

Guidelines for Red Nose Community Activities

At Red Nose Community Activities, our priority is psychological safety. We hope this space offers you comfort, connection, a sense of belonging, and an opportunity to show up as you are and be welcomed with compassion. We are a **diverse community** with different backgrounds and experiences – but we are **united in our love and loss**.



Here you can:

- feel **safe** to share, and **respected** if you'd rather just listen
- express **both** sadness and joy (tears and laughter are welcome)
- be heard **without judgment**, in a space that honours all grief
- know that **there is no hierarchy of grief** – yours is held with the same care as others'
- feel respected and included in a space where everyone's words are **thoughtful and sensitive** to one another's experiences, and
- step out at any time, for any reason – **no explanation needed**.

We gently ask that you:

- respect others' privacy
- avoid sharing defamatory or blaming comments about hospitals, professionals, services or businesses, including Red Nose, and
- keep in mind that others may be pregnant, trying to conceive, or parenting – this is a space for all.



Our time together is limited, so facilitators may gently guide the conversation to ensure everyone has space to be heard.

We are not able to offer advice on social, legal or medical matters.

While some of our activities are family-friendly, the safety and supervision of children in your care remains your own responsibility.

Please ask community@rednose.org.au if you're not sure what to expect at an event.