

Autism Residents Advisory Group

Daniel Findlay, ARAG Co-chair



10:00- 10:05

WE ARE NEWHAM.

AGENDA

Daniel Findlay, ARAG Co-chair



1	Welcome & Introductions	Daniel Findlay, Resident ARAG Co-chair	10.00	5min
2	Meeting Rules	Daniel Findlay, Resident ARAG Co-chair	10.05	5min
3	Theme: Met Police & CYJ Guest Speakers Metropolitan Police LBN Youth Justice Team	Supt. Lucky Singh Kelly Watson, Police Sergeant, Youth Justice Service Carol Soverall, Service Manager, YJS	10.10 10.30	20min 15min
4	BREAK	BREAK	10.45	15min
5	Minutes & Matters Arising 19 May 2026	Daniel Findlay, Resident ARAG Co-chair	11.00	10min
6	Board updates ASDB	Christina Pillai, Resident ASDB Co-Chair	11.10	5min
7	Council Autism Lead update - YSTWD Report & Y3 priorities - Autism Peer Support & Development Officer Role - New ARAG TOR	Linda Wan, Council ARAG Co-Chair	11.15	20min

AGENDA

Daniel Findlay, ARAG Co-chair



8	Expert by Experience update Priority 1-6 working groups	EbEs	11.35	10min
9	AOB	Linda Wan, Council ARAG Co-Chair	11.45	10min
10	Next Meeting	Daniel Findlay, Resident Co-chair	11.55	5min
11	ARAG Q&A To clarify any points discussed today	Linda Wan, Council ARAG Co-Chair	12.00	0min
	Adults Autism Peer Support Group: open session - Refreshments available	Christina Pillai, Resident ASDB Co-Chair		

Supplementary events

Linda Wan, Council Co-chair



Both events offered today **12pm-1pm**

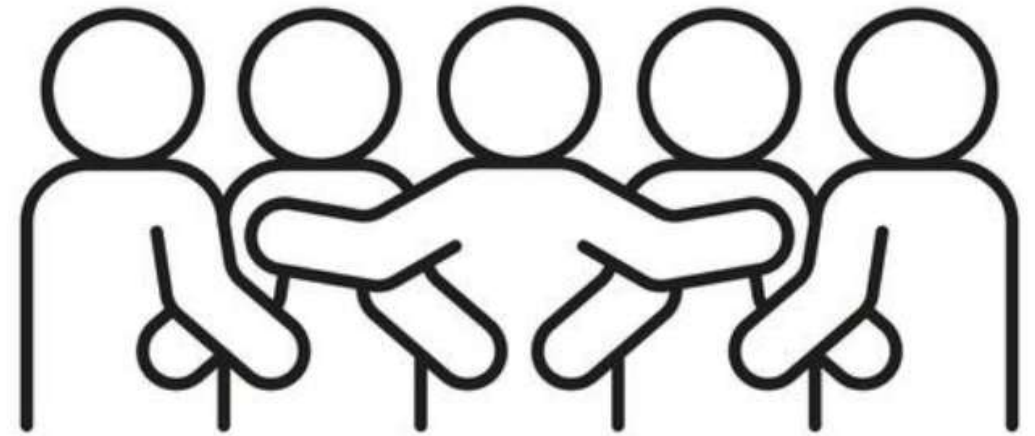
ARAG Q&A

Linda Wan, Council Co-chair



Peer-to-Peer Support Group

Christina Pillai, Resident Co-chair



Meeting Rules

Meeting Rules

Daniel Findlay



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- 10:10

WE ARE NEWHAM.

Meeting Rules

Daniel Findlay



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



Switch mobile phones to flight mode 10:05- 10:10

Metropolitan Police

Metropolitan Police

Supt Lucky Singh



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10:10- 10:30

WE ARE NEWHAM.

