

How is your voice included?

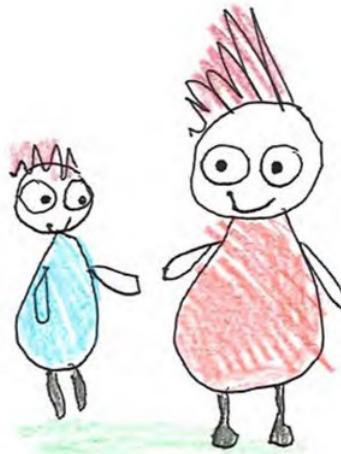
Your thoughts and feelings are important!

If saying what you feel is hard for you, your FGC Co-ordinator can help you with this.

You can make pictures or record yourself speaking, you can talk to someone you know and trust or an independent person called an 'advocate'. They can be at the meeting to help you say what you want or say it for you.

You will be invited to all or part of the meeting- it is your choice.

Before the meeting, your FGC Co-ordinator will visit you to prepare you for the meeting and to hear your views and wishes.



General contact info

familygroupconferencing@suffolk.gov.uk

Find out more about Family Group Conferencing at:

www.suffolk.gov.uk/FGC

Family Rights Group- www.frg.org.uk



Suffolk
FGC

Family Group Conferencing

A guide for
Children



What is an Family Group Conference?

A Family Group Conference offers the chance for your family, relatives and friends to get together and make a plan that best supports you.

Why have a Family Group Conference?

We believe families who develop their own plans have the most success.

The Family Group Conference offers the chance for you to come up with solutions and a plan that works for everyone, including you!



Who can come?

Anyone who cares about you can be invited: close family; other relatives, and friends who are important to you including those who live a distance from you.

The person who made the referral will also need to be there.

There may be someone from your school or other people supporting you and your family who you can invite to the meeting.

Where is the meeting held?

You and your family can help decide where the meeting will be held. We will always try to find somewhere like a hall or community centre near to your home.

Who arranges the meeting?

You will have your own worker. They are called a Family Group Conference Co-ordinator. Their job is to help you and your family arrange a meeting and make a good plan for you.

Your FGC Co-ordinator will come to see you and talk to you about the meeting and why it is important. They will answer any questions you have.

Your FGC Co-ordinator will make sure the meeting is as comfortable and easy to understand as possible.

What happens at the meeting?

Information sharing

Your FGC Co-ordinator will welcome everyone, and you can help with this if you want to. Don't worry, you won't have to sit around a big table with everyone looking at you!

Everyone will talk about what is going on, what needs to change and what they can do to help. Everyone can have their say and ask questions, including you.

Private Family Time

You and your family will have some private time to talk and make a plan for your future. Food and drink will be available that you can help choose. You can have a break from the room when you need to; you and your family can take as much time as you need.

Agreeing your Family Plan

When the Family Plan is ready, the FGC Co-ordinator and Referrer can help to make sure it has all the things in it that you and your family need to make it work.