

AUTISTIC RESIDENT ADVISORY GROUP (ARAG)

Monday 8 July 2024

Co-Chair: Serena Elstub, ASDB Resident Representative
Linda Wan, Autism Lead - Commissioner

AGENDA

1	Welcome & Introductions <ul style="list-style-type: none">- Meeting Changes- Meeting Rules & Review	Serena Elstub, Council Co-Chair	10.00-10.10	10min
2	Guest Speakers Hospital People Participation Team	Mbemba Bojang & Anna Sandiford		
3	Minutes & Matters Arising (30 April 2024)	Serena Elstub, Council Co-Chair	11.00-11.05	5min
4	Autism Strategic Delivery Board (ASDB) <ul style="list-style-type: none">- Updates (21 May 2024)	Serena Elstub, Council Co-Chair	11.05-11.10	5min
5	ARAG Member appointments <ul style="list-style-type: none">- ARAG Co-Chair- Priority Leads- Action Leads	Linda Wan, Council Co-Chair	11.10-11.15	5min
6	Autism Action Plan <ul style="list-style-type: none">- Governance structure- Role of ARAG members- Review of Co-produced actions	Linda Wan, Council Co-Chair	11.15-11.45	30min

AGENDA

7	ARAG updates <ul style="list-style-type: none">- Whats App Broadcast- Venue days & times review 2025- List of support resources for autistic residents	Linda Wan, Council Co-Chair	11.45-11.55	10min
8	AOB	Linda Wan, Council Co-Chair	11.55-12.00	5min
9	Meeting Rules Review	Serena Elstub, Council Co-Chair	12.00-12.05	5min
10	Next Meeting 8 October 2024 @ Canning Town Library	Serena Elstub, Council Co-Chair		

Meeting Rules

Linda Wan



Please speak slowly with easy words



No jargon to be used



Stop if people show they don't understand



Use you communication cards if you want to speak

Meeting Rules

Linda Wan



please give us a chance to ask questions



make sure everyone has time to understand what is Being said



Don`t speak over each other

NHS People Participation Team

Monday 8 July 2024

Mbemba Bojang & Anne Sandiford

A workshop: designing an autism themed world café

What is World Café Workshop?

- A World Café is a great solution for tapping into the collective wisdom and creativity of a group.
- The methodology is a simple, effective, and flexible format for hosting large group dialogue. Each element of the method has a specific purpose and corresponds to the World Café's theme.
- A world café usually consists of three rounds (or tables), each between 15-20 minutes long. Participants gather in small groups and each group explores the same question for each round. After a round is complete, one person remains at the table as a facilitator / host while the others travel to new tables and conversations – spreading the insights from previous discussions.
- The idea behind this is to create a space that supports 'good conversation', where anybody can talk about things that matter to them.

The World Cafe Etiquette

1 Focus on What Matters

2 Contribute Your Thinking

3 Speak Your Mind and Heart

4 Listen to Understand

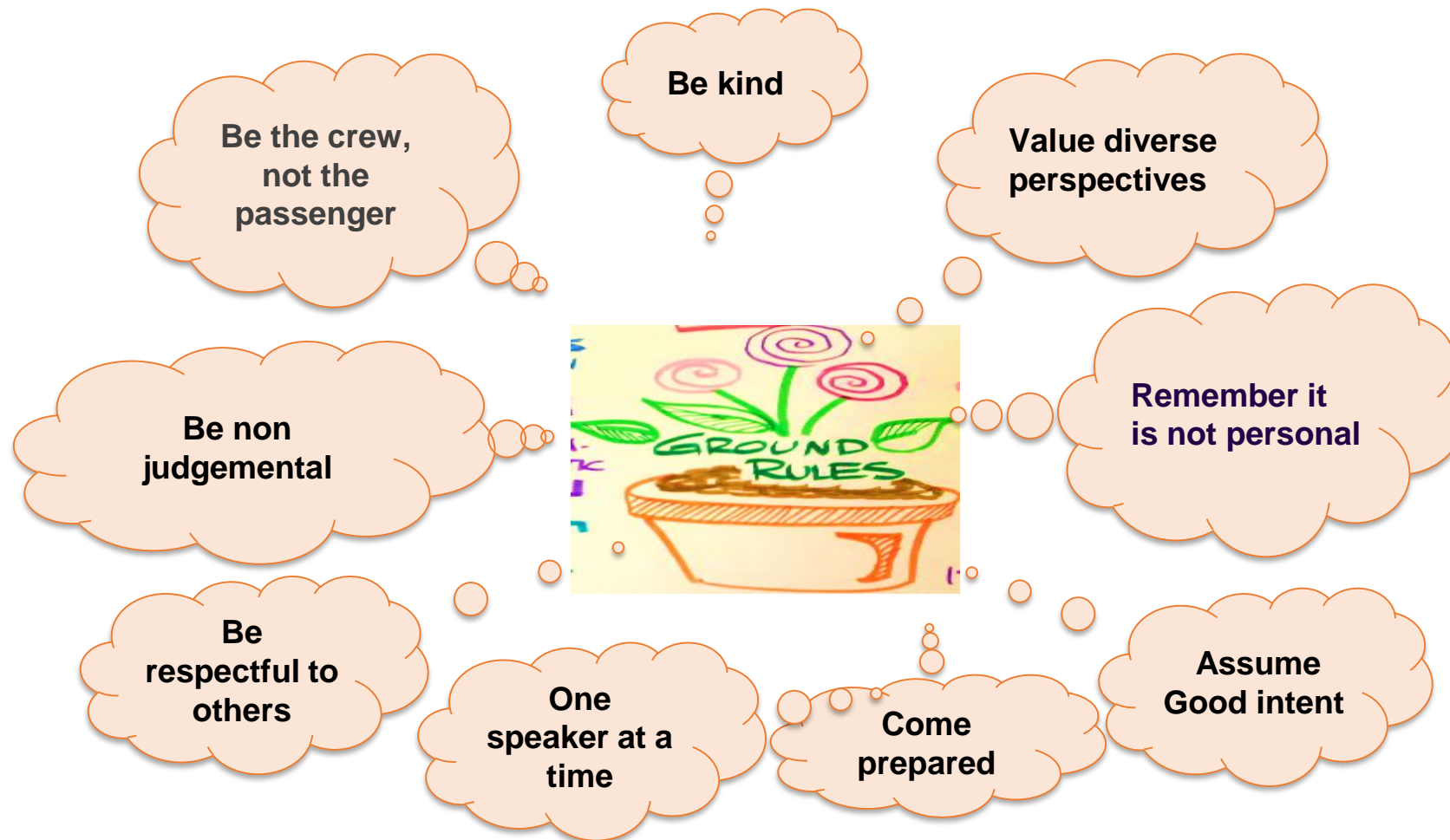
5 Link and Connect Ideas

6 Listen Together for Insights and Deeper Questions

HAVE FUN



Ground rules



World cafe

The flow of the workshop

Welcoming of participants and Introduction

Discussions

Harvesting (Group feedback)

The table host will open the discussion

5 participants per table



After each round participants move as a group to another table



Talking spoon

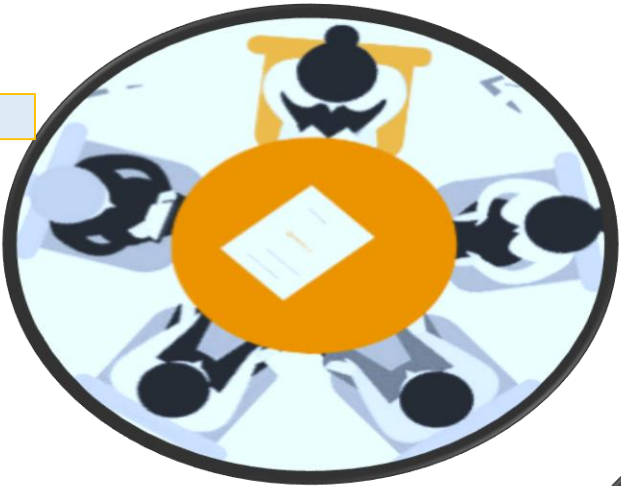
After the 3rd round each table reports back to the whole group

