



Helpful Concepts

Community Calm CIC

Community Calm: Principles & Guidelines

At Community Calm, we are committed to providing a safe, respectful, and inclusive environment. Please take a moment to familiarise yourself with our guiding principles. If you have any questions, a member of staff will be happy to assist you.

Our Community Values

- This is a free service for adults aged 18+ living within RBWM and Slough.
- We take a person-centred approach and intentionally remain a small service so we can give each individual the focused support they need.
- Community Calm exists to provide a supportive space where individuals can share experiences, find strength, and encourage one another.
- We promote an atmosphere of acceptance and mutual respect. Everyone is welcome, regardless of background or past experiences.
- We do not judge, criticise, or argue. We listen with empathy and respect. Domineering or disruptive behaviour will be challenged.
- This is not a forum for giving advice. Our focus is on detaching from unhelpful emotions and creating inner calm.
- Sessions are not intended to be used as a place to repeatedly revisit the same problems, as this may unintentionally affect your own and others' wellbeing.
- Confidentiality is essential. What is shared within the group remains within the group unless a safeguarding concern arises.
- All opinions are to be respected. While views may differ, each perspective is valid.
- To maintain a neutral and supportive environment, discussions on religion, politics, or global affairs are not permitted.
- Please consider carefully before sharing sensitive or deeply personal information.
- Community Calm CIC is not responsible for any personal relationships formed outside the group.

- If you are concerned about another group member's wellbeing, please inform a member of staff.

Attendance Expectation

- Members are expected to attend regularly, ideally at least once a week, at any of our locations. Regular attendance helps you stay connected to the group, build supportive relationships and strengthens the collective wellbeing of the group.

Gifts to Volunteers

- Please do not offer or give gifts to any of our volunteers. While they deeply appreciate the gesture, their support is freely and happily given.

Farm & Safety Guidelines

- Some of our activities take place on working farms and community gardens where animals are present. Please remain calm and avoid sudden or loud noises that may startle them.
- Community Calm CIC is not responsible for travel to and from any location.
- Being around animals and plants carries potential health risks. Please wash your hands regularly, especially after handling them.
- Appropriate clothing must be worn. Conditions may be uneven, wet, or muddy, so closed-toe shoes or wellington boots are required.
- Discrimination of any kind—based on race, religion, gender, sexual orientation, or disability—will not be tolerated.
- Anyone under the influence of alcohol or illegal substances will not be permitted to attend.
- All participants must follow our Health and Safety guidelines.

A Reflection for Consideration

“Grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and the wisdom to know the difference.”

— Emotions Anonymous

Name	
Signed	
Date	



A Gentle 12-Step Wellbeing Framework

1. Awareness - We recognise that we sometimes struggle with our emotions and that we need support and connection.
2. Hope - We begin to believe that healing and emotional balance are possible.
3. Willingness - We make a choice to care for ourselves and to accept support from others.
4. Self-Reflection - We gently look at our thoughts, feelings, and behaviours with honesty and compassion.
5. Sharing - We share our experiences with someone we trust and allow ourselves to be heard.
6. Readiness for Change - We become open to letting go of patterns that no longer serve our wellbeing.
7. Humility - We ask for help—through reflection, nature, community, or spiritual practice—to grow and change.
8. Responsibility - We reflect on relationships and where we may need to repair harm.
9. Making Things Right - Where possible, we take steps to heal relationships and restore balance.
10. Ongoing Awareness - We continue to check in with ourselves and take responsibility for our actions.
11. Connection - We nurture inner calm through practices such as meditation, reflection and time in nature.
12. Service and Community - Having experienced growth, we support others and practise these principles in our daily lives.

At Community Calm, we are guided by shared values rather than individuals. We practise “principles before personalities” , encouraging humility, equality, and mutual respect so that the wellbeing of the whole community always comes first.