



# Information for you about your Team Around the Child (TAC) Meeting

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## What is a TAC Meeting?

A Team Around the Child (TAC) meeting brings together the people who are working with you and your family or carers, to agree a plan if you need some extra support. It ensures everyone works together to help you.

## Why is a TAC Meeting being held?

A TAC meeting may be held when:

- You need support from more than one service (e.g. school, health visitor, social work).
- There are concerns about your wellbeing.
- A plan needs to be created, reviewed or updated for you.

## Who will attend the meeting?

The meeting will usually include:

- You – Your views are very important.
- Your parents or carers – If appropriate and with their consent.
- Named Person – Usually someone from your school or health service.
- Professionals involved – e.g. teacher, health visitor, social worker, educational psychologist, youth worker.

You can also bring someone to support you (e.g. family friend, family member, advocate).

## What happens at the meeting?

During the TAC meeting:

- Everyone will share information relevant to your wellbeing and progress.
- Your views and your parents or carers views will be heard.
- Everyone will work together to agree what support is needed and who will provide it.
- An action plan may be created or reviewed.
- A Lead Professional may be identified to organise support if needed.



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## How can I prepare?

You can:

- Think about what's going well and any concerns you have.
- Speak to someone you trust about your views and what you would like to say at the meeting. They can do this for you if you don't want to speak yourself.
- Write down any questions or things you'd like to discuss.
- Ask for a copy of your current plan (if one exists).

## Questions or concerns?

Speak to an adult you trust if you have any questions.

They can support you before, during, and after the meeting.

**You can write down any questions you have here.**

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Your voice matters. We're here to work with you to get it right for you.

You can ask to speak to a children's rights worker. This is someone who can help make sure that everyone knows what you think about plans that people want to make for you.

## What happens after the meeting?

- You will receive a written summary of the meeting and agreed actions.
- Everyone involved will work on the agreed next steps.
- A follow-up meeting may be arranged to talk about how things are going.



for every child in Forth Valley



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