

Just a reminder of who Just Say are and what we do!
We are the recognised parent carer forum for Barking and Dagenham, giving families of children and young people with special educational needs and disabilities (SEND) a strong collective voice.

Who We Are

- A parent-led, independent forum, part of the National Network of Parent Carer Forums (NNPCF).
 - Open to all parent carers in Barking and Dagenham.
 - Working in partnership with education, health, and social care services.
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Our Mission

We exist to make sure parent carers' voices are heard, valued, and acted upon. By sharing lived experiences, we help shape services so that every child and young person with SEND can thrive.

What We Do

- Host annual conferences and community events.

- Provide accessible resources, including translated materials for diverse families.
- Hold regular meetings with service leaders to influence local SEND policy.
- Offer opportunities for families to share experiences and co-produce solutions.
- Hold regular drop-in at Axe street
- We have a signed Co-production with Education, local authorities and Health.
- We attend 6 weekly meetings with NELFT to be able to feedback parents experiences and barriers.
- We sit on the strategic partnerships board.
- We are part of the LD and autism strategy board.
- We are invited to join interview panels on key professionals working in services.
- We are invited to attend key meetings regarding SEND to represent parents and carers of Barking and Dagenham.
- We attend regular cluster meeting with regional leader of other forums.

Get Involved

Your voice matters. Join us to:

- Connect with other parent carers.
- Attend events and training opportunities.
- Share your experiences to help shape services.

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 Contact Us

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If you would like to become a member of the forum or would like further information, please contact a member of our steering group for the Forum on 0793681199 .

Have a look at our website.

[Www.justsayforum.online](http://www.justsayforum.online)

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