

Autism Residents Advisory Group Meeting Canning Town Library 08/10/2024 10:00am – 12:00pm

<p>Attendees: Linda Wan – Co-Chair, LBN Commissioner Daniel Nichols - LBN Commissioning Assistant Nicola Bishop – VoiceAbility, Support Facilitator Jasbir Kaur - UEL (on-line) Peter Chung - u3a Kristin Mullholland - Recovery College</p> <p>+9 online Residents +7 in-person Residents/Participant</p>	<p>Apologies: Emma Kofie – Co-Chair, EbE</p>
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Item	Note / Action agreed	Action by
1	<p>These minutes should be read alongside the accompanying slides</p> <p>Welcome and introductions/apologies</p> <p>The meeting rules were set out by Linda.</p>	
2	<p>Guest Speakers</p> <p>1. <u>Jasbir Kaur Panesar –University of East London</u> Jasbir presented as per her slides. UEL was awarded ‘University of the Year’ for 2024-25. They take a ‘Careers First’ approach to learning and all their courses include work placements. The university is very multicultural and has students from all over the worlds. They offer both full and part time degrees and can take into account overseas and professional qualifications when you apply. An open day is taking place on the 16th October.</p> <p>A discussion then took place.</p> <p>Points from discussion:</p> <ul style="list-style-type: none"> • Financial advice options are available to students. • Subject to approval from Student Finance England, you can be granted a discretionary year if you had to abandon previous studies due to health problems. • People who already have a degree can only obtain student loans for certain subjects at undergraduate level. Postgraduate loans can be an option. • The Information, Advice and Guidance service at the University will speak to people at any educational level and can make referrals to other institutions. • The service can find a quiet room to speak to you in at the Open Day if necessary. 	
	<p>2. <u>Peter Chung – U3A</u> Peter presented as per his slides. He is the chair of Newham U3A. It launches officially on the 16th October at East Ham Library. The organisations is open to all people who are unemployed or retired. u3a</p>	

	organises a range of activities. Their emphasis is on building social connections and having fun. There is an annual membership fee of £15 (concessions available).	
	<p>3. <u>Newham Recovery College – Kristin Mullholland</u> Kristin presented as per her slides.</p> <p>The college offers a range of courses designed to help people with their mental wellbeing. The organisation is based in the Stratford Advice Arcade where you can visit them in person on a Tuesday, Thursday or Friday. Alternatively you can contact them in person or online.</p> <p>The courses are available to anyone with a connection to Newham and are free as they are funded by the NHS. There is a certificate and graduation ceremony available at the end of the course.</p> <p>ACTION – Linda and Kristin to co-produce a session on Autism.</p>	Linda/ Kristin
3	<p>Minutes and Matters Arising</p> <p>Linda reported back as per her slides:</p> <ul style="list-style-type: none"> • Two participants at the meeting attended the ‘World Café’ event. A report will be produced and shared at a later date. • Reward and Recognition payments can be paid via BACS or vouchers. Any payment type needs to be declared to HMRC. 	
4	<p>Governance Board Updates</p> <p>Linda updated as per her slide:</p> <ul style="list-style-type: none"> • East London Foundation Trust (ELFT) are exploring establishing a new online autism website • A ‘Community Leaders launch’ for the Autism Strategy is being planned. It will involve politicians, community & faith leaders, representatives of the emergency services, health, care, housing etc. • Linda has been in discussions with the Head Psychiatrist regarding educating and informing faith leaders, to start the conversation to break the cultural stigmas around autism. • Work is going on around improving the data that GPs code patients when being diagnosed with autism • A Peer Support Workers started work with NHS East London Foundation Trust this week. She has lived experience with autism and will initially be in the role for 6 months, although it is hoped that the post will be funded for longer. <p>ACTION – Everyone to send in details of local support groups to Autism.Commissioning@newham.gov.uk for her to pass on to the Peer Support Worker (a participant informed us of the Friendship Club that runs fortnightly at Beckton Library from 2-4pm on Saturday).</p>	All
5	Priority Lead Updates	

