FAMILY LIFE AND WELLBEING

Family Support Meeting Pack

Free download · My SEND Friend Shop

A preparation pack for a family support, early help, or similar meeting, so you can take a clear picture of strengths, worries and what would help.

This is not an official form and it does not make a referral. You can take your own notes even if someone else is writing the formal record.

Who this is for

Parents and carers attending a support meeting about home life, caring, or help around the family, not only a school meeting.

What is inside

- Before the meeting
- A snapshot of family life
- What we would like
- A record afterwards

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

You can go in with your own agenda

Ask who will be there, what the meeting is for, and whether you can bring a friend or advocate. You do not have to agree to everything in the room. If you are not sure what a service can and cannot do, say so and ask for it in writing afterwards.

Meeting date and who called it

Who will be there

Child or family the meeting is about

Our snapshot

What is going well, or what we are proud of

What is hard at the moment, factually

Support we already have, and any gaps

What we would like from this meeting, in practical terms

Questions I want to ask, including who will do what and when it will be reviewed

After the meeting

What was agreed, who will do it, and the review date

Anything I did not agree to, or still need advice about

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family life and wellbeing resources
- Your GP, a local carers' service, or social care, if you need support
- Your local SENDIASS or short-breaks / local-offer pages, if relevant

> **A reminder about this free pack**
> This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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