and welcoming.

Safeguarding Recommendation

Even informally, it helps to have:

- 2–3 trusted admins
- one basic escalation process
- emergency contacts pinned in the WhatsApp group

Useful UK services:

- [Samaritans](#)
 - [Mind](#)
 - [NHS Mental Health Support](#)
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WhatsApp Group Description

Welcome to Extra Cover.

A relaxed community group based around support, conversation, cricket and getting out of the house for a few hours.

Every Tuesday at Frocester CC there'll be optional meetups involving club projects, walks, nets, a drink or just a chat.

No pressure to speak. No pressure to attend regularly. Dip in and out whenever you need.

Please respect all members and keep this a welcoming space for everyone.