

**Autism Residents Advisory Group Meeting**  
**30/04/2024**  
**9:30am –11:30am**

<p><u>Attendees:</u></p> <p>Linda Wan – Co-Chair, LBN Commissioner          Patricia Moody – Voiceability, Support Facilitator          Mbemba Bojang – NHS People Participation Lead          Marney Wallice – OT Consultant          Jan Health – OT Consultant          Ervina McCulloch – Our Newham          Sharleen Ferrol Fulgence – Our Newham          Joseph Kuyneda – Our Newham</p> <p>7 Residents</p>	<p><u>Apologies:</u></p> <p>Serena Elstub, ARAG Co-chair          Ben, NHS Hospital Liaison Team</p>
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Item	Note / Action agreed	Action by
	These minutes should be read alongside the accompanying slides	
<b>1</b>	<p><b>Welcome and introductions/apologies</b></p> <p>Linda welcomed the attendees, reminded participants of meeting rules, summarised the Autism launch day and shared a link to the video made for the launch, themed around employment: <a href="https://youtu.be/0xfxQj_ipQc">https://youtu.be/0xfxQj_ipQc</a></p> <p>Guests speakers were invited to present. Guest slides will be shared.</p>	
<b>2</b>	<p><b>NHS People Participation Lead, Mbemba Bojang</b></p> <p>Mbemba Bojang spoke first – The People Participation Service works with Newham patients to help shape hospitals, ensure engagement and participation with a focus on quality improvement to make hospitals better. The Service is inviting patients that have accessed hospital services in the past year to sit on a panel (who will be given training), a platform to gather feedback and get involved to make things better in hospital.</p> <p>The key is to have patients, carers and local residents to get involved.</p> <ul style="list-style-type: none"> <li>• Comms about people who are stressed about appointments, to improve communications</li> <li>• 15 step challenge, each ward to have 2 checks yearly looking for improvements made using comms Atmosphere</li> <li>• Looking for Autistic residents to join a future World Café Autism event on Wednesday 25<sup>th</sup> September 2024, at Newham hospital.</li> <li>• Next ARAG meeting in July will talk about world café, they will be inviting three (3) members to attend the Autism World Café.</li> </ul>	
<b>3</b>	<p><b>Our Newham, Sharleen Ferrol Fulgence &amp; Ervina McCulloch</b></p> <p>Sharleen and Ervina spoke about the right to work, and explained how Our Newham was made up of a number of teams – Our Newham Money, Work, Rights, all working towards making Newham Financially healthy. Below is a list of ways they can help:</p> <ul style="list-style-type: none"> <li>• Hardship fund for food and Energy</li> </ul>	

	<ul style="list-style-type: none"> <li>• Debts and Benefit Advice</li> <li>• Review of benefits</li> <li>• Money management</li> <li>• Design budget planner (they brought an example of this)</li> <li>• Affordable Credit £1500 max but has to be paid back</li> <li>• Smart spending</li> <li>• Apps for loyalty cards</li> <li>• 16 hrs work whilst getting benefits</li> <li>• Pip advice – but there is a waiting list</li> </ul> <p>They also can advise on employment rights, things that should or should not happen -at work. Raising awareness of employment rights to encourage a healthy economy, advice is free and confidential and they will accept all referrals, calls, emails and self-referrals.</p> <p>There is about 3 day waiting list in which a 1-1 service is available to get help with</p> <ul style="list-style-type: none"> <li>• Losing a job</li> <li>• Being sacked</li> <li>• Working hours</li> <li>• Reasonable adjustments</li> <li>• Knowledge of Trade Unions</li> <li>• Discrimination</li> <li>• There is also general workshops for the young people, disabled and self-employed</li> </ul> <p>They would also like to design a workshop around Autism, LD, ADHD and so on, and also considering a rotation of “one stop shop” in libraries in Canning Town. If people are interested in participating in designing this workshop to please email <a href="mailto:ournewhamwork.engagementteam@newham.gov.uk">ournewhamwork.engagementteam@newham.gov.uk</a> Subject title: <b>Co-design workshop</b></p>	
	<p><b>Our Newham,</b> Joseph Kunyeda</p> <p>Joseph Kunyeda spoke next about support available for pre- employment</p> <ul style="list-style-type: none"> <li>• CV's</li> <li>• Cover letters</li> <li>• Support with Reasonable adjustments and support through out working also with supporting Employer to help with making reasonable adjustments</li> <li>• to find challenges with access and improvements with employment to develop and offer a service to people that they deserve</li> <li>• open to Ideas</li> <li>• wants to develop a survey to gain feedback.</li> </ul> <p>Looking for volunteers to be Ambassadors (X2)</p> <ol style="list-style-type: none"> <li>1. Support with SEND internships – a wage will be paid</li> <li>2. Ambassador to look at workplaces – reward and recognition will be paid</li> </ol> <p>If people are interested in volunteering or becoming an ambassador please email <a href="mailto:ournewhamwork.engagementteam@newham.gov.uk">ournewhamwork.engagementteam@newham.gov.uk</a> Subject title: <b>Ambassador</b></p>	