	<p>1. <u>Improving understanding and acceptance of autism within society</u> Shantell Thomas</p> <ul style="list-style-type: none"> • Attended first P1 WG meeting 10.09.2024 • Attended a meeting discussing the Oliver McGowan training. It is planned to deliver Tier 1 training across the borough, hopefully even wider than the Health and Care sector. • Met with Mohammed Arfan of LB Newham regarding organising ‘Experts by Experience’ training on autism. • Invited ARAG members to contact her to advise of any local shops or services they find difficult to access but would like to. She is working on a project to engage with local business to cater better for the autistic community <p>ACTION – Linda to share Shantell’s written update with the group.</p> <p>2. <u>Improve autistic children and young people’s access to education</u> Natalya Fisher</p> <ul style="list-style-type: none"> • Works as a librarian and co-runs the Beckton friendship club • Awaiting first meeting with P2 Working Group <p>3. <u>Support more autistic people into employment</u> Aurora Todisco</p> <ul style="list-style-type: none"> • Aurora has a background in Finance and HR. • The next P3 WG meeting is 16.10.2024 • She has met with LB Newham and NHS colleagues. • She will meet with educational institution locally next week. <p>4. <u>Tackle health and care inequalities for autistic people</u> Jay Gee</p> <ul style="list-style-type: none"> • Jay lives with autism and multiple other impairments. • Will meet up with Robin Betts from East London Foundation Trust NHS soon. <p>5. <u>Build the right support in the community and support people in inpatient care</u> Lauren Fernandez</p> <ul style="list-style-type: none"> • Lauren is a trainer for the NHS, delivering their core programme of autism training. • Awaiting first meeting with P5 Working Group <p>6. <u>Improve support within the criminal and youth justice systems</u> Ria Chapman</p> <ul style="list-style-type: none"> • Not present for update <p>ACTION – Linda to share email addresses of priority leads.</p>	<p>ALL</p> <p>Linda</p> <p>Linda</p>
<p>6</p>	<p>ARAG Updates refer to the slides for more detail:</p> <p>1. <u>Autism Strategy Delivery Board (ASDB) Co-Chair</u></p>	

	<p>Linda announced and welcomed Christina Pilliai (candidate B) who has been elected as the new ASDB co-chair. Her fellow co-chair is Robin Betts of East London Foundation Trust NHS. Christina introduced herself.</p> <p>2. <u>WhatsApp Group</u> Daniel reported. He explained that the Group isn't like an ordinary WhatsApp group chat in that all replies go to him directly as the administrator and group members' personal details are kept confidential. Its' purpose is solely to distribute relevant information.</p> <p>To join the group, please email your mobile number to autism.commissioning@newham.gov.uk . Daniel will then reply with a work mobile number which you will need to add to your contacts in order to join the group.</p> <p>3. <u>Situational mutism group and survey</u> Nicola, from Voiceability, has been commissioned to oversee this project on situational mutism. She reported that this was an opportunity for those with situational mutism to identify the needs they have around accessing resident meetings. We would like feedback on the poster – please refer to the slide. An online focus group is planned for 2 December. Please see slide no. 30 for further details.</p> <p>4. <u>Sharing information</u> Linda updated the group as per her slides.</p> <p>Note: The Together Café has moved to the Stratford Advice Arcade. For Newham residents aged 18+ facing mental health challenges. warmly welcomes all, with no referral process required and support there and then https://www.mindthnr.org.uk/our-services/mental-health-services/newham-together-cafe/</p>	<p>ALL</p> <p>ALL</p>
<p>7</p>	<p>Meeting Rules Review To be discussed at a future meeting.</p>	
<p>8</p>	<p>AOB None</p>	
<p>9</p>	<p>Date of next meeting Monday 27th January, Stratford Library</p>	