

## What is a Family Group Conference?

A Family Group Conference is a meeting arranged with you and your wider family and friends, to discuss how they may work better together to keep you safe and happy.

You and your family pick when and where the meeting happens and who attends.

You don't need to attend if you dont feel comfortable. Your Family Group Decision Making worker will share your thoughts and feelings with your family.

## What happens at the meeting?

Your social worker and FGDM worker will talk about why the meeting is happening and what needs to happen. They will make sure that whoever needs to be invited can attend and your views are heard.

Your wider family and friends are left alone to talk and listen to each other, to come up with a plan that keeps you safe and happy.

Your family share the plan with your FGDM worker and social worker. Everyone agrees it looks good and the FGDM worker types it up and shares with everyone involved.

About 6 weeks after the meeting, the plan will be reviewed to make sure it's still working.

## Can you share your views?

## **ABSOLUTELY!**

We want to hear wha you think

What you like doing

How you feel

What makes you happy

What makes you sad

What you'd like to change

What you'd like to stay the same

Who you like spending time with