

During the first part (information sharing), everyone is welcomed in, there will be refreshments, and everyone in the meeting will speak about their worries. The FGC coordinator will also talk about why this meeting is a good idea.

What happens next?

Your coordinator will type up the plan and send it to everyone involved. Everyone will do their best to help you and your family with your plan, and you will have a review meeting. There may be more than one, but they are a good way to check on how things have been going with the plan. This also helps us to find out what is working and what isn't, so that things can change, be amended or added if needed.

A guide to Family Group
Conferences: For young people
By Slough Children First

My name

My thoughts and questions

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My FGC Coordinator



What is a Family Group Conference?

A Family Group Conference (FGC) is a meeting for you and your family members and friends (anyone close to you) to come together to talk about problems that are going on and how they can be made better.

We believe that children, young people and families know themselves best, what is currently working within the family network and those strengths that will bring about change. We will work with you to empower you to make sure that you find your own solutions to achieve positive outcomes for your family, children and young people now and in the future.

Who is invited to an FGC?

You and your family will be asked who should go. This may be other people in your family or friends who want to help, like close family, other relatives, including those who live a distance from you and friends who the child/young person feels are a part of your family. The worker who thought the FGC would be a good idea will also be there (they're called a referrer), and so will an independent coordinator.

What is an independent coordinator?

An independent coordinator is responsible for organising the Family Group Conference. They will tell you and your family when the meeting is and why it is important. The coordinator will try to make the meeting as easy to understand as possible and will answer any questions you have.

Do I have to go too?

No, you don't have to go if you don't want to. You will be invited to go to all or part of the meeting, but it is your choice. Before the meeting, your coordinator will visit you to prepare you for it and to hear what you think and what you want from the meeting, as your voice is important.

There may also be someone from your school or college in the meeting or other people working with you and your family, who will share what they think and what they can do to help. If you have a social worker or a personal advisor, they will also need to be there. You can help by creating the invite for your Family Group Conference, too.

Will they listen to me?

Yes. It is important that your views are heard as well as the adults involved.

If saying what you feel is hard for you, your coordinator will help you with this. You can create pictures or record yourself speaking. You can talk to another person, someone that you know and trust, or an independent person called an "advocate". They can be at the meeting to support you in sharing how you feel or explain how you feel on your behalf.

What happens in the meeting?

There are four stages to a Family Group Conference: information sharing, private family time, clarifying the plan and agreeing the plan.