

# Welcome to tHrIve

Information for people attending tHrIve

## Who we are

tHrIve is a Nottingham-based peer-to-peer support group created by people living with HIV, for people living with HIV. We offer calm, confidential spaces to talk, connect and find your way forward.

## What to expect at a meeting

- Friendly, peer-led group
- You choose how much you share
- You can just listen if you prefer
- Mix of general chat and simple themes
- Tea, coffee and a relaxed atmosphere

## Confidentiality & ground rules

To help everyone feel safe, we ask group members to agree to some simple basics:

- Confidentiality – what's shared in the group stays in the group. You can talk about your own story outside, but not other people's.
- Respect – no judgement. Give people time to speak, listen without interrupting and remember everyone's experiences are different.
- Phones – please put your phone on silent. If you need to take a call or message, step out quietly and come back when you're ready.
- Safety – if we're worried about your safety, or someone else's, we may need to talk with you and encourage contact with your clinic team or other support.
- Kindness – you can take a break, step out or leave early if the session feels too much. You're welcome to come back next time.