

# Adult Family Group Conferences

What you need to know

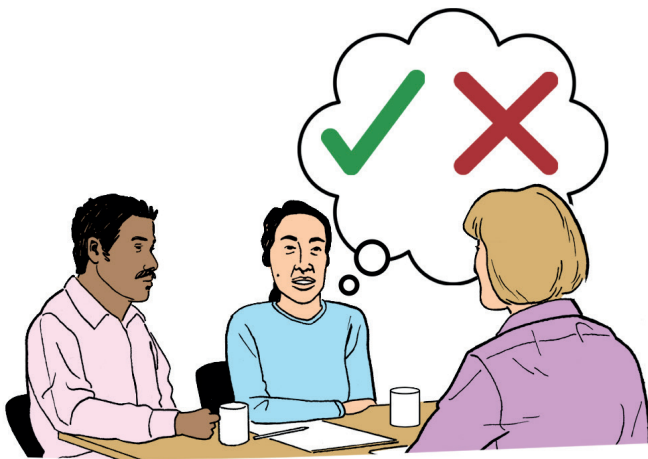
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# What is a Family Group Conference?



A Family Group Conference (FGC for short) is a special meeting with you, your family, and the most important people in your life.



This meeting is to support you to make an big decision, or to sort out a difficult problem.



If you need this meeting then there will be an independent person called a Family Group Conference Coordinator to help you with this.



This person will help you to set up the meeting, invite the right people and make sure the meeting runs smoothly.

## Why are Family Group Conferences a good idea?



Families, close neighbours and best friends often know you well and are the best people to support you with difficult problems.

## When might a Family Group Conference be suggested?



A Social Worker may suggest that a Family Group Conference is a good idea to help you with many different types of problems or decisions.

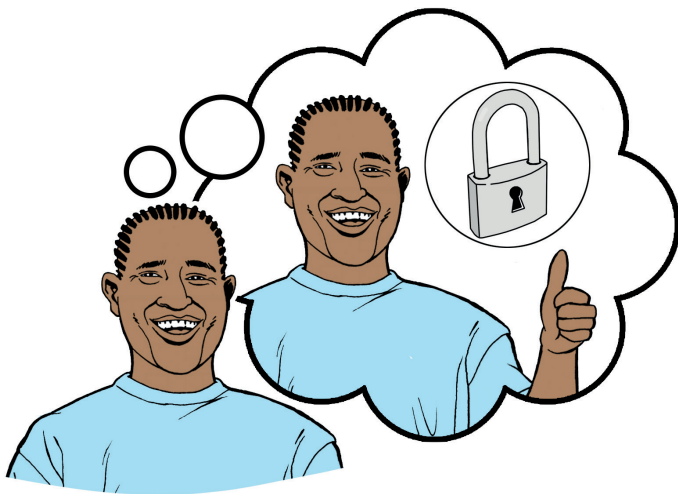


Some examples are:

- You need to decide where you are going to live



- You need to decide how you are going to be supported



- You need to decide how to be safer



You don't have to have a Family Group Conference if you don't want one.



# What happens next?



If you agree to having a Family Group Conference then a Family Group Conference Coordinator will meet with you.



They will help you set up the meeting, find out who you want to invite and where you want to meet.



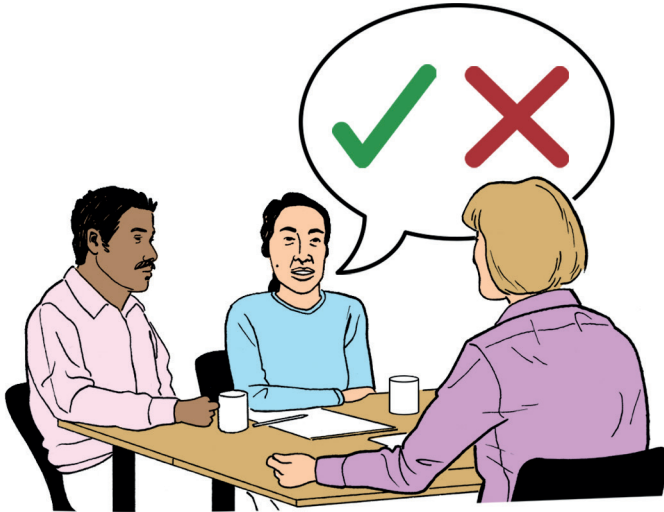
If you think you will need support to make sure people listen to you in the meeting, the Family Group Conference Coordinator will find the right person to help you.

This person is called your Advocate.



It could take a few weeks to get everything ready for your meeting.

# What happens at a Family Group Conference?



## 1 Information giving

The meeting has 3 parts:

This is the part of the meeting where you talk about your problem or decision and what you will need to fix your problem or make your decision.

