



## Carmarthenshire "HELP" Forum

< Hearing < Empowering < Linking People >

### WORKING TOGETHER TO INFLUENCE CHANGE!

#### Who and what is Carmarthenshire HELP forum?

An **independent** organisation run by volunteer **parents, carers and disabled people** who feel passionately about **building** an inclusive and equitable community forum; where all the voices of families in Carmarthenshire are valued and effectively used to achieve a **quality of life for their children!**

#### What is our purpose and mission?

To ensure all Carmarthenshire families, carers and disabled people have access to **equality!** Equal opportunities to make the most of their lives and talents by **enabling** them to reach their full **potential**. To feel cared about, protected and valued as part of an inclusive, understanding and caring forum community that aims to:

1. **Reduce isolation** and improve wellbeing through forum associated parent-led groups and organisations that also broaden our reach and participation capabilities;
2. Use **rights-based** approaches and reflect the diversity of our communities;
3. **Strategically influence change**, co-producing, co-designing, evaluating services;
4. **Ensure care** is sustainable **for current and future generations!**

#### Objectives

- Produce a robust forum **mechanism**:
  - a. that is independent, transparent, accountable and **accessible to all** ages, (0 to 25 and beyond), levels, types of **disability**, their carers and families;
  - b. reaching out to build relationships and trust by visiting, working online and in association with parent-led groups, disability organisations and services;
  - c. **empowering** countywide representation to use **collective voices** produced from our valued, knowledgeable views and lived experiences;
- Encourage funders and media to progress and promote our work including a **dedicated website** to share everything about disability; to keep everyone involved and informed and provide **information** to enable inclusive **choice**;
- Develop a cohesive and coherent structure to sustain effective and equitable participation and **working together** to improve and develop services;
- Use our collective consolidated voices with neighbouring counties to help each other with services and ideas. Also, promote other forums to work with regional and national decision makers to produce **positive change for everyone!**