

Reminder of the 'Zoom Rules'



1. Be **kind** and **respectful**



2. **Listen** to each other

3. **Take** it in **turns** to talk



4. Go on **mute** when you are not talking **especially** if there is **background noise!**



5. **Unmute** yourself when **you want** to **talk**

6. Have a **drink** with **you**



7. Try and be **on time**



8. Say **goodbye** when it is time to go

If you need some **help** getting on to **Zoom** or **Facebook** – please email **info@include.org** or call **0791 847 190**

One of the team will try to help.