4	<p><b>Housing Design, Marney Wallice &amp; Jan Healey</b></p> <p>Marney and Jan are looking at the Housing planning policy around locations and design</p> <ul style="list-style-type: none"> <li>• Accessibility for LD, Autism, Wheelchair</li> <li>• They are doing research for homes for people with Autism to take part in a working Party with OT Researchers X4</li> <li>• They have many years of experience – they are looking at an evidence-based design Guide, participants can help to design the policy and change the design of housing</li> <li>• They will have engagement workshops meeting and talking to Newham residents to share experience of housing</li> <li>• There will be a focus group in June.</li> <li>• What are the design needs, what works well and what are the challenges</li> </ul> <p><b>Feed Back</b></p> <ul style="list-style-type: none"> <li>• Space is an issue</li> <li>• Flooring an issue</li> <li>• Better sound proofing – noise from neighbours (everyone can hear each other no privacy)</li> <li>• Smaller windows, bedroom is facing East and gets too much sun</li> <li>• Outdoor space</li> <li>• Mould problems</li> <li>• Hear people using Bathroom</li> <li>• Heavy footed</li> <li>• Slamming of doors</li> <li>• No space to dry clothes, Humidity – mould</li> <li>• 2 toilets needed if someone has IBS</li> <li>• Language barriers – how do you capture the voices of ethnic households to reflect their design needs?</li> </ul> <p>A future focus group will be set up for people to engage directly into this in greater detail</p>	
5	<p><b>Minutes and Actions 14.11.2023</b></p> <p>Actions were reviewed and agreed – see slides</p>	
6	<p><b>Autism Strategic Delivery Board - update</b></p> <p>Linda gave an update in Serena’s absence – see slides</p>	
3	<p><b>Autism Action Plan – next steps</b></p> <p>Linda outlined information in the slides:</p> <ul style="list-style-type: none"> <li>• ARAG meetings</li> <li>• ARAG member roles</li> <li>• Action Plan to be shared</li> </ul>	
4	<p><b>AOB</b></p> <p>Linda went through the broadcast slides in the presentation:</p> <ul style="list-style-type: none"> <li>• Carers of Autistic Residents Peer Support Group</li> </ul>	

	<ul style="list-style-type: none"> <li>• University of 3<sup>rd</sup> Age</li> <li>• ARAG Co-chair role available</li> <li>• SuperFi, bill management app</li> <li>• Ageing and autism, Manchester study</li> </ul>	
5	<p><b>Date of next meeting</b></p> <ul style="list-style-type: none"> <li>• 8 July 2024</li> <li>• 8 October 2024</li> </ul> <p>More details here:  <a href="#">Newham's Autism Resident Advisory Group (ARAG) – Autism – Newham Council</a></p>	