

Autism Residents Advisory Group

Emma Kofie, ARAG Co-chair



AGENDA

Emma Kofie



1	Welcome & Introductions - Facilitators / Agenda	Emma Kofie, ARAG Co-chair	10.00	5min
2	Meeting Rules & Review	Emma Kofie, ARAG Co-chair	10.05	10min
3	Theme: Co-designing a new autism support service Guest Speakers	Josune Martin	10.15	30min
	BREAK	BREAK	10.45	15min
4	Minutes & Matters Arising (January 2025)	Linda Wan, Council Co-Chair	11.00	5min
5	Governance Board Updates	Linda Wan, Council Co-Chair	11.05	5min

AGENDA

Emma Kofie



6	Autism Action Plan – progress on actions <ul style="list-style-type: none">• Priority Leads• Council LeadNHS ELFT Lead	Experts by Experience Linda Wan, Council Co-Chair Aisha Ahmed, Peer Support	11.10 11.30 11.40	20min 10min 5min
7	AOB <ul style="list-style-type: none">- Information sharing- Peer support Leads update	ALL	11.45	5min
8	Meeting Rules & Review	Emma Kofie, ARAG Co-chair	11.50	10min
9	Next Meeting Monday 7 July 2025 Topic: ADHD guest speaker	Emma Kofie, ARAG Co-chair	12.00	0min
10	Adults Autism Peer Support Group: open session <ul style="list-style-type: none">- Refreshments available	Christina Pillai, ASDB Co-chair	12.00	60min
11	Close		13.00	0min

Meeting Rules

Meeting Rules

Emma Kofie



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

Emma Kofie



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

Together Café

co-designing an autism support service

Josune Martin, Together Café Manager

Together Café

Emma Kofie



newham.gov.uk

10:15- 10:45

WE ARE NEWHAM.

BREAK

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

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Minutes & Matters Arising

ARAG January 2025

Minutes & Matters Arising

Emma Kofie



Autism Residents' Advisory Group (ARAG) Meeting

Stratford Library 27.01.2025 10:00am – 12:00pm

Attendees: Emma Akosua – Co-Chair, Resident Rep Linda Wan – Co-Chair, LBN Commissioner Daniel Nichols – LBN Commissioning Assistant (minutes) Patricia Moody – VoiceAbility, Support Facilitator Aisha Ahmed – Senior Peer Support Worker, ELFT Christina Pillau – ASDB Co-Chair, Resident Rep Shantell Thomas – P1 Lead, Expert by Experience Natalya Fisher – P2 Lead, Expert by Experience

+8 online Residents/Guests

+12 in-person Residents/Participants

Previous ARAG Minutes & Slides:

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

Guest Speakers

1. Kelly Birtwell, Laura Brown, Erin Beeston, Manchester University
2. Manushi Mehta Healthwatch

11:00- 11:05

WE ARE NEWHAM.

Minutes & Matters Arising

Emma Kofie



Theme: Health and Wellbeing

Manchester University

- ☐ Research on autistic adults perspectives on ageing
- ☐ GP Support, study
- ☐ Autism & Health inequalities research

Minutes & Matters Arising

Emma Kofie



Theme: Health and Wellbeing

Healthwatch

- ☐ Bowel & breast cancer screenings 29 & 30 January
- ☐ Canning Town Library

Minutes & Matters Arising

Emma Kofie



Autism Residents' Advisory Group (ARAG) Meeting

Stratford Library 27/01/2025 10:00am – 12:00am

ACTIONS from last meeting

ACTION 1: none

ACTION 2: none

ACTION 3: none

Previous ARAG Minutes & Slides:

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

Minutes & Matters Arising

Emma Kofie

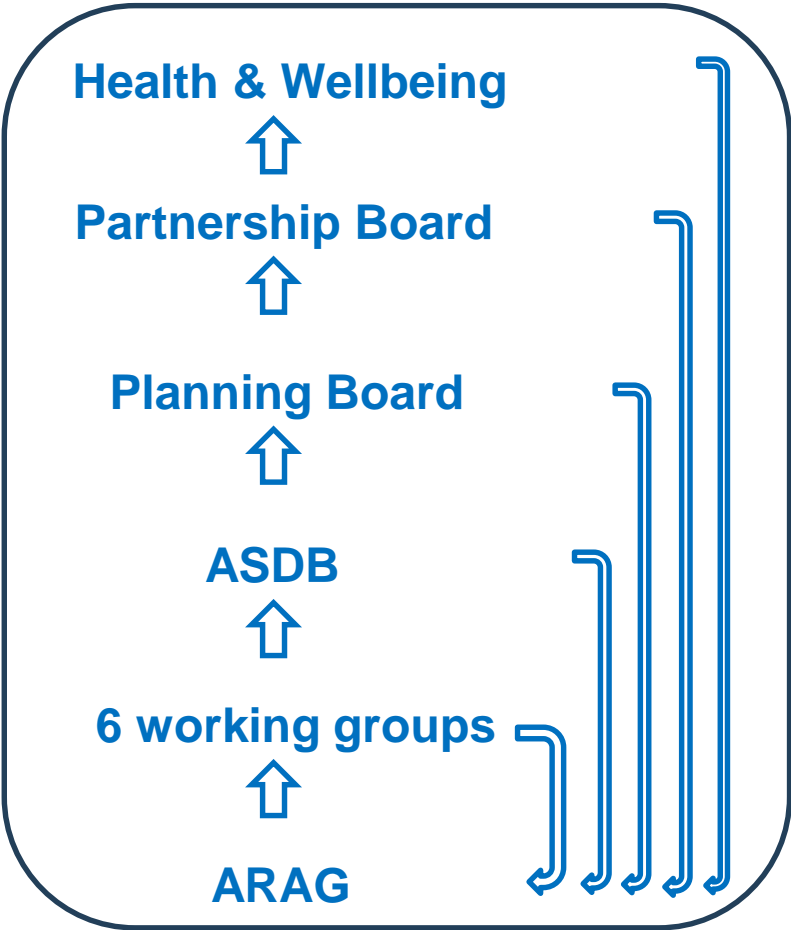


Governance Board Updates

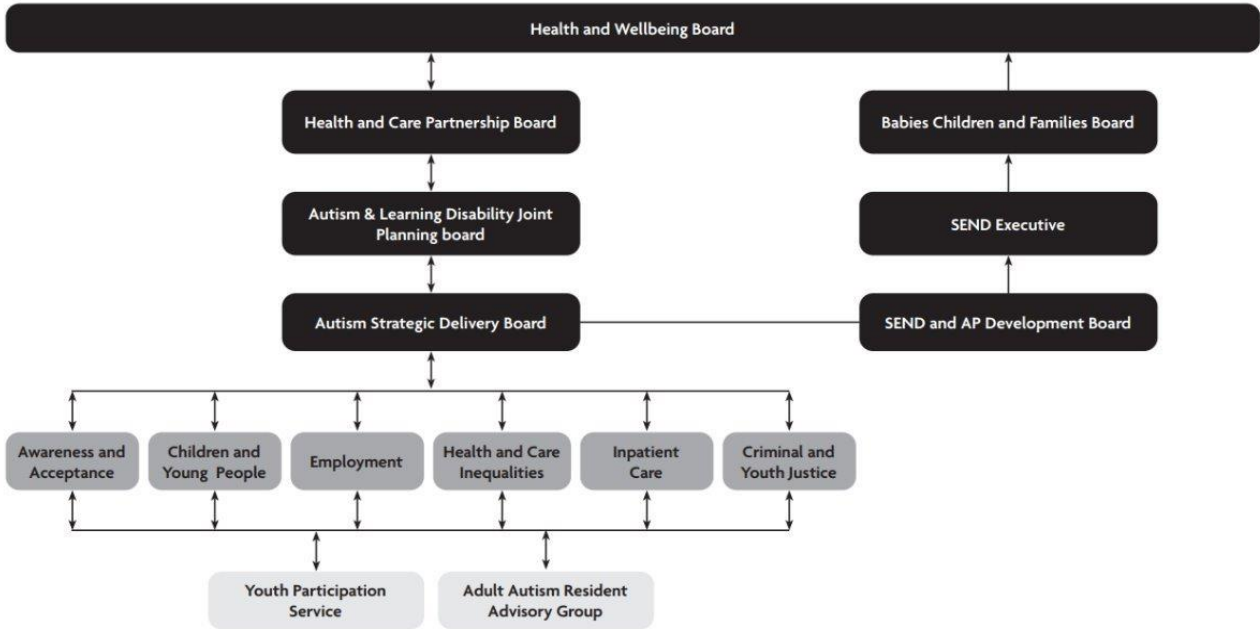
Linda Wan

Governance Board Updates

Linda Wan



Governance



11:10- 11:15

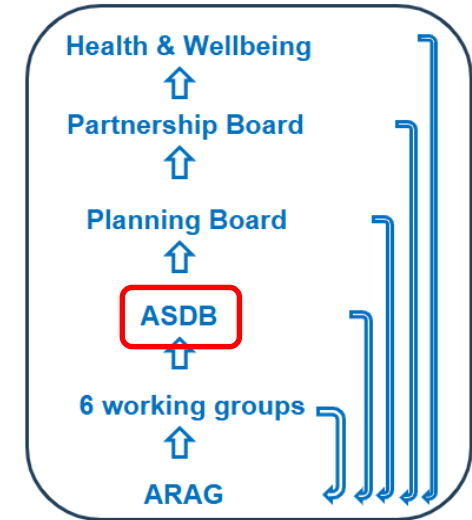
Governance Board Updates

Christina Pillai

Autism Strategic Delivery Board

(18 February)

- You Said Together We did document
- Autism employment video updated <https://youtu.be/19vkO10H0YY>
- Proposal to create a peer support video
- World Autism Acceptance Week 2-8 April [World Autism Acceptance Week – Autism – Newham](#)
- Community Leaders Event 8 April & a future Faith Leaders Dinner
- CHAND children's services pathway & support available [CHAND | East London NHS Foundation Trust](#)



ZIYAD
ROADSIDE
RECOVERY
MECHANIC



SHANTELL
NEWBORN
HEARING
SCREENