

AGENDA



1	Welcome & Introductions - Meeting Rules & Review	Linda Wan, Council Co-Chair	10.00	10min
2	Guest Speakers – Education, Training & Learning 1. University East London University of East London #ThinkAgain (uel.ac.uk) 2. Newham u3a https://www.newham-u3a.org.uk/index.html 3. Recovery College Newham Recovery College East London NHS Foundation Trust (elft.nhs.uk)	Jasbir Kaur Panesar Peter Chung Kirstin Mulholland	10.10 10.25 10.40	15min 15min 15min
	BREAK	BREAK	10.55	15min
3	Minutes & Matters Arising (8 July 2024)	Linda Wan, Council Co-Chair	11.10	5min
4	Governance Board Updates - Action Plan Delivery Board (20 Aug) - Autism & LD Joint Planning Board - Health & Care Partnership Board (--Nov) - Health & Wellbeing Board	Linda Wan, Council Co-Chair	11.15	5min

10:00- 10:10

WE ARE NEWHAM.

AGENDA

5	Priority Leads updates (EbE) P1. Barriers to shops and service P2. tbc P3. tbc P4. tbc P5. tbc P6. tbc	Shantell Thomas Natalya Fisher Aurora Todisco Jay A Gee Lauren Fernandez Ria Chapman	11.20	20min (c3min)
6	ARAG updates <ul style="list-style-type: none"> - ASDB Co-chair - Situational mutism focus group & survey - Whats App Broadcast Group - Sharing information 	Linda Wan, Council Co-Chair Nicola Bishop, Voiceability Daniel Nichols, Commissioning Assistant Linda Wan, Council Co-Chair	11.40	10min
8	Meeting Rules Review	Linda Wan, Council Co-Chair	11.55	5min
9	Next Meeting 27 January 2025 @ Stratford Library		12.00	0min

Welcome & Introductions

Linda Wan



Apologies

Introduction

Officer & Leads

10:00- 10:10

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

10:00- 10:10

WE ARE NEWHAM.

University East London

Jasbir Kaur Panesar

[slides](#)

University of East London

Jasbir Kaur Panesar



newham.gov.uk

10:10- 10:25

WE ARE NEWHAM.

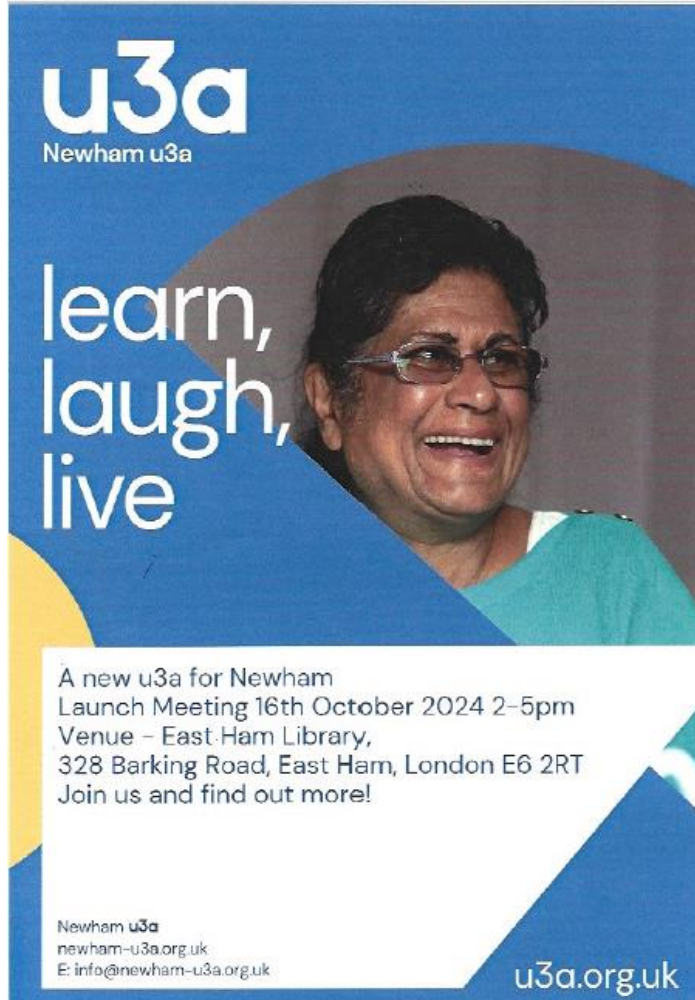
Newham u3a

Peter Chung

[slides](#)

Newham u3a

Peter Chung



newham.gov.uk

Newham u3a

- 16 October 2024 launch
- East Ham Library
328 Barking Road
E6 2RT

10:25- 10:40

WE ARE NEWHAM.

Newham u3a

Peter Chung



Recovery College

Kirstin Mulholland

[slides](#)

Recovery College

Kirstin Mulholland



BREAK

15 minutes, back at **11:10am**

Minutes & Matters Arising ARAG

Minutes & Matters Arising

Linda Wan



Autism Residents' Advisory Group (ARAG) Meeting

Stratford Library 08.07.2024 09:30am – 12:00am

Attendees:

- | | |
|----------------|---|
| Sabrina Elstub | – Co-Chair, Resident |
| Linda Wan | – Co-Chair, LBN Commissioner |
| Patricia Moody | – <u>VoiceAbility</u> , Support Facilitator |
| Mbemba Bojang | – NHS People Participation Lead |
| Anna Sandiford | – NHS People Participation Lead |

+4 online Residents

+6 in-person Residents

10:10- 10:15

WE ARE NEWHAM.

Minutes & Matters Arising

Linda Wan



Autism Residents' Advisory Group (ARAG) Meeting

Stratford Library 08.07.2024 09:30am – 12:00am

Guest Speakers

1. **Mbemba Bojang & Anna Sandiford** NHS People Participation Lead

works Newham patients to help shape hospitals, ensure engagement and participation with a focus on quality improvement to make hospitals better

- **Newham Hospital World Café** Wednesday 25th September 2024

- **feedback?**

ACTION 1: Linda to share guest speakers slides



Minutes & Matters Arising

Linda Wan



Autism Residents' Advisory Group (ARAG) Meeting

Stratford Library 08.07.2024 09:30am – 12:00am

Priority Leads

ACTION 2: Linda to share application process



ACTION 3: Linda to check if vouchers paid via R&R should be declared



Minutes & Matters Arising

Linda Wan



10:10- 10:15

WE ARE NEWHAM.

Autism Board Updates

Linda Wan

Governance Board Updates

Linda Wan



1. Strategic Delivery Board (20 Aug)

- ELFT, new website with links to local autism services, aimed at adults, launch 2025
- Community Leaders Autism Action Plan Launch – Autumn 2024
- Hospital World Café Event 25 Sept 2024 – positive discussions, report to come
- Discussions on cultural stigma – Head Psychiatrist
- GP coding for autism proposals
- Autism Peer Support Worker – start 07 Oct 2024

2. Autism & LD Joint Planning Board (-- --)

3. Health & Care Partnership Board (--Nov)

4. Health & Wellbeing Board (-- --)

11:15- 11:20

WE ARE NEWHAM.

Governance Board Updates

Linda Wan



Priority Leads Update (EbE)

Various speakers

Priority Leads Update (EbE)

Various speakers



Priority 1: Shantell Thomas

improve understanding and acceptance of autism within society;

Priority 2: Natalya Fisher

improve autistic children and young people's access to education - and support positive transitions into adulthood;

Priority 3: Aurora Todisco

support more autistic people into employment;

Priority Leads Update (EbE)

Various speakers



Priority 4: Jay Gee

tackle health and care inequalities for autistic people;

Priority 5: Lauren Fernandez

build the right support in the community and support people in inpatient care;

Priority 6: Ria Chapman

improve support within the criminal and youth justice systems.

Priority Leads Update (EbE)

Various speakers



ARAG Updates

Linda Wan

ASDB Co-chair

Linda Wan



CANDIDATE B: **Christina Pillai**

As an **individual with Autism**, I bring a unique perspective and deep understanding of neurodiversity to my work. This personal experience enables me to connect with others profoundly, fostering empathy and inclusivity in all interactions.

Being a **mother of two autistic sons**, I possess first-hand knowledge and expertise in supporting and advocating for individuals on the spectrum. This parental role has honed my patience, compassion, and resilience, shaping me into a dedicated advocate for neurodiverse communities.

With **qualifications as a Teacher, Counsellor and National Autism Training Provider (NATP) Expert by Experience (EbE)**, I offer educational expertise and therapeutic skills that enhance my ability to nurture growth and well-being in those I engage with. My background in teaching equips me with the tools to educate and empower individuals. At the same time, my counselling training allows me to provide empathetic support and guidance through challenging times.

ASDB Co-chair

Linda Wan



- My **hardworking** nature drives me to approach tasks with diligence, perseverance, and a commitment to excellence. My work ethic and passion for continuous learning and self-improvement enable me to deliver results that exceed expectations.
- A **natural listener**, I possess the invaluable skill of attentive and empathetic listening, allowing me to create safe spaces for open communication and genuine connection. This ability to actively listen and understand the needs of others fosters trust, collaboration, and meaningful relationships.
- **Approachable and warm-hearted**, I strive to create inclusive environments where individuals feel respected, valued, and empowered to express themselves authentically. My approachability encourages open dialogue, fosters teamwork, and cultivates a sense of belonging among diverse groups.

This year, I have completed a course for the National Autism Training Programme (NATP) as an EbE delivered by Anna Freud company; this has allowed me to meet other neurodivergent individuals like myself and openly discuss and share our experiences and what we would like to see going forward. Occasionally, I will be required to provide training within the NHS as an Expert by Experience (EbE).

ASDB Co-chair

Linda Wan



In summary, my unique blend of skills, personal experiences, and professional qualifications equips me to offer comprehensive support, guidance, and advocacy for individuals with Autism and their families. I am **dedicated to promoting understanding, acceptance, and empowerment within neurodiverse communities**, striving to create a more inclusive and compassionate world for all. Regarding availability, I am a single parent, and I have the duty of taking my younger son to and from school and ensuring I am available for both sons if they need me.

Christina Pillai

Situational Mutism

Nicola Bishop

VoiceAbility

Are you an Autistic person who experiences situational mutism?

Join our online focus group to share your thoughts

Newham Council, local partners and residents have worked together to produce an Integrated Autism Strategy.

The Autistic Resident Advisory Group has been set up to engage with local Autistic people. We would like to reach every Autistic voice in the community.

If you are Autistic and experience situational mutism please join our online focus group on [insert date] to help shape the accessibility of our meetings and encourage more Autistic residents to have their say.



The focus group will be held online.

When joining, it's completely fine if you prefer not to share your video or speak. There is no need to do so as we'll be using the chat function as an additional means of communication. Every chat message sent will be read aloud and included in our discussion.

This group is open to situationally speaking, unreliably speaking, non-speaking and other Autistic people with varying communication needs.

Supported by

SpeakOutNewham@voiceability.org 0300 303 1660 voiceability.org

Focus Group

- on-line focus group 2 December, time tbc
- ARAG member feedback

11:40- 11:50

WE ARE NEWHAM.

WhatsApp Broadcast Group

Daniel Nichols



Sharing Information

Linda Wan



**What might
reasonable adjustments
look like for your neurodivergent staff?**

[autism adhd and audhd at work.pdf \(careknowledge.com\)](https://www.careknowledge.com/autism-adhd-and-audhd-at-work.pdf) *

- Environmental & sensory
- Social
- Access & equipment
- General

Share with

- Friends & family
- Organisations
- Employers

11:40- 11:50

WE ARE NEWHAM.

Sharing Information

Linda Wan



OUR NEWHAM Work

Unlock your future at our upcoming jobs fair

Explore opportunities, meet employers and start building your career today.

Date: Thursday 10 October
Time: 9:30am - 4:30pm
Location: Stratford Town Hall

To register, scan the QR code or visit: bit.ly/ONWjobfair

newham.gov.uk/ournewham

WE ARE NEWHAM.

OUR Newham Jobs fair

- Meet employers
- Identify job opportunities
- Access help & support

Thursday 10 October

9.30 – 4.30pm

Stratford Town Hall

Book here: [Our Newham Work Jobs Fair 2024 Tickets, Thu 10 Oct 2024](#)

[at 09:30 | Eventbrite*](#)

11:40- 11:50

WE ARE NEWHAM.

Sharing Information

Linda Wan



Free webinar: Autism in the Workplace – Working Together to Build Inclusive Teams

With the ongoing surge in adult diagnoses of autism, there's a growing understanding of the many ways that autism can impact a person's working life – whether that person is us, a colleague, or someone we manage. Join us to explore ways that we can create an autistic- and neurodivergent-informed workplace that is person-centred and inclusive in its approach.

[Book your place](#) *

Wednesday, 13 November 2024, 10:00am

(2 hours)

Sharing Information

Linda Wan



National communications on NHS 111 'mental health option'

NHS now provides 24/7 mental health crisis support through NHS 111.