Priority 6: Criminal Youth Justice

Priority 6: Criminal Youth Justice

Carol Soverall & Kelly A. Watson



BREAK

15minutes, back at **11:00am**

Minutes & Matters Arising

ARAG May 2026

Minutes & Matters Arising

Daniel Findlay



Autism Residents' Advisory Group (ARAG) Meeting

Stratford Library 11/05/2026 10:00am –12:00pm

Residents:

- +7 online Residents/Participants
- +11 in-person Residents/Participants

Guest Speakers

Grainne Fennell – LBN LCIS
Jason McCulloch - LBN Senior Commissioner
Dr Kelly Birtwell – Manchester University

Professional Reps:

Daniel Findlay – Resident Co-chair
Linda Wan – Co-Chair, LBN Commissioner
Daniel Nichols – LBN Commissioning Assistant
Patricia Moody – Support Facilitator, VoiceAbility
Tia Barnes – Social Worker, LBN SAIL Team

Previous ARAG Minutes & Slides:

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

11:00- 11:10

Minutes & Matters Arising

Daniel Findlay



Support for Parents & Children in Newham

Grainne Fennell from **LCIS (Language, Communication and Interaction Service)** presented – a team of specialist therapist & teachers that **support autistic children in mainstream schools & nurseries**. They also support **parent and carers**; the service is free of charge.

They offer parents and carers training four times/year. Full details of the **LCIS offer are available [here](#)**

They offer a **drop-in service** to access a senior member of staff.

Minutes & Matters Arising

Daniel Findlay



Supported Accommodation Strategy – resident consultation

Jason McCulloch, Snr Commissioner presented. Newham Council will publish a **Supported Accommodation Strategy by the end of March 2027**. The strategy will cover lots of different client groups, including Autism.

Jason then asked participants to respond to some questions.

If you have not yet participated in giving your feedback, you can access and respond to the **accommodation survey questionnaire [here](#)**.

Minutes & Matters Arising

Daniel Findlay



GP Access Research

Dr Kelly Birtwell presented her research. Her work is a **review of literature** that had already been published on the subject rather than being primary research. The aim of the research is to understand how, why, and when general practice best supports (or not) autistic adults, with and without learning disabilities, throughout the lifespan

They found that:

- ☐ if autistic individuals have had previous poor experiences of healthcare, where their needs have not been understood or met, they may **avoid or delay seeking help**, because they feel they won't be taken seriously or believed;
- ☐ if the healthcare system is not designed to meet the needs of autistic individuals, they may try to **self-manage** their health, because they feel appropriate **support is lacking**.

11:00- 11:10

Minutes & Matters Arising

Daniel Findlay



GP Access Research

Assistant reviewers had raised concerns around:

- **Lack of diverse participants**; poor reporting of demographic characteristics in research; poor reporting of demographic characteristics in general practice
- Treating autistic people with or without learning disability as one homogenous group/ **no consideration of different care needs.**
- People's experiences being **invalidated.**

The paper is available [here](#) and a supplemental file of information is available [here](#)

You can contact Dr Birtwell with feedback on the paper at kelly.birtwell@manchester.ac.uk

Minutes & Matters Arising

Daniel Findlay



Autism Residents' Advisory Group (ARAG) Meeting

Stratford Library 11/05/2026 10:00am –12:00pm

ACTIONS from last meeting

Linda agreed to look into the question of flags for autism in NHS patient records under P4 & P5.

Previous ARAG Minutes & Slides:

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

Matters & Minutes Arising

Daniel Findlay



Board updates

Board Updates

Christina Pillai



Autism Strategic Delivery Board 19.05.2026 - Key Highlights

- Funding secured for Peer Support Worker Role, Council to recruit to the post directly
- P2 Officer leads confirmed as Ross Gerry & Kari Askey.
- Six inclusion workers will be recruited and cascaded across Newham located in local hubs.
- Government's SEND reforms, the final stage of LBN's plan around this is due around the middle of June.
- P3 Forming a Steering Group with Newham College to support needs of students & future employment opportunities
- P4 work with eating disorder service, delivery of autism training & launch of new pack.

11:45- 11:55

Board Updates

Christina Pillai



Autism Strategic Delivery Board 19.05.2026 - Key Highlights

- 40 ELFT staff were trained, 3-years ago, on [National Autism Trainer Programme | Anna Freud](#), plans to refresh and relaunch group.
- Welcome Pack at NCfMH due to be signed off.
- New [peer-to-peer support groups](#) approved with up to £1K funding
 - Workplace Coaching
 - Staging a musical
- Autism Champions to be identified in teams for a co-ordinated approach for a wider reach

11:45- 11:55

Board Updates

Christina Pillai



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11:00- 11:10

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Council Autism updates

Council Autism Lead Update

Linda Wan



YSTWD Reports & Priorities:

[Newham Autism Action Plan: Let's Talk Autism – Autism – Newham Council](#)

