

Autism Residents Advisory Group Meeting **Stratford Advice Arcade 28/04/2025 10:00am – 12:00pm**

<p><u>Attendees:</u></p> <p>Emma Akosua – Co-Chair, Resident Rep</p> <p>Linda Wan – Co-Chair, LBN Commissioner</p> <p>Daniel Nichols – LBN Commissioning Assistant (minutes)</p> <p>Patricia Moody – VoiceAbility, Support Facilitator</p> <p>Aisha Ahmed – Senior Peer Support Worker, ELFT</p> <p>Christina Pillau – ASDB Co-Chair, Resident Rep</p> <p>Jay Gee – P4 Lead, Expert by Experience</p> <p>Lauren Fernandez- P5 Lead, Expert by Experience</p> <p>+11 online Residents/Guests</p> <p>+14 in-person Residents/Participants</p>	<p><u>Apologies:</u></p> <p>2 x residents</p>
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Item	Note / Action agreed	Action by
	These minutes should be read alongside the accompanying slides	
1	<p>Welcome, introductions/apologies and meeting rules</p> <p>Linda welcomed everyone to the meeting and explained the purpose of the group. Emma (Co-chair) introduced herself and explained the meeting rules.</p>	
2	<p>Guest Speaker</p> <p><u>Co-designing a new autism support service</u></p> <p>Josune Martin from the Together Café presented:</p> <ul style="list-style-type: none"> The café currently offers a crisis line or 1:1 conversations in their centre. Crisis is a self-defined term, you need to book an appointment and they can refer you on to other services if needed. The service runs 365 days a year. They don't currently offer home visits Josune wanted ideas to help them run a better service for autistic people. The ideas fed back included home visits, a quiet room at the venue, more morning appointments and appointments on a Friday and Sunday. Oliver McGowan training and Health Passports were also mentioned. Josune will convene a focus group to develop these ideas further. <p>ACTION – Linda to share information on Health Passports.</p>	Linda
3	<p>Minutes and Matters Arising</p> <p>The minutes of the last meeting were reviewed and agreed. Some discussion took place around the issues that arose at the meeting, such as bowel screening and dealing with an autism diagnosis.</p> <p>ACTION – Help to convene a 50+ Autism Bowel Cancer focus group.</p> <p>ACTION – Linda to speak to CHAND about the concept of 'introducing autism'.</p>	<p>Linda/Daniel</p> <p>Linda</p>

4	<p>Governance Board Updates</p> <p>Linda explained the Governance Board structures, as per the diagrams on the slides.</p> <ol style="list-style-type: none"> 1. <u>Strategic Delivery Board (Christina)</u> <ul style="list-style-type: none"> • Christina introduced herself, explaining that both her and her sons are autistic. She said that she was impressed by the work being done behind the scenes locally to support autistic people. • The autism employment video has been updated (see https://youtu.be/19vkO10H0YY) and there is a proposal to create a peer support video to encourage people to attend and create peer support groups. • Christina participated in the Community Leaders' Event as part of World Autism Acceptance Week 2025. The resources that were shared as part of the week are still available at World Autism Acceptance Week – Autism – Newham Council • Information on CHAND's services is available at CHAND East London NHS Foundation Trust 2. <u>Autism & Learning Disability Joint Planning Board</u> The ASDB ELFT Co-chair attended. They talked about inequalities funding, personal support workers and financial planning for next year. There was also a discussion on arrangements for Oliver McGowan training. 3. <u>Health and Care Planning Board</u> No updates. 4. <u>Health and Wellbeing Board</u> No updates. 	
5	<p>Autism Action Plan: Experts by Experience – progress on actions</p> <p><u>Priority 4 - Tackle health and care inequalities for autistic people (Jay Gee)</u></p> <ul style="list-style-type: none"> • Jay will meet with Robin Betts soon. <p><u>Priority 5 - Build the right support in the community and support people in inpatient care (Lauren Fernandez)</u></p> <ul style="list-style-type: none"> • There have been no substantial working group meetings, but she has met with various groups and individuals. • She has been working with Newham Centre for Mental Health to co-produce a welcome pack and a checklist for people with additional needs. <p>ACTION – Circulate the draft welcome pack and checklist to meeting attendees for feedback.</p> <p><u>Priority 6 - Improve support within the criminal and youth justice systems (Ria Chapman)</u></p> <ul style="list-style-type: none"> • Daniel reported that the working group is due to meet next week. <p>No reports from other priority leads.</p>	<p>Lauren/Daniel</p>

	<p><u>Autism Lead Update – Linda Wan</u></p> <ul style="list-style-type: none"> • The Suicide & Autism training pilot that Papyrus delivered on the 20th March was a success. • Over 60 events and resources were produced for World Autism Acceptance Week 2025, including the Community Leaders’ event. • There was a mixed response to the sessions. Feedback from the meeting suggested that quiet rooms would be welcome at future events. • Linda will be discussing Autism on Nu Sound FM radio. • £1,000 in grant funding has been awarded for Autism projects in Newham. • Autistic stakeholder reps are being sought for the ‘People Powered Places’ project can award up to £1000 in funding to individuals and up to £20,000 in funding to organisations. • ARAG follow up sessions have been arranged by VoiceAbility to support situational speakers and those with processing difficulties. They will happen online at 2pm on Tuesday 6th May and Tuesday 13th May; and in person at Chargeable Lane on Monday 12th May at 2pm. <p><u>Peer Support Worker Update – Aisha Ahmed</u></p> <ul style="list-style-type: none"> • Aisha has had her contract extended for 6 months. • There are four peer support groups now active (Work & Anxieties; Men; Carers; Open) • The open group takes place directly after the RAG meeting. • The first men’s group meeting will take place on Monday 12th May at 5pm. • A peer support needs survey is being developed. • Aisha would like feedback on her newsletters. <p>ACTION – Share details of support groups.</p>	Daniel
6	<p>Any Other Business</p> <p>ACTION – Share details of Friendship Group Friendship Club on Saturdays Events Newham Libraries</p>	Daniel
9	<p>Date of next meeting</p> <p>Monday 7th July 2025, 10am-12pm, Stratford Library</p>	