People of all ages, including children, who are in crisis or concerned family and loved ones can now call 111, select the mental health option and speak to a trained mental health professional.

NHS staff can guide on organising face-to-face community support or facilitating access to alternatives services, such as crisis cafés or safe havens

every emergency department in England now also has a liaison psychiatric team available to offer specialist care.

NHS Talking Therapy Services are also available for people who need help with other mental conditions such as anxiety, depression, obsessive compulsive disorder and PTSD and anyone can refer themselves [online via NHS.uk](https://www.nhs.uk) or by [contacting their GP](#).

The NHS continues to advise people to [call 999](#) if there is a serious risk to life.

WE ARE NEWHAM.

Sharing Information

Linda Wan

My Health Passport For autistic people



Healthcare staff, please consult this passport before you assess me or carry out any interventions.

Hospital staff, please keep this passport with my notes at the end of my bed and return to me when I am discharged.

Please look at the guidance notes before filling out your health passport the notes are at www.autism.org.uk/health-passport

Personal information

Name:

I like to be called:

Date of birth:

NHS number:

If I am admitted to hospital, I would like the following person to be contacted:

[My health passport \(autism.org.uk\)](http://autism.org.uk) *

- NAS health passport promoted by Ben Taylor, Hospital Liaison Officer at Newham Hospital
- Download the NAS passport on link above

[NHS England » Health and care passports](#) *

- Co-produced
- What is a health and care passport
- Easy read
- Guidance
- Plain English
- NHSE Template

11:40- 11:50

WE ARE NEWHAM.

Sharing Information

Linda Wan



[NAS MenopauseGuide.pdf \(thirdlight.com\)](#) *

- What is menopause
- How menopause impact autistic people
- What can make menopause easier
- Treatment
- Carol's story

[New guide to increase awareness of autism and menopause](#) *

- More information in above link

11:40- 11:50

WE ARE NEWHAM.

Sharing Information

Linda Wan



**HAVE YOUR SAY IN THE
FUTURE OF LGBTQ+
HEALTHCARE**



Fill in our Pride in Practice survey linked below and share your experiences.



For more information, email pjp@lgbt.foundation

Pride in practice survey

- 15-30min
- Help understand experiences of LGBTQ+ people visiting GP, dentist, pharmacist or optometrist
- Open to UK
- Helpline available

More information here:

<https://lgbt.foundation/help/pride-in-practice/> *

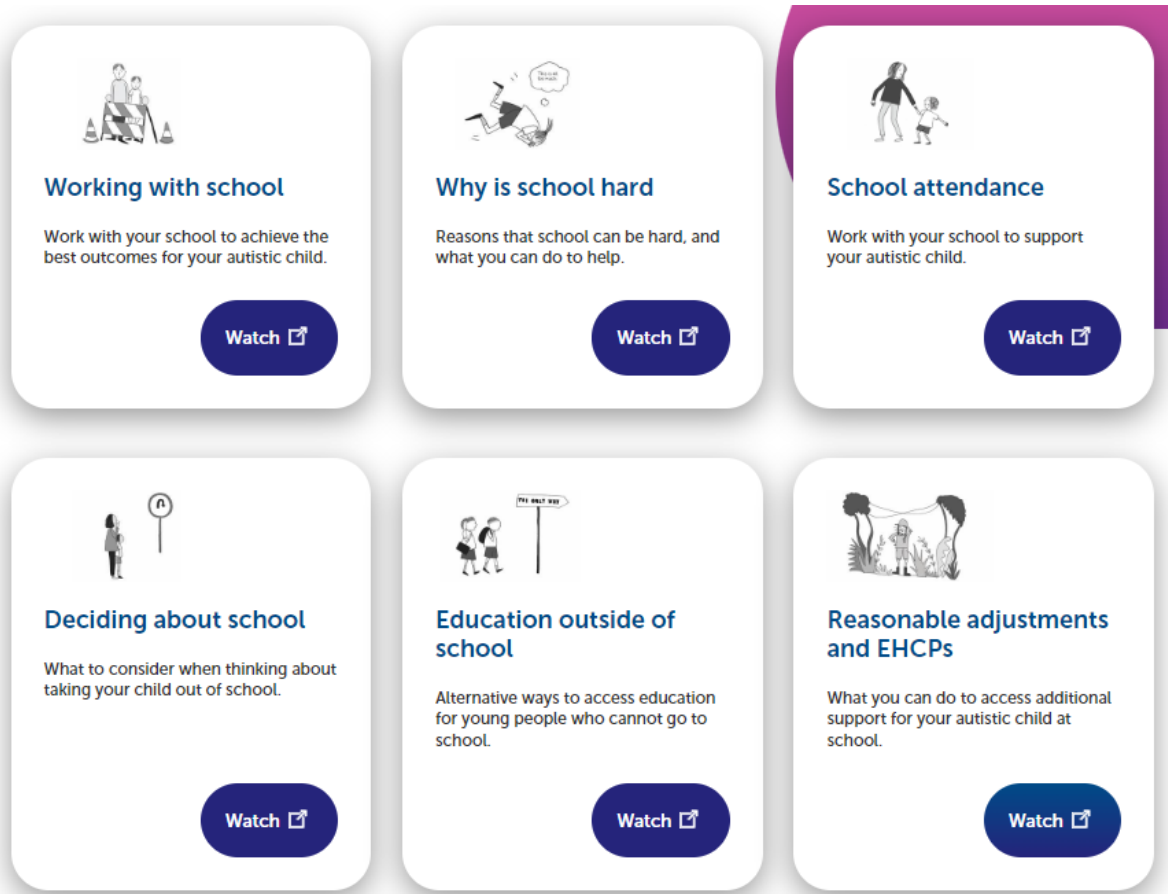
Closing date: tbc


11:40- 11:50


WE ARE NEWHAM.


Sharing Information


Linda Wan





Working with school
Work with your school to achieve the best outcomes for your autistic child.
Watch 

Why is school hard
Reasons that school can be hard, and what you can do to help.
Watch 

School attendance
Work with your school to support your autistic child.
Watch 

Deciding about school
What to consider when thinking about taking your child out of school.
Watch 

Education outside of school
Alternative ways to access education for young people who cannot go to school.
Watch 

Reasonable adjustments and EHCPs
What you can do to access additional support for your autistic child at school.
Watch 

Navigating education and working well with school

[Navigating education and working well with school | Autism Central](#) *

Seven webinars for parents and carers to understand more about navigating education and working well with school.

Each episode features a conversation on a different topic with entertaining and relatable illustrations and practical tips.

Dr Naomi Fisher and Eliza Fricker.

11:40- 11:50

WE ARE NEWHAM.

Sharing Information

Linda Wan



You're invited!
Local Offer Live

On Wednesday 9th October at
Newham College between 4pm and 6pm.

NEWHAM COLLEGE LONDON 

This Local Offer Live event will focus on preparation for adulthood for children and young people with SEND who are 14 years old and above.

Newham College
East Ham Campus
High Street South
E6 6ER

Find out about Newham's Local Offer for children and young people including:

- Activities and things to do
- Health and wellbeing
- Disability employment advice
- Newham College
- Raffle
- Food and refreshments for all.

Please note all under 16s must be accompanied by an adult.

Please [book here](#) or use the QR code below.



WE ARE NEWHAM.



Local Offer Live

- Preparing for adulthood aged 14+

Wednesday 9 October

4.00-6.00pm

Newham College

East Ham Campus

High Street South

E6 6ER

Book here: [Newham SEND and Inclusion's - October Local Offer Live Event Tickets, Wed 9 Oct 2024 at 16:00 | Eventbrite](#)

11:40- 11:50

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newham.gov.uk

*To activate the hyperlink you must have the slides in presentation mode

Sharing Information

Linda Wan



<https://newhamco-create.co.uk/en/projects/play-newham-2024> *

We are committed to ensuring that children and young people have access to a high quality play offer. We understand that access to good facilities can help shape a child, impacting their physical activity levels, education and social skills.

We also understand investment shouldn't just be focused on equipment but also on parks, open spaces, and imaginative play at our libraries, children's centres and via our work with our partners. You can help us to consider the range of activities Newham families enjoy.

We also would like you to share your creative ideas, to help us shape our plans.

11:40- 11:50

WE ARE NEWHAM.