You Said Together We Did and Year 3 Priorities document

- Adults & Children's Directorate Management Team (DMT) sign off June 2026
- Available on line 01.07.2026

Autism

Contents

1. What is Autism?	6. Newham Autism Action Plan: Let's Talk Autism
2. Supporting an autistic person	7. Getting a diagnosis
3. Newham's Autism Resident Advisory Group (ARAG)	8. World Autism Acceptance Week 2026
4. Support & Information for Autistic Residents	9. Report the death of someone with a learning disability or an autistic person
5. Social Care Support for Autism	10. Radio interviews

Newham Autism Action Plan: Let's Talk Autism

You Said - Together We Did

The Newham Autism Action Plan: Let's Talk Autism was launched in April 2024. One year on, we are pleased to share the *You Said, Together We Did* report, which outlines the progress made during the first year of the Action Plan against our 2024/25 priorities.

We have also set out our priorities for 2025/26. Both documents are available on the right-

Autism Action Plan: Lets Talk Autism

- [Autism Action Plan: Lets Talk Autism](#)
- [2024-25 Autism Action Plan Y1 Priorities](#)
- [2025-26 Autism Action Plan Y2 Priorities](#)
- [2026-27 Autism Action Plan Y3 Priorities](#)
- [Year 1 Report - You Said, together We did](#)
- [Year 2 Report - You Said, together We did](#)

Resident Expert Roles

[Resident Expert Role Descriptions](#)

Council Autism Lead Update

Linda Wan



Autism Peer Support & Development Officer role:

- Approved to proceed 30 June 2026
- Application to apply going live July 2026
- Written in a clear, accessible, and autism-friendly format. (test & learn)
- Application Job link will be shared with ARAG members and WhatsApp group shortly

Council Autism Lead Update

Linda Wan



ARAG Terms of Reference (TOR):

- Draft to present for approval by ARAG members
- Each section discussed
- Amendments to agree
- TOR adopted

Council Autism Lead Update

Linda Wan



DRAFT AUTISM RESIDENTS' ADVISORY GROUP TERMS OF REFERENCE

Background

Newham launched its Autism Action Plan in 2024.

Autistic residents helped to develop the plan. Their experiences, views and expertise were important in shaping its priorities and actions.

Newham is committed to continuing this involvement by ensuring autistic residents have opportunities to influence how health and social care organisations deliver the Autism Action Plan.

Council Autism Lead Update

Linda Wan



Purpose

The Autism Residents' Advisory Group (ARAG) provides a forum for autistic residents to share their views, experiences and ideas. The group helps inform and influence the delivery of Newham's Autism Action Plan and wider autism-related services.

Role and Responsibilities

The Resident Advisory Group's role is to:

- ☐ Share ideas and give views on the issues affecting autistic people
- ☐ Advise the Autism team and take part in shaping future actions
- ☐ Share information about services, activities and events
- ☐ Take part in consultation exercises
- ☐ Participate in the co-design of services and products
- ☐ Support the design and delivery of the Autism Action Plan

Council Autism Lead Update

Linda Wan



Membership

- ☐ Autistic adults aged 18 and over; and
- ☐ People formally diagnosed with autism; or
- ☐ People who identify as autistic but do not have a formal diagnosis; and
- ☐ Live in Newham or receive care and support from Newham.

To Join the Autism Resident Advisory Group. Go to: <https://forms.office.com/e/FBge2pzBTi>

Co-chair

- ☐ The group will be co-chaired by an autistic resident and a representative from Newham's Autism Team.

11:15- 11:45

Council Autism Lead Update

Linda Wan



Meeting arrangements

- ☐ The group will meet every three months.
- ☐ Meetings are offered as a hybrid meeting.
- ☐ Meeting dates are shared in advance [here](#).

Accessibility and reasonable adjustments

- ☐ Autism-friendly communication.
- ☐ Plain English documents.
- ☐ Meeting agendas shared in advance.
- ☐ Opportunities to contribute in writing before or after meetings.
- ☐ Lights off/dimmed where possible

11:15- 11:45

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Council Autism Lead Update

Linda Wan



Expectations of members

- ☐ Treat others with respect.
- ☐ Listen to different views and experiences.
- ☐ Help create a safe and inclusive environment.
- ☐ Work together to improve outcomes for autistic people in Newham.

