

What will happen after the family group conference?

Once your "My FGC" plan has been completed and is agreed by your lead professional, it will be added to your care plan.

Up to two reviews can be agreed by you and your support network to discuss how your plan is going and further discussion can take place at this time.

Please ask your FGC co-ordinator or lead professional if you have any further questions/queries. We look forward to hearing from you.

Contact us

For more information on family group conferences please speak with your perinatal clinician or contact the Perinatal Mental Health Family Group Conference team:

Call: 01245 315637

Email: epunft.perinatalteam@nhs.net

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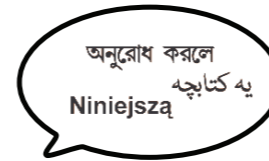
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Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Advice and Liaison Service on [0800 085 7935](tel:08000857935) or you can email epunft.pals@nhs.net

This leaflet can be produced in large print, CD, Braille and other languages on request.



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Perinatal pillars of support Mental health family group conference (FGC)



Information for patients and their families.

What is a family group conference?

(Pillars of support during your perinatal journey)

A family group conference (FGC) provides an opportunity for you to meet with people of your choice and discuss how they can help support you in planning for your care, support and recovery. Even though family is in the title it doesn't mean you have to have family members join your conference, although you can if you wish. You could choose friends, members of your local community, someone from the church, key professionals who work with you etc.

A FGC is not about people making decisions for you. You decide who you would like to attend and the issues you would like to discuss. You can also choose where your conference takes place, either at your home or within the community/an office base. We plan your conference very carefully and sensitively, bearing in mind the vulnerabilities placed upon you, and offer a bespoke service to you as an individual.

A FGC co-ordinator will meet with you and your referrer for an initial consultation/assessment and to explain FGCs. The co-ordinator listens to you, and really values what you have to say. They take time to understand your journey and will not judge you. You can decide whether an FGC is something you think could be useful for you and if you want to take part, there is no pressure to go ahead.

If you choose to go ahead, you will be allocated an FGC co-ordinator, who will work alongside you, listening to your concerns and recognising that you are the expert in your care, treatment and support. Your co-ordinator will ensure that during your FGC the agenda you create is followed, and that you are supported to talk freely, and safely, about what you have chosen to share.

The ultimate goal of the FGC is to support you in completing what is known as "My FGC" Plan. This plan will address the issues discussed during your conference.

It is important to remember that the purpose of a FGC is not to make decisions for you. FGCs are designed to empower you in taking the lead and making decisions about your care and treatment.



We learnt about the resources available to help our daughter and I hope the professionals learnt something from us.

Perinatal FGC service user



What happens during a family group conference?

Prior to the conference being held, your FGC co-ordinator will meet with you to discuss which issues you would like support with to assist with your recovery. At this stage you can inform your FGC co-ordinator who you would like to be present during your conference.



All members of my family found this to be a helpful, positive event. It made us closer and clarified issues that I couldn't explain.

Perinatal FGC service user



Your FGC co-ordinator will then meet with each member of your chosen support network individually, and offer an invitation to your conference. With your consent, your FGC co-ordinator can share the issues you would like support with.

FGCs are held at times that are convenient for you, and will typically take place in a neutral location, which could be your home or a local meeting place. Professionals involved in your conference will ensure that the environment is relaxed and welcoming.

Family group conferences have three stages:

- **Information sharing:** an opportunity for you to discuss your issues with everyone and to consider possible solutions and ideas.
- **Private time:** a chance for you and your chosen network to discuss what was spoken about in the information giving section, without the presence of professionals. You can use this time to put together your "My FGC" plan and consider what support you will need to carry it out
- **Family plan:** during the final stage of the conference your FGC co-ordinator will put your "My FGC" plan and the agreed support needed in writing, ensuring everyone invited to the meeting has a copy. This forms an informal contract between you and your chosen support network.



I found it very useful to discuss issues with my husband and hear different view points.

Perinatal FGC service user

