

# ARAG Broadcast – November round up

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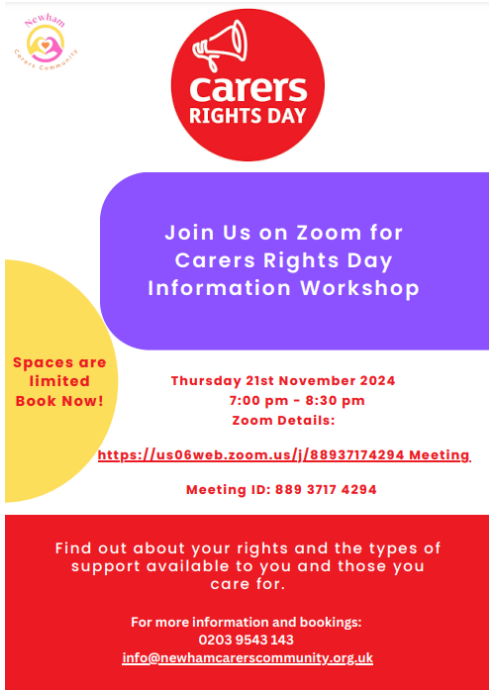
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<p><b>1</b></p>	<p><b><a href="#">Birkbeck University - Free advice and training</a></b></p>
	<p>Want support with deciding what to do next and how to get there? Unsure of what job you'd be good at? Birkbeck University of London <b>Pathways (Newham)</b> offers free advice and training!</p> <p><b>13<sup>th</sup> November 10:00 – 13:30 at Mary Ward Centre.</b>  <a href="#">Click here to sign up and for further information.</a></p> <p>The programme:</p> <ul style="list-style-type: none"> <li>• Is very interactive and welcoming</li> <li>• Requires no previous educational experience.</li> <li>• Includes free lunch and certificate from Birkbeck.</li> <li>• Open to participants who do not have a degree from a UK university.</li> </ul> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<p><b>2</b></p>	<p><b><a href="#">Carers Rights Day – Drop-in information session</a></b></p>
	<div style="display: flex;"> <div data-bbox="272 1048 842 1843" style="flex: 1;">  <p>The poster features the Newham Carers Community logo, a red circle with a megaphone and 'carers RIGHTS DAY', and a raised fist. Text includes: 'Come Along and Join Us for Carers Rights Day Drop-in Information Session', 'Book Now Spaces are limited!', 'Thursday 21st November 2024 11:00 am - 1:30 pm 655 Barking rd. E13 9EX (Age UK East London Offices)', 'Meet a variety of local organisations who can offer support to you and those you care for', and contact info: 'For more information and bookings: 0203 9543 143 info@newhamcarerscommunity.org.uk'.</p> </div> <div data-bbox="877 1086 1436 1870" style="flex: 1; padding-left: 20px;"> <p><b>Note:</b> Carers of Autistic Resident Representative, Sue, and the Senior Peer Support Worker, Aisha, will be holding a stall at the drop-in session.</p> <p>Pop over to find us, we would love to speak with you.</p> <p style="text-align: right;"><b>Thursday 21<sup>st</sup> November 2024</b> 11am – 1:30pm</p> <p>For more information and bookings: 0203 9543 143 or <a href="mailto:info@newhamcarerscommunity.org.uk">info@newhamcarerscommunity.org.uk</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p> </div> </div>

**3** [Carers Rights Day - Online information workshop](#)



The flyer features the Newham Carers Community logo and a red megaphone icon with the text 'carers RIGHTS DAY'. A purple box contains the text 'Join Us on Zoom for Carers Rights Day Information Workshop'. A yellow box on the left says 'Spaces are limited Book Now!'. The event details are: Thursday 21st November 2024, 7:00 pm - 8:30 pm, Zoom Details: <https://us06web.zoom.us/j/88937174294> Meeting. Meeting ID: 889 3717 4294. A red box at the bottom says 'Find out about your rights and the types of support available to you and those you care for.' and provides contact information: 'For more information and bookings: 0203 9543 143 info@newhamcarerscommunity.org.uk'.

**Thursday 21<sup>st</sup> November 2024**  
7pm – 8:30pm

For more information and bookings:  
0203 9543 143  
[info@newhamcarerscommunity.org.uk](mailto:info@newhamcarerscommunity.org.uk)

Zoom details:  
<https://us06web.zoom.us/j/88937174294>  
Meeting ID: 889 3717 4294

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**4** [Share your views on Newham Council’s budget](#)

We are keen to involve our residents, the voluntary, community and faith (VCF) sector, and the business community in shaping Newham Council’s budget. We have organised a range of sessions with Mayor Rokhsana Fiaz OBE, providing various opportunities for you to join us and contribute your insights.

Find out more about Newham’s budget and how to take part in online consultation events [www.newham.gov.uk/wevegotthis](http://www.newham.gov.uk/wevegotthis)

**Event details:**


Date/time	Location	Audience	Booking link
<b>Wednesday 13 November 13:00-15:00</b>	Online	Public	<a href="#"><u>Wednesday 13 November</u></a>


**Can’t attend? Have your say online**

If you're unable to attend any of the sessions but still wish to contribute, take

	<p>a few minutes to complete the online survey and share your views on how Newham Council should spend the budget.</p> <p><b>Complete the survey:</b> <a href="https://forms.office.com/e/wN3fde79wz">https://forms.office.com/e/wN3fde79wz</a> (Copy and paste link into your browser).</p> <p><b>The survey will close 6<sup>th</sup> January 2025</b></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<b>5</b>	<p><a href="#">Situational Mutism survey</a></p>
	<p>We would like to hear from autistic adult residents (aged 18+) who experience situational mutism.</p> <p>Do you have difficulties in accessing local services? e.g. GP, Dentist, Post Office, Local Shops, Council Services? How can we help you access these services?</p> <p>The Autism Residents Advisory Group (ARAG) <a href="#">Newham's Autism Resident Advisory Group (ARAG) – Autism – Newham Council</a> has co-produced an Autism Action Plan and continues to shape this action plan as we move forward. We would like to ensure the ARAG is accessible to all Autistic residents in Newham.</p> <p>How can we support you to engage with the ARAG and get your voice heard?</p> <p>Please complete the survey by <b>24 November 2024</b>. This survey will give us a better understanding of how Autistic residents who experience situational mutism can be better supported in Newham. Results of this survey will be analysed and an online focus group will be held on 2 December at 2-3pm to discuss these results and next steps. Details for registration to join the focus group is in the survey.</p>

	<div data-bbox="363 215 963 1055"><p><b>VoiceAbility</b></p><h2>Situational mutism</h2><ul style="list-style-type: none"><li>• Are you Autistic and experience situational mutism?</li><li>• How can services be improved to support you?</li><li>• What's the best way to engage better with you?</li></ul><p>We would like to hear from Autistic residents who experience situational mutism.</p><p>Please complete our survey using the QR code. Survey deadline: 24 November 2024</p><p>You can also join us on-line to discuss the findings of the survey on 2 December 2024. To register for this please complete your contact details in the survey.</p><p>Supported by SpeakOutNewham@voiceability.org 0300 303 1660 voiceability.org</p></div> <p data-bbox="1043 1039 1385 1077"><a href="#">Back to contents page</a></p>
<p>6</p>	<p><a href="#">Biometric Residence Permit (BRP) expiry</a></p>
	<div data-bbox="555 1240 1082 1980"><p>Do you have a BRP card? You need to apply for an eVisa before December 31st 2024</p><p>If you need help:</p><ul style="list-style-type: none"><li>• Go to: <a href="https://www.ramfel.org.uk/evisa.html">https://www.ramfel.org.uk/evisa.html</a></li><li>• Call us on 02070525212 Tuesdays and Thursdays from 10:00 - 12:00.</li><li>• Email <a href="mailto:evisas@ramfel.org.uk">evisas@ramfel.org.uk</a></li></ul></div> <p data-bbox="580 2007 1086 2045"><b>Apply before 31<sup>st</sup> December 2024</b></p>

	<p>All BRP cards are now expiring on 31/12/2024. This is because the Home Office is turning to an electronic only system where BRPs will NOT exist anymore from 2025. <b>All those who have BRP's must apply for an E - Visa before 31 December 2024.</b></p> <p>For support contact ramfel Click here <a href="http://www.ramfel.org.uk/evisa.html">www.ramfel.org.uk/evisa.html</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
7	<p><a href="#">FREE level 2 training courses</a></p>
	<p>Please find the links below to following free training courses:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> <a href="#">Understanding Autism Level 2   We Find Any Learner</a></li><li><input type="checkbox"/> <a href="#">Mental Health First Aid Level 2   We Find Any Learner</a></li><li><input type="checkbox"/> <a href="#">Counselling Skills Level 2   We Find Any Learner</a></li></ul>  <p style="text-align: right;"><a href="#">Back to contents page</a></p>
8	<p><a href="#">FREE training for personal assistants</a></p>
	<p>A personal assistant (PA), is also known as a support worker or a paid carer.</p>

	<p><b>New</b></p> <p><b>Understanding Autism</b></p> <p>for personal assistants</p>  <p>Autism Central have launched a FREE online training course called '<b>understanding autism</b>' for personal assistants. This online training course is aimed at paid carers of autistic people who would like to gain a deeper understanding of autism and how best to support the autistic people they work with.</p> <p>Click below for more information and to access the course: <a href="https://www.autismcentral.org.uk/news/personal-assistants-course">https://www.autismcentral.org.uk/news/personal-assistants-course</a></p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<b>9</b>	<p><a href="#"><b>Autistic Inclusive Meets UK (AIM) – Adult social group</b></a></p>
	<p>Autistic Inclusive Meets is a not-for-profit organisation created by autistic people to enable families with autistic children, and autistic individuals to get out into the community and socialise in an accepting, inclusive environment with like-minded peers.</p>



**Adult social group on the 4<sup>th</sup> Saturday of each month 7pm – 9pm**

Woolwich common youth club

£2.50 per attendee

For more information and to see further play and social groups they offer for adults and children please click here: <https://www.autisticinclusivemeets.org/>

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**[Autistica - New research opportunities: Looking for participants!](#)**

New opportunities to participate in autism research. Below, you will find the details of new studies.

If you're interested in the opportunities, please follow the links below each description.

- **Understanding experiences of using public transport**  
[Click here to take part in the online survey](#)
- **Impact of undiagnosed ADHD and Autism**  
[Click here to take part in the study](#)



	<p><b>What you'll be offered for your time:</b> A £10 Amazon voucher will be given to you upon completion as a thank you for taking part.</p> <ul style="list-style-type: none"> <li> <p><b>Creating an informative resource on Autism and Dementia</b>  <a href="https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr1.ddlnk.net%2Ffc%2FAQj74Q0Q2Y1lGM3s38MBllmLnxyE-lRtimCzj0HA-Koo-XUjFli6OJ4_sv97TSIORXB9nA&amp;data=05%7C02%7Clinda.wan%40newham.gov.uk%7C4eb09ef5499f4345f31308dcfa4cf5d8%7C353669e1971846f89bed95afc8776c8a%7C0%7C0%7C638660455675053462%7CUnknown%7CTWFpbGZsb3d8eyJWljojoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Iik1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&amp;sdata=mPbAqkAq5lqZ%2Bxtfqmc96T3jxEoEsFJ%2BumiAch6yY4%3D&amp;reserved=0">https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr1.ddlnk.net%2Ffc%2FAQj74Q0Q2Y1lGM3s38MBllmLnxyE-lRtimCzj0HA-Koo-XUjFli6OJ4_sv97TSIORXB9nA&amp;data=05%7C02%7Clinda.wan%40newham.gov.uk%7C4eb09ef5499f4345f31308dcfa4cf5d8%7C353669e1971846f89bed95afc8776c8a%7C0%7C0%7C638660455675053462%7CUnknown%7CTWFpbGZsb3d8eyJWljojoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Iik1haWwiLCJXVCi6Mn0%3D%7C0%7C%7C%7C&amp;sdata=mPbAqkAq5lqZ%2Bxtfqmc96T3jxEoEsFJ%2BumiAch6yY4%3D&amp;reserved=0</a>            (Copy and paste link into your browser to express your interest).</p> </li> <li> <p><b>Exploring the school experiences of autistic, gender-diverse young people</b>  <a href="#">Click here to take part in the study</a></p> </li> <li> <p><b>Autistic adults' experiences with alcohol</b>            Contact <a href="mailto:if21135@bristol.ac.uk">if21135@bristol.ac.uk</a> for more information  <b>What you'll be offered for your time:</b> You'll receive a £25 Love2shop voucher for your contributions and you can also opt in to receive updates about the study findings.</p> </li> </ul> <p style="text-align: right;"><a href="#">Back to contents page</a></p>
<p><b>11</b></p>	<p><b><a href="#">TfL - Priority seat art competition for school children</a></b></p>
	<p>Transport for London (TfL) is encouraging school children across the capital to express their creative talents and design a piece of artwork to raise awareness of the importance of priority seats across the public transport network for those who need them.</p> <p>The art competition is open to children aged 6 – 14 years to submit photographs of an artwork they have created depicting why it is important for people to offer seats to people who need them.</p> <p>Three lucky winners will see their artwork displayed on London's transport network and will receive tickets for a family of four to a Merlin Entertainments attraction in London, and three runners up will receive return tickets for a family of four for the IFS Cloud Cable Car.</p> <p>To enter the competition, children should email a picture of their artwork to <a href="mailto:PrioritySeatingComp@tfl.gov.uk">PrioritySeatingComp@tfl.gov.uk</a> before <b>Sunday 17 November</b> for a chance to win.</p> <p style="text-align: right;"><a href="#">Back to contents page</a></p>

<p>12</p>	<p><a href="#"><u>UK Government advances mental health reform to better support autistic people</u></a></p>
	<p>The UK Government is set to 'end the inappropriate detention of autistic people and people with learning disabilities' under the new Mental Health Act reform. This was announced just this morning and will have a positive impact on the lives of many autistic people.</p> <p><b>The three key points from the Mental Health Bill are:</b></p> <p>A modernised Mental Health Act to improve patient support, humane treatment, and reduce disparities.          Introducing care plans, prohibiting police/prison cells in mental health crises, and stopping inappropriate detention of autistic people and those with learning disabilities.          Increased involvement of patients, families, and carers enhances treatment and protects patients, staff, and the public</p> <p><b>The impact of inpatient mental health units</b></p> <p>The noise and chaos of inpatient mental health units can cause more distress, and with a lack of understanding and personalised care, autistic patients don't get better. They become trapped for years on end. And if they leave, they aren't properly supported in the community, so too often they return. They are stuck in a never-ending cycle that destroys their lives, and the lives of their loved ones.</p> <p>Click the link below for more information:  <a href="https://www.gov.uk/government/news/better-care-for-mental-health-patients-under-major-reforms"><u>https://www.gov.uk/government/news/better-care-for-mental-health-patients-under-major-reforms</u></a></p> <p style="text-align: right;"><a href="#"><u>Back to contents page</u></a></p>
<p>13</p>	<p><a href="#"><u>Budget 2024 and what this means for Adult Social Care</u></a></p>
	<p>An £86 million increase will also be applied to the <b>Disabled Facilities Grant</b>. This will have the potential to support around an additional <b>7,800 adaptations to homes for those with social care needs</b>. Thus, preventing hospitalisations and ensuring people can live independently.</p> <p>To support our unpaid <b>family carers</b>, from <b>April 2025</b> the government will increase the <b>Carer's Allowance weekly earnings limit from £151 a week to £196</b> - the equivalent of 16 hours at the National Living Wage.</p> <p><a href="#"><u>Chancellor chooses a Budget to rebuild Britain - GOV.UK</u></a></p>

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14	<a href="#">Updated Autism Information and Resource pack</a>
	<p>In this pack you will find a list of useful information and support available for autistic residents and their carers and family members. Click on the link below to access the updated Autism Information and resource pack. You can find the pack on the right of this page.</p> <p><a href="#">Autism Alert Card &amp; Other Information – Autism – Newham Council</a></p> <p>Please let us know your comments about the pack. This pack is a live document, to remain current we need your help: if anything is out of date or you know of any other support services that can be shared please email <a href="mailto:Autism.Commissioning@newham.gov.uk">Autism.Commissioning@newham.gov.uk</a> and we will update the pack.</p> <p><a href="#">Back to contents page</a></p>