



9.45 - 2.00
@ Dagenham
& Redbridge
Football Club.
RM10 7XL.

Annual Conference 14TH March 2023

09.45 – 10.00 Registration/Refreshments

10.05 – 10.45 **Welcome.** What We Have Been Up To In The Last Year - Donna Lumsden & Jaime Porstendorfer Co-Chairs of JUST SAY. Plus, Stallholders all to say “Hi.”

10.45 – 11.10 **Update On What Is Happening Locally** - Jane Hargreaves Commissioning Director Education, LB Barking & Dagenham.

11.10 - 11.30 **Table Talk** – *Any questions for health or the Council? What should Just Say focus on in 2023? Share your Ideas.*

11.30 - 12.00 Tea/Coffee break
Please visit the Stalls.

12.00 - 12.30 **From Babe to Boy To Man: My journey through childhood & adolescence to an independent adult, Dr Wesley Scott.**

12.30 - 12.45 **Empowering Parents Empowering Communities** – Project Co Ordinator Nikki Murphy Sycamore Trust.

12.45 – 1.10 **Performance by THE TRINITY ROCK BAND.**

1.10 – 1.45 **LUNCH**

1.45 – 2.00 **Quick Recap with Thanks To All by Donna & Jaime.**
Don't Forget Post 16 Training with IPSEA next week - 22.3.23.

End at 2.00. Please give us your Feedback.