North Midlands LGBT+ Older Peoples Group
Registered Charity 1186844
Web: olgbtstoke.org.uk
Email: olgbt2009@gmail.com

Staying Safe Together: Our Lone Working Guidance

To make sure everyone feels secure, we ask all our members and volunteers to follow these simple, common-sense guidelines:

Running Group Meetings and Events

- **The Buddy System:** If you are arriving early to open up a venue or set up, please arrange to meet another group member outside so you don't have to enter the building alone.
- **Leaving Together:** When the meeting ends, please ensure you leave the venue with someone else rather than walking out by yourself.
- **Strength in Numbers:** We aim to never host or facilitate a group session completely alone. If your co-volunteer can't make it, consider arranging for another volunteer to attend or, if this isn't possible, consider postponing or rescheduling.

Meeting New Members

- **Keep it Public:** If a prospective new member wants to chat before joining a main meeting, always meet them in a busy, public place (such as a café) and bring another group member along with you.
- **Timing is Everything:** Ideally, arrange to meet them just before a scheduled group meeting. This keeps others close by and makes it easy to walk into the main group together.

General Safety Tips

- **Trust Your Instincts:** Always be aware of your surroundings. If a situation or someone's behaviour makes you feel uncomfortable, leave immediately.
- **At Night:** If you know a meeting will finish after dark, try to park or walk in well-lit areas.
- **In an Emergency:** If you are ever confronted by abuse, threats, or feel in immediate danger, please prioritise your safety and call the police.

Young People

- We do not work one-to-one with anyone under 18. Any activities involving young people must always have at least two volunteers present.

Thank you for everything you do to keep our community a safe and happy space!

(Guidance reviewed and updated 04/08/2026)