



Adult Family Group Conferences -

What you need to know



What is a Family Group Conference?

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

You might want a FGC because you need to make an important big decision, or to sort out a difficult problem, because you can't do that on your own.

If you need a FGC then there will be an independent person to help you to get the meeting ready, invite the right people and make sure the meeting runs smoothly. This person is called a FGC Coordinator.

Why are FGCs a good idea?

Families, close neighbours and best friends often know each other best and can be experts in helping you work out the answers to difficult problems.

When might a FGC be suggested?

A Social Worker may suggest to you that a FGC is a good idea to help you sort something difficult out.

This could be for lots of different reasons; for example it could be that:

- You need to decide where you are going to live
- You need to decide how you are going to be looked after
- You need to decide what you can do to make yourself safer or to stop you coming to harm

Or something else like that.

Do I have to have an FGC if I don't want one?

No; you decide if you want one or not.



If I agree to have a FGC, what happens next?

A FGC Coordinator will meet with you. They will find out who you want to invite to the meeting, where you want to meet and get the meeting ready. If you think you will need support to make sure people listen to you in the meeting, the FGC 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 FGC?

The meeting has 3 parts:

1. **Information giving** - This is the part of the meeting where you get the information you need to make a plan. 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** –

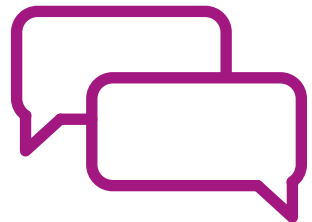
This is when just you (and your advocate if you have one) and the family and friends you invited:

- 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 FGC Coordinator come back into the room and listen to what your plan or decision is.

The FGC Coordinator will write your plan down and make sure everyone has a copy.

The FGC Coordinator will also plan another family meeting in a few week's time to check the plan is working and that everyone is doing what they agreed they would do.



What do people think who have had an FGC?

Some people have said:

"Everyone spoke and listened to each other"

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

"It felt like we were getting some control back"

"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.....

Phone Number.....

Email.....

My Social Worker is.....

Phone Number.....

Email.....