How feedback is used

- ☐ Feedback and recommendations from the group will be shared with the Autism Delivery Board and Priority Working Groups.
- ☐ Updates will be provided on actions taken in response to the group's feedback where possible.

11:15- 11:45

Council Autism Lead Update

Linda Wan



Scope and decision-making

- ☐ The Autism Residents' Advisory Group is an advisory group. It does not make formal decisions on behalf of Newham Council, the NHS or partner organisations.

Confidentiality

- ☐ Members should respect the privacy of others and should not share personal information discussed at meetings without permission.

Review of the Terms of Reference

- ☐ These Terms of Reference will be reviewed annually by the Autism Residents' Advisory Group.

11:15- 11:45

Council Autism Lead Update

Linda Wan



ARAG Terms of Reference (TOR):

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Council Autism Lead Update

Linda Wan



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11:00- 11:10

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Expert Resident Working Group Updates

Expert Resident Working Group Updates

Several Reps



Priority 1: Sarah Heba

Priority 2: Aurora Todisco

Priority 3: Emma Kofie

Priority 4: Jay Gee

Priority 5: Emily Harman

Priority 6: Irene Silvera Frischknecht

11:15- 11:45

Expert Resident Working Group Updates

Several Reps



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11:00- 11:10

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AOB

- [July newsletter](#) out now – lots of events on
- Autism Peer-to-Peer [Support Groups](#)
 - Work Coach register [here](#)
 - Staging a Musical Show register [here](#)
 - Late Diagnosed Autism Group register [here](#) **New** – first meeting 07.07.2026
 - Autism Pineapple Friendship Group **New** – dates tbc
- [Sensory Haircare](#) at 200 Chargeable Lane launched, [book](#) now, 15% off in July
- *Seeking volunteers: Can you help **co-design an autism friendly hair salon** at 200 Chargeable Lane?

*register your interest email Autism.Commissioning@newham.gov.uk

- *Seeking feedback: Building Everyday Living Skills: **A Group for Autistic Young People aged 18–25.**
Is this a group that young people want and would value?
- *Open Support Surgeries for Autistic Residents **17.07.2026** - book now
- *Seeking volunteers: Do you have an **eating disorder** and have accessed support from an eating disorder service? Help **co-deliver some training** to the Eating Disorder Service – tell your story. 28.07.2026, 2pm
- *register your interest email Autism.Commissioning@newham.gov.uk

Next meeting

Dates of next meeting

Daniel Findlay



Monday 5th October 2026	10am-12pm	John Hopkins Room Stratford Library (in-person and online)
Monday 25th January 2027		

Supplementary Events

Supplementary events:

Both events offered today **12pm-1pm**

ARAG Q&A

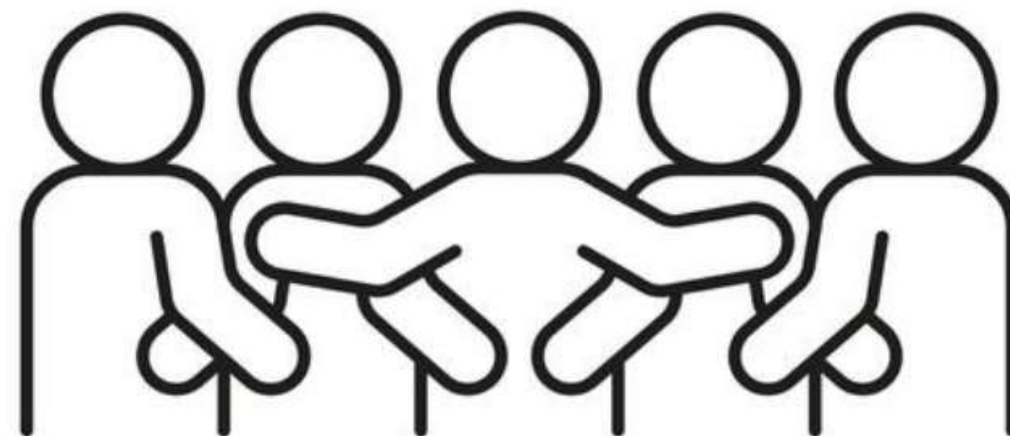
Linda Wan, Council Co-chair



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Peer-to-Peer Support Group

Christina Pillai & Daniel Findlay



12:00 –13.00

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