Three rounds and one question per round



World café method
3 rounds of conversations

1 question per round



**1 host per table staying to facilitate the discussions
(the host will be supported by a staff)**

**Participants writing,
drawing and
doodling key ideas**



**4 to 5 travellers changing
table after each round**



Time allocation



The duration of the workshop will be two hours

15 minutes for introduction (café opening)

10 minutes for icebreaker

Harvesting (group feedback) 20 minutes

20 minutes per round

10 minutes tolerance for moving around from one table to the another

Evaluation of the Workshop 5 minutes



Questions

Round 1:

What is important to you about the theme of “Listening and responding to people who are worried or distressed”, and why do you care?

This question intends to focus the collective attention of the participants

Round 2:

What is missing from the picture so far? ? What are we as participants not seeing & where do we need more clarity?

This question intends to connect Ideas for Deeper Insight

Round 3:

What seeds/ideas might we plant together today that could make the most difference to the future of compassionate communication in Newham Hospital?

This question intends to Create Forward Momentum and change ideas for effective and compassionate Communication.

The role of the Host (the main Facilitator)

Timekeeper

welcomes the participants



explains the purpose of the event and how the information will be used

Gives an introduction to the World Café process

Role of table facilitators

Gently & as appropriate, encourage people at your table to jot down key connections, ideas, discoveries, and deeper questions as they emerge.

Remain at the table when others leave



Welcome travellers from other tables for the next round of conversation

Briefly share key insights from the prior conversation so others can link and build using ideas from their respective tables.

NHS, Hospital People Participation Team

Mbemba Bojang & Anna Sandiford



World Café as a forum for brainstorming and idea generation.



- Looking for a mix of 10 autistic residents and carers
- Wednesday 25 September 9-12pm at the Hospital
- Autism Themed discussion



NHS, Hospital People Participation Team

Mbemba Bojang & Anna Sandiford



What do you think needs to be addressed at the hospital for autistic people?

What is your experience of the hospital?

Who would you like to have seated around the table for discussion?

What's important to you?



What do you want to talk about?



NHS, Hospital People Participation Team

Mbemba Bojang & Anna Sandiford



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WE ARE NEWHAM.

Minutes & Matters Arising ARAG

Minutes & Matters Arising

Linda Wan



Autism Residents' Advisory Group (ARAG) Meeting

Canning Town Library 30.04.2024 10:00am – 11:30am

Attendees:

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

7 Residents

Minutes & Matters Arising

Linda Wan



Autism Residents' Advisory Group (ARAG) Meeting

Canning Town Library 30.04.2024 10:00am – 11:30am

Guest Speakers

- 1. Mbemba Bojang**, NHS People Participation Lead
works with Newham patients to help shape hospitals, ensure engagement and participation with a focus on quality improvement to make hospitals better
- 2. Sharleen Ferrol Fulgence, Ervina McCulloch & Joseph Kunyeda** Our Newham
Our Newham Money, Work, Rights, all working towards making Newham Financially healthy
- 3. Marney Wallice & Jan Healey**, Housing Design
Housing planning policy around locations and design

Minutes & Matters Arising

Linda Wan



Autism Residents' Advisory Group (ARAG) Meeting

Canning Town Library 30.04.2024 10:00am – 11:30am

Autism Action Plan



Minutes & Matters Arising

Linda Wan



Autism Strategic Delivery Board Update

ASDB

Serena Elstub

Autism Strategic Delivery Board

Serena Elstub



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WE ARE NEWHAM.

