

# Family Group Meetings

...bringing families together

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No one listens to me!

Have you got a problem?

Are you having a gloomy day?... I was until I had a Family Group Meeting...

Are you sad?

Do you feel like a black cloud?

My family and me had a chance just to talk...

### What is a Family Group Meeting?

A Family Group Meeting is a chance for you and important people in your life to meet together to try and sort out some of your problems. You get to invite all the people who are important to you. As well as family members, you can also invite anybody who can offer you and your family support.

### Why have a Family Group Meeting?

You and your family know more about what is going on in your life than anyone else. You may have ideas about what is needed to make things work. A Family Group Meeting is a way of helping you and your family to make decisions about what is best for your future.

### Who arranges your meeting?

Before your Family Group Meeting takes place you will be

contacted by somebody who works for the project, called a co-ordinator. It is their job to talk to you about what you want. They will help you decide who you want to invite and a date for your meeting. The co-ordinator will also meet all the people attending your meeting and provide a place for your meeting and refreshments.

### What happens at a Family Group Meeting?

The co-ordinator welcomes everyone. People who work with you will explain the difficulties you are having and talk about what they can do to help.

Then you and your family have some time in private to talk everything over and make a plan which will help in the future. There will be food and drink if people want it. At the end the plan is written down so everyone is clear what to do next. The plan will be typed up by the co-ordinator and sent to everyone who has attended your meeting.

You may need more meetings to get things sorted out. A date can be made to meet again to look at how everyone is getting on.

Family Group Meetings make sure that everyone's voice gets heard and that everybody has a say. Most importantly you get listened to.

### Who to contact for a Family Group Meeting

Family Group Meetings,  
Hyndelle Lodge,  
King Street,  
Hindley,  
Wigan

Telephone : 01942 828741

Co-ordinator's contact :

Name:

Phone number:

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