Play Newham 2024

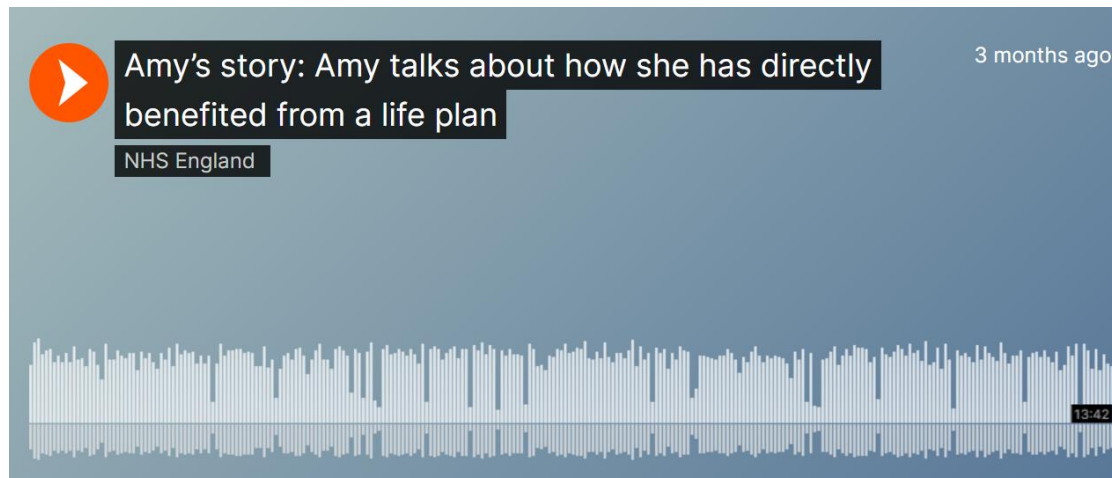
Deadline: Tuesday 8 October

Sharing Information

Linda Wan



Life planning in the South West
NHS England
3 months ago



Amy's story: Amy talks about how she has directly benefited from a life plan
NHS England
3 months ago

Life Planning: podcasts

The first podcast talks about [what Life Planning is](#) and gives examples of how Life Plans are being used in Cornwall to support people with a learning disability and autistic people to move out of hospital.

The second podcast is [Amy's story](#) where she shares her own experiences of being admitted to hospital and how a Life Plan helped her move out of hospital and into her own home.

Sharing Information

Linda Wan



Shaping future Surgical Services across north east London

To help shape the future of these services, we would like to hear the experiences of local people through a survey. We would like to hear from everyone - people who have had surgery themselves, but also from people who have not had surgery before and would like to share their views on what would be important to them.

[Shaping future Surgical Services across north east London Survey \(surveymonkey.com\)](https://surveymonkey.com) *

The survey should take you about 10 minutes to complete.

The survey will be open until **Wednesday 16 October 2024**.

Sharing Information

Linda Wan






[#ZeroSuicideLDN - Thrive LDN](#) *

More than 400,000 Londoners have now completed suicide prevention training since the launch of the #ZeroSuicideLDN campaign in 2019

20 minute training

What will I get from the training?

-  Information about suicide and suicide risk
-  An understanding of how to spot suicide warning signs
-  Tips for how to have a conversation with someone you're worried about

Sharing Information

Linda Wan



Join us

[Join Newham's Community Health Champions \(office.com\)](https://office.com) *

No qualifications or experience are needed—just a passion for your community and a desire to make a difference.

By signing up, you'll receive the latest health and wellbeing information that matters to you. You can decide how much you'd like to get involved. Plus, the Newham Social Welfare Alliance offers a variety of training

If you have any questions, feel free to email

CommunityHealthChampions@newham.gov.uk . **11:40- 11:50**

Sharing Information

Linda Wan

People Powered Places



[People Powered Places | \(newhamco-create.co.uk\)](https://newhamco-create.co.uk) *

People Powered Places Focus Group: tell us about your experience of People Powered Places

As the 2023/25 cycle of People Powered Places is approaching its final stage, we would like to know more about your experience of attending events and participating in funded projects.

We are running a focus group where you can share your thoughts on **Thursday 9th October, 6.00 - 7.30pm online.**

please email to join:

PeoplePoweredPlaces@newham.gov.uk

ARAG updates

Linda Wan



AOB

11:50- 11:55

WE ARE NEWHAM.

Meeting Rules Review

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

11:55- 12:00

WE ARE NEWHAM.

Dates of next meeting



<p>Monday, 27th January 2025</p>	<p>9.30am registration 10:00 - 11.30am</p>	<p>Stratford Library Hopkins Room Online and in-person</p>
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THANK YOU

Have a Nice Day!

