

# Autism Residents Advisory Group

Emma Kofie, ARAG Co-chair



[newham.gov.uk](http://newham.gov.uk)

**10:00- 10:05**

**WE ARE NEWHAM.**

# AGENDA

<b>1</b>	<b>Welcome &amp; Introductions</b> - Facilitators / Agenda	Emma Kofie, ARAG Co-chair	10.00	5min
<b>2</b>	<b>Meeting Rules &amp; Review</b>	Emma Kofie, ARAG Co-chair	10.05	10min
<b>3</b>	<b>Theme:</b> Your Health  <b>Guest Speakers</b>	Various speakers	10.15	
	<b>BREAK</b>	<b>BREAK</b>	10.55	10min
<b>4</b>	<b>Minutes &amp; Matters Arising (8 October 2024)</b>	Linda Wan, Council Co-Chair	11.05	5min
<b>5</b>	<b>Governance Board Updates</b>	Linda Wan, Council Co-Chair	11.10	5min

# AGENDA

<b>6</b>	<b>Autism Action Plan – progress on actions</b> <ul style="list-style-type: none"><li>• Priority Leads</li><li>• Council Lead</li><li>NHS ELFT Lead</li></ul>	Experts by Experience Linda Wan, Council Co-Chair Aisha Ahmed, NHS ELFT	11.15 11.35 11.42	20min 7min 8min
<b>7</b>	<b>AOB</b> <ul style="list-style-type: none"><li>- Information sharing</li></ul>	ALL	11.50	5min
<b>8</b>	<b>Meeting Rules &amp; Review</b>	Emma Kofie, ARAG Co-chair	11.55	5min
<b>9</b>	<b>Next Meeting</b> Monday 28 <sup>th</sup> April 2025	Emma Kofie, ARAG Co-chair	12.00	0min
<b>10</b>	<b>Mini Health Fair</b> <ul style="list-style-type: none"><li>- Refreshments available</li></ul>	Various experts	12.00	60min
<b>11</b>	<b>Close</b>		13.00	0min

# Meeting Rules

# 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**

**10:05- 10:15**

**WE ARE NEWHAM.**

# 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**

# Manchester University

Kelly Birtwell, Laura Brown, & Erin Beeston

slides

# Manchester University

Kelly Birtwell, Laura Brown, & Erin Beeston



[newham.gov.uk](http://newham.gov.uk)

**10:35- 10:45**

**WE ARE NEWHAM.**



# Healthwatch

Manushi Mehta

slides

# Healthwatch

Manushi Mehta



# BREAK

10 minutes, back at **11:05am**

# AGENDA

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# Minutes & Matters Arising

## ARAG 8 October

# Minutes & Matters Arising

Linda Wan



## Autism Residents' Advisory Group (ARAG) Meeting

Canning Town Library 08/10/2024 09:30am – 12:00am

### Attendees:

Linda Wan – Co-Chair, LBN Commissioner

Daniel Nichols – LBN Commissioning Assistant

Nicola Bishop – VoiceAbility, Support Facilitator

9 online Residents

7 in-person Residents/Participant

### Guest Speakers

1. Jasbir Kaur – UEL (on-line)

2. Peter Chung – u3a

3. Kristin Mullholland – Recovery College

### Previous ARAG Minutes & Slides:

[Newham's Autism Resident Advisory Group \(ARAG\) – Autism – Newham Council](#)

# Minutes & Matters Arising

Linda Wan



**Theme: Access to Education, Training & Learning**

## **Guest Speaker 1**

Jasbir Kaur, UEL (on-line)

- Financial advice options, graduate loans
- Discretionary year if abandoned due to health problems
- Information, Advice and Guidance service at the University
- Quiet room available at the Open Day (register as an access need)

# Minutes & Matters Arising

Linda Wan



**Theme: Access to Education, Training & Learning**

## **Guest Speaker 2**

Peter Chung, University of the 3rd age (u3a), Chair

- Newham U3a launched 16 October 2024, Objective to build social connections and have fun
- Activities open to all – unemployed, retired, young people etc
- Annual Fee £15 (concessions available)



