

MOMO

MIND OF MY OWN

Use the
app instead!
.....
Easier and more fun
than paper

Get Ready For A Meeting

Hi there. MOMO is here to help you work out how you're feeling and make sure your views and wishes are understood at your next meeting. That way they can be included in the plan your workers make with you.

To get started just answer the questions below or, to make it easier, use the MOMO app. Once you're on the app you can use it to get things off your chest and your wishes listened to anytime you need, even when you don't have a meeting.

Use online at
app.mindofmyown.org.uk

Available on the iPhone
App Store

ANDROID APP ON
Google play

How You're Feeling

How are you feeling about things right now? Select as many options as you like



Bored

Calm

Nervous

Alone

Hopeful

Annoyed

Unsure

Confused

Fine

Frustrated

Unhappy

Happy

Excited

Angry



About The Meeting

What meeting are you getting ready for?

Child in Care Review

Foster Carer Review

Family Group Conference

Child in Need Review

Personal Education Plan



Where You'd Like The Meeting To Be

Where feels best for you?

Home

School/College

Placement



please turn over



Who You'd Like To Be There

Fill this in if there is anyone you DO want to be at the meeting



Who You Don't Want To Be There

Fill this in if there is anyone you DON'T want to be at the meeting



What You Want To Talk About

What do you want to talk about? Do you have any burning questions? Use the boxes below to let people know what's important to you

Where I Live

Family Contact

My Pathway Plan

My Money

My Care Plan

My Emotional Health

My Relationships

My Physical Health

My Education

My Goals

Please say a little more if you can...



Who You Want To Sit By

Say if there is someone you'd like to sit next to at the meeting



What's Good Right Now

What's going well in your life?
What's making you feel happy?

Friends

Where I Live

School

College

Health

Relationships

Work

Hobbies/Activities

Please say a little more if you can...



Sharing This Statement

Is there anyone in particular you would like to read what you have written here?

Social Worker

Advocate

IRO/LAC Chair

Foster Parents

School

Key Worker

Personal Advisor

Leaving
Care Worker



What You Want To Happen Next

What would you like to happen after the meeting?
What would you like to change?



Your Name



If you're done please send or give this form to your worker. If you want to do another one or need a hand getting your views heard in between meetings, you can always use MOMO at app.mindofmyown.org.uk or download it