ARAG member appointments

Linda Wan

ARAG member appointments

Linda Wan



- **ARAG Co-chair – new appointment**

As part of my current job, I've had the chance to chair and moderate meetings, which has helped me improve my ability to guide conversations and make sure everyone is heard. These skills I believe will be very important for the role as Co-Chair, where one of my main duties is to make sure everyone feels welcome and that the talks go in a good direction. The skills I've learned from setting up and running meetings will also help me plan and run the ARAG sessions well.

I know how important it is to work together in this position, and I'm excited to work closely with the Council Co-Chair and the other members to make sure our meetings are useful and focused on what's best for our community. My commitment to this job is shown by the fact that I'm ready to spend the time needed for planning, meetings, and follow-up tasks.

I am excited about the opportunity to work alongside fellow residents and the Council to shape a more inclusive and supportive environment for autistic individuals in Newham.

Emma Kofie

ARAG member appointments

Linda Wan



Priority Areas, Working Groups & Co-delivery

- New way of working, shaping & developing & piloting
- 30+ member actions identified over 2 years
- Reward & Recognition Payment **£13.15/hour***
- 6x Priority Leads
- Several Action Leads
- Volunteers / ambassadors

*people on benefits can work up to 16hours / week without it impacting on their benefits

ARAG member appointments

Linda Wan



Priority Areas, Working Groups & Co-delivery of actions

1. improve understanding and acceptance of autism within society;
2. improve autistic children and young people's access to education - and support positive transitions into adulthood;
3. support more autistic people into employment;
4. tackle health and care inequalities for autistic people;
5. build the right support in the community and support people in inpatient care; and
6. improve support within the criminal and youth justice systems.

ARAG member appointments

Linda Wan



6x Priority Leads

- Attends working group & feeds back on progress made by action leads (1 hour)
- Feeds back to ARAG on progress in the working group (5min)
- Co-ordinates meetings with ARAG members delivering actions under this priority (1 hour/month)
- Reports progress to ARAG & ASDB Co-chairs (1hour/month)
- Delivers on actions identified in the action plan (task & time to be agreed with Autism Lead Commissioner)

Action Leads

- Delivers on actions identified in the action plan (task & time to be agreed with Autism Lead Commissioner)
- Attends meeting co-ordinated by Priority Lead and feeds back to this group on progress and receives help, support & guidance from this group to progress their action

ARAG member appointments

Linda Wan



Priority Leads

- Aurora Todisco
- Jay Gee
- Natalya Fisher
- Shantell Thomas
- **2x more Priority Leads needed**

Action Leads applications

- **More Action Leads needed**

To apply:

- See email '*ARAG Roles explained*'
(this will be resent to ARAG members again today)
- *Send your application to:*

Email: Autism.Commissioning@newham.gov.uk

subject: ARAG Priority/Action Lead Roles

ARAG member appointments

Linda Wan



newham.gov.uk



WE ARE NEWHAM.

Autism Action Plan

Linda Wan

Autism Action Plan

Linda Wan

Governance structures (slide 31)

- How will everything work with Action Leads, Priority Leads and Working Groups?
- Who reports to who?
- Will a diagram help?

Role of ARAG members

- Monitoring progress of actions (unofficial role)
- Request updates from working groups via Priority Leads
- Receive progress reports from Autism Lead Commissioner
- Open for discussion

Review of co-produced actions

- Print out to share

Autism Action Plan

Linda Wan



Sharing information

Sharing information

Linda Wan

Whats app broadcast

- Receive up to date autism related information as and when it comes through to the Council
- Contact details and replies to administrator are kept private