# Minutes & Matters Arising

Linda Wan



**Theme: Access to Education, Training & Learning**

## **Guest Speaker 3**

Kristin Mullholland, Newham Recovery College

- Various courses available designed to support people with their mental wellbeing
- Drop in Tuesday, Thursday or Friday at Stratford Advice Arcade
- courses are available to anyone with a connection to Newham
- Free - funded by the NHS

# Minutes & Matters Arising

Linda Wan



## Autism Residents' Advisory Group (ARAG) Meeting

Canning Town Library 08/10/2024 09:30am – 12:00am

### ACTIONS from last meeting

**ACTION 1:** Linda to work with Kristin to identify any autism training that can be co-produced together

**ACTION 2:** Linda to share P1 Lead Shantell's update with the group

**ACTION 3:** Linda to share priority leads email address

### Previous ARAG Minutes & Slides:

[Newham's Autism Resident Advisory Group \(ARAG\) – Autism – Newham Council](#)

# Minutes & Matters Arising

Linda Wan



# Governance Board Updates

Linda Wan

# Governance Board Updates

Linda Wan



## Autism Strategic Delivery Board

(19 Nov)

- London Fire Brigade: Autism Project, City Wide Campaign, NAS & LFB Training Package, working with schools to teach the 3-words locator, mobile phone recordings to introduce autistic children to the sound of the alarms & cardboard cutouts of LFB in full gear to desensitise child, allocate a 'safe person' for fire safety
- new ELFT autism webpages [www.elft.nhs.uk/adult-autism-diagnostic-services](http://www.elft.nhs.uk/adult-autism-diagnostic-services)
- suicide prevention strategy [About the Newham Suicide Prevention Strategy – Suicide prevention in Newham – Newham Council](#)
- NEL pathways approach to eating disorders, eating disorder referral form include autism and can now self-refer
- autistic & homeless, referral forms to now identify autistic person for fast track to autism service
- Hospital welcome pack for autistic residents
- Met Police engaging with schools to teach children about safety

11:10- 11:15

# Governance Board Updates

Linda Wan



**Autism & LD Joint Planning Board** (25 Oct – cancelled for 24 Jan)

**Health & Care Partnership Board** (01 Nov)

- Emma Akousa presentation on her journey

**Health & Wellbeing Board** (-- --)

# Governance Board Updates

Linda Wan



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# Autism Action Plan – progress on actions

Various speakers

# Autism Action Plan – progress on actions

Exerts by Experience

**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;

# Autism Action Plan – progress on actions

Exerts by Experience

**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.

# Autism Action Plan – progress on actions

Linda Wan & Aisha Ahmed



- Autism Leads update
  - World Autism Acceptance Week 2-8 April
  - Autism Champions
  - LBN Webpages updated
    - [Support & Information for Autistic Residents – Autism – Newham Council](#) and
    - [Newham Autism Action Plan – Autism – Newham Council](#) (Autism Action Plan & Actions Y1)
  - Papyrus – Suicide & Autism Training: Pilot March
- Peer Support Worker update
  - Peer Support Needs Survey - feedback
  - Peer Support Group Pilot - Autistic & working: managing anxieties

11:35- 11:50

**WE ARE NEWHAM.**

# Autism Action Plan – progress on actions

Various speakers



**AOB**

**11:50- 11:55**

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# Sharing Information

All welcome to share



- Spectrum
- Monthly Broadcasts (autism related news) and Autism Resource & Information Pack
  - [Support & Information for Autistic Residents – Autism – Newham Council](#)

# Meeting Rules Review



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# Dates of next meeting

in-person and online



Monday 28 <sup>th</sup> April 2025	10am-12pm	Stratford Advice Arcade
Monday 7 <sup>th</sup> July 2025	10am-12pm	John Hopkins Room, Stratford Library
Monday 6 <sup>th</sup> October 2025	10am-12pm	Stratford Advice Arcade
Monday 26 <sup>th</sup> January 2026	10am-12pm	John Hopkins Room, Stratford Library

# Mini health fair



## Speak to an expert today!

- Health checks
- Breast Cancer
- Bowel Cancer