



National Back Exchange

Online Community Forum

Terms of Use

Charity No. 1202540

Dated 2026

Version Control Summary

Date	Version no.	Summary of changes	Consulting group / person
2026	1.0	Formalised	S Thornton, Chair Associations Administration Team

National Back Exchange Online Community Forum Terms of Use

Welcome to the National Back Exchange (NBE) Online Community Forum, hosted on Glue Up.

The forum exists to provide peer to peer support between members of the NBE involved with the Moving and Handling Community.

Before using the forum, please take a moment to read our terms of use and guide for using the site.

Terms of Use

Please remember that the community forum exists to provide a safe, friendly and supportive environment where members can share experiences and offer support. It is intended for information-sharing purposes only. Any clinical advice provided by members is based solely on the information shared by the requesting member and is given in the absence of a formal risk assessment. It is the responsibility of individuals to exercise professional judgment and, where necessary, seek further assessment or consultation before acting on any advice received. The forum and its administrators accept no liability for any actions taken based on discussions within the forum. We ask users to always be sensitive and supportive of each other and to follow the Terms of Use when posting messages to the NBE community.

Ensure the forum is the right place for your post

The NBE Online Community Forum is intended for members to ask questions and share experiences of moving & handling.

Direct advertising, promotion, or solicitation of goods and services is not permitted on this forum. However, members may share recommendations in response to specific requests from other members seeking advice on relevant goods or services. Any such recommendations should be made transparently and in the spirit of helpful discussion, without excessive promotion or self-interest.

Job opportunities and Corporate Sponsors may only be promoted on the forum by the NBE administration team as part of an agreed package. For further information on this please contact: admin@nationalbackexchange.org

Your contribution, your responsibility

Comments posted on the NBE Online Community Forum are the opinions of those who post and not necessarily those of the NBE. Avoid making statements that could cause harm to the reputation of any individual or organisation.

Take a look around

NBE thrives on its community. Browse through topics and conversations to see what NBE members are talking about. Find issues that are important to you and join the conversation.

Stay secure

Although our forum is for NBE members only, remember to guard your privacy and follow these simple rules:

In accordance with GDPR (General Data Protection Regulation, 2018), members must not share personal information, including but not limited to names, addresses, phone numbers, or any other identifying details of individuals, without their explicit consent. This applies to both their own information and that of others. Members are responsible for safeguarding their own privacy and must not request or disclose sensitive information within the forum

Read and react to posts with care

If you don't agree with someone's post, take a step back and think before you reply. Since we can't always talk in person, we must recognise that we may be misunderstanding statements or posts. Please be sensitive to others' feelings and ask for clarification before reacting.

Watch what you post

To keep the forum safe for everyone, please do not post:

- Personal or sensitive information.
- Links to websites with unreliable and untrustworthy content.
- Advertisements, job opportunities, requests for fundraising or items for sale.
- Requests for study, survey and/or questionnaire participation unless approved by NBE.
- Any abusive, racist, sexist or otherwise offensive language.
- Anything that could be interpreted as medical advice.
- The contact information of others without their consent.

Sharing photos

Ensure that all photos added to your profile or posts are in good taste and appropriate for all audiences. Photos containing nudity are not permitted. Photos should be in .jpg format.

Ensure that all photos comply with copyright requirements.

Only use images that you have the right to use.

Not following the rules?

NBE Administration will routinely scan the platform and will delete posts that clearly break these Terms of Use. If you, after receiving a warning, continue to post inappropriate messages or pictures or use offensive language in a post on multiple occasions, you will be notified via email and your account will be inactivated. If informed about targeted abuse or any inappropriate private messages, the NBE Board of Trustees will intervene and take appropriate action.

Questions or concerns?

Please feel free to email us at admin@nationalbackexchange.org.uk with any questions or concerns about the NBE Online Community Forum. We want you to feel as comfortable as possible - we are here to support you.

We appreciate the read time but it's important so thank you for your patience and now, enjoy the NBE Online Community Forum!