



# Barnardo's SENDIASS Young People's Information Sheet

**Help! I've got to go to a meeting.....**

You might have to go to .....

An interview, an Annual Review, a meeting at home or college or school or the hospital

Before the meeting you might feel.....



During the meeting you might feel.....



So get yourself as ready...

- ask someone you trust to go with you....
- find out what the meeting is about....
- find out where and when the meeting will be held

**SENDIASS is here to help you**

Check out our website

[www.barnardos.org.uk/nelsendiass](http://www.barnardos.org.uk/nelsendiass)

**Contact Details:**

☎ Phone us on: 01472 355365

Email us on: [nelincs@barnardos.org.uk](mailto:nelincs@barnardos.org.uk)

Or visit our website: [www.barnardos.org.uk/nelsenias](http://www.barnardos.org.uk/nelsenias)