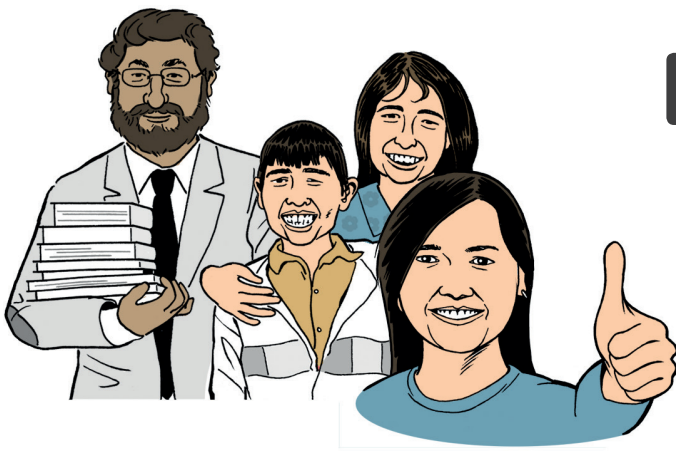


The Social Worker and FGC Coordinator come to this part of the meeting.



There are lots of chances to ask them questions and to hear what help they may be able to offer.

They then leave the meeting.



## 2

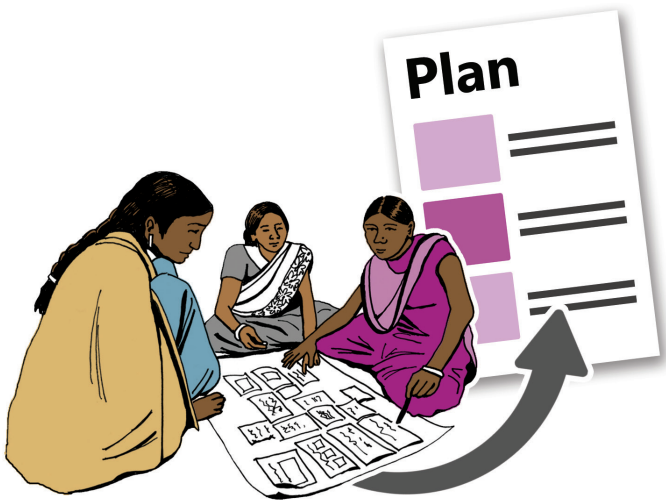
### Private family time

This is the part of the meeting for just you, your advocate and your friends and family.



In this part:

- Discuss the information you have been given



- Work out and agree a plan



- Decide who will do what



- Decide what support you need

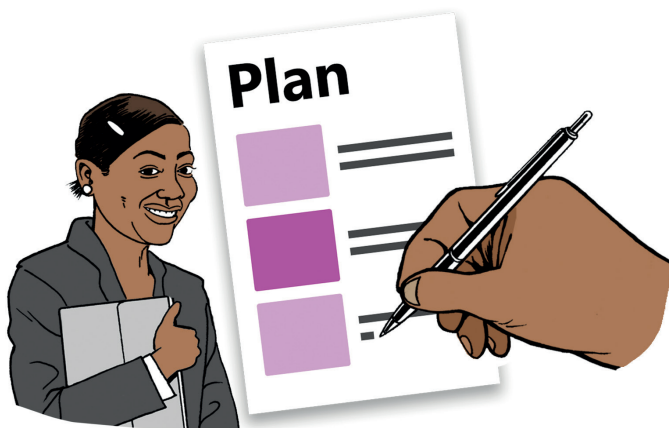


- Decide how you can check that the plan is working

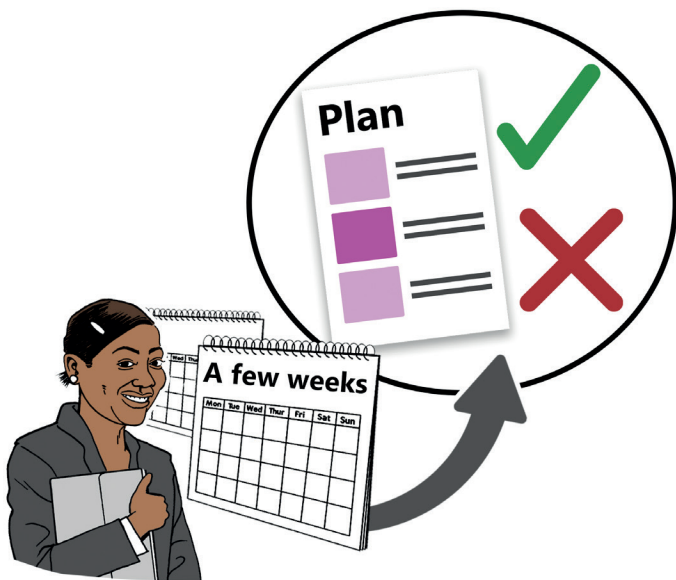


### 3 Family Plan

This is when the Social Worker and Family Group Conference Coordinator come back into the room and listen to what your plan or decision is.



The Family Group Conference Coordinator will write your plan down and make sure everyone has a copy.



The Family Group Conference Coordinator will also plan another family meeting in a few weeks time to check the plan is working and that everyone is doing what they agreed they would do.



## What have people who have had a Family Group Conference said?

*Everyone spoke and listened to each other*

*It felt like we were getting some control back*

*It gives a chance to think about what is happening and plan to make things better*

*They said 'that it'd be better if we get this all together and we sort each other out,' and it did, and it worked*

*There were all sorts of things that we decided we'd do and we made a really huge effort that we hadn't done before*

*I came away from there feeling really elated because I really felt that the whole experience had brought all five of us together, much closer. And that was so nice*

**My FGC Coordinator is:**

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Their phone number is:

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Their email address is:

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**My Social Worker is:**

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Their phone number is:

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Their email address is:

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