Review of venues times & days of ARAG meetings

- Survey link to review preferences

Developing a list of support resources

- Print out to share

Sharing information

Linda Wan



AOB

- **Oliver McGowan EbE Trainers (Experts by Experience)**
 - Work with NHS staff
 - Get training to deliver to NHS staff

email autism.commissioning@newham.gov.uk

Subject title: **OM EbE**

- Newham Libraries**

Keyword search
autistic:

https://libraries.newham.gov.uk/search?term=autistic&field=&facets=&listview=false&sort=PUBDATE_desc&limit=203&page=

Autism:

https://libraries.newham.gov.uk/search?term=autism&field=&facets=&listview=false&sort=PUBDATE_desc&limit=203&page=



- **National Autistic Society e-learning modules**

[E-learning \(autism.org.uk\)](https://www.autism.org.uk)

Modules overview

A guide to the mental health experiences and needs of autistic teenagers +

Free of charge

Understanding autism for public transport professionals +

Understanding autism +

Autism and communication +

Autism and sensory experience +

Autism, stress and anxiety +

Autism: supporting families +

- **Autism Research – monthly roundup**

[Autism Research—What's New in May — Neurodiverse Connection \(ndconnection.co.uk\)](https://ndconnection.co.uk)

- [Autistic people can communicate well with one another—further evidence?](#)
- [Who decides the 'right' way to learn to speak?](#)
- [Does masking mean better friendships and relationships?](#)
- [Autonomy and Autistic people with learning disabilities](#)
- [Morality and Autistic people](#)
- [Negative views of autistic people in research journals?](#)
- [OCD Versus Autism?](#)
- [Stimming \(repeated movement/sound\): purposeless for who?](#)

MH Elf Question Time 29 June 2024

You can watch the live stream again on the Mental Elf YouTube channel: <https://elfi.sh/mhqt-autism>

Read the live tweets sent by the Mental Elf: https://x.com/Mental_Elf/status/1798027854724399180

Read the two systematic reviews produced by the NIHR Mental Health Policy Research Unit

- Approaches to improving mental health care for autistic children and young people
<https://doi.org/10.1017/S0033291724001089>
- Approaches to improving mental health care for autistic people: a systematic review
<https://www.medrxiv.org/content/10.1101/2023.03.10.23287101v1> (pre-publication)

- **Our Newham WORK**

2x volunteer Ambassadors

1. Support with SEND internships – a wage will be paid
2. Ambassador to look at workplaces – reward and recognition paid

email ournewhamwork.engagementteam@newham.gov.uk

Subject title: [Ambassador](#)

- Ageing Well Residents Advisory Group (aged 50+)
[The Ageing Well Resident Advisory Group \(RAG\) – Ageing Well in Newham – Newham Council](#)
- Ageing Well Festival
Saturday 5th October 2024, 10am to 4pm
Forest Gate Community School, Forest Lane, E7 9BB
[Ageing Well Festival – Ageing Well in Newham – Newham Council](#)



Save the date!
Ageing Well Festival 2024

Saturday 5 October, 10am-4pm
Forest Gate Community School, Forest Lane E7 9BB

Everything is free!

You can expect:

- Energy advice clinic
- Zumba Gold
- Salsa
- Chair-based exercise
- Bikeworks
- International food court with tasters
- British Sign Language taster sessions
- Glass painting
- Music
- DJ
- Support with getting online
- Virtual reality tours
- Steel pan

For more information,
email AgeingWell@newham.gov.uk
newham.gov.uk/AgeingWellFestival

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Meeting Rules Review

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Linda Wan



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Thank You

ARAG Co-chair

July 2023 – July 2024

- Focus group sessions
- ASDB member
- Autism Video [Talking Autism - YouTube](#)



Dates of next meeting

Tuesday, 8th October 2024	9.30am registration 10:00 - 11.30am	Canning Town Library Elizabeth Fry room Online and in-person
Monday, 27th January 2025	9.30am registration 10:00 - 11.30am	Stratford Library Hopkins Room Online and in-person

THANK YOU

Have a Nice Day!

