



# Family Group Conference

You have been given this leaflet to explain what a Family Group Conference (FGC) is.



How can I contact my FGC & Family Networking Advisor Name:

Phone Number:

You can call, text or use WhatsApp.

## What is a Family Group Conference?

A Family Group Conference (FGC) is a family and friends meeting, where the people who are important to you come together. They will talk about what's going on and come up with ideas (a plan) to try and make things better for you and your family. You can attend or share your views another way.

**Your family  
get together  
and sort out  
future plans**

## Who will be coming?

You will have a worker called an FGC & Family Networking Advisor who will speak to you and your parent / carer. They will find out who is important to you and your parent / carer, and who you would like to come to the meeting. The FGC & Family Networking Advisor will be there and the worker who has suggested the FGC.

If there are any disagreements about who should come, the FGC & Family Networking Advisor will support you and your family to agree who should be there.

## What happens before the meeting?

Your FGC & Family Networking Advisor will talk to your parent/ carer to agree a date and time for the meeting. They will also ask your family where they would like the meeting to happen. The FGC & Family Networking Advisor will then speak to all the important people you would like to come and invite them to your meeting.



**People would be  
listening to me  
and I'd be saying  
what I want and  
not what other  
people want**

## Can I attend the FGC?


You will be supported to attend the FGC if you would like. You do not have to stay for the whole meeting, and you can leave the room at any time if you want to. You can choose who you sit next to and you can choose who can help you to share your views or ask any questions. This person could be someone important to you or it could be someone you work with and trust.

### What is an Advocate?

An advocate is a friendly person who would support you to get your voice heard. It could be someone you know and trust, a friend or teacher. An advocate would meet you before your FGC and listen to your ideas about your life and your future. You or your advocate would write these down ready for the FGC.

During your FGC, your advocate could help you to share your thoughts, or if you asked them, they could talk for you and read the things you wrote down together

Some people choose not to attend their meeting. If this is what you want, the Advisor will always make sure your voice is still heard. This could be done through a letter or you can ask your advocate or important person to read your views out on the day.



**An advocate  
Instead of you getting  
to the meeting you  
tell them what to say,  
and after the meeting  
they will tell you how  
it went**

## What happens during the Family Group Conference?

There are three parts to the Family Group Conference:

### Part 1: Information Sharing

The FGC & Family Networking Advisor will welcome everyone to your FGC and explain why you and your family are there. The worker will then talk about what's happening and what needs to change to make things better for you. If you and your family have any questions, you can ask them now.

### Part 2: Private Family Time

The FGC & Family Networking Advisor and worker will leave the FGC and wait outside the room, if you need help at any time you can call them back in to the FGC. You and all your family will work together to write down ideas to create a plan. If you or your family need a break, they can do this at any time.

### Part 3: Sharing the Plan

Once you and your family have agreed your plan, the FGC & Family Networking Advisor and worker come back into the FGC. The FGC & Family Networking Advisor will support you and your family to tell the worker your family plan. The plan should help make things better and keep you safe.

## What happens after the meeting?

The plan will be written up by your FGC & Family Networking Advisor and everyone will be sent a copy to help them remember what has been agreed. You will also be sent a copy and can decide who you would like to go through it with you.

The worker will want to make sure that everybody is following the important things agreed in the plan. Someone in your family will make sure your plan is being followed or you can have a 'Review Family Group Conference'. This is the same as an FGC, but it is to see if the family plan is working and if any changes need to be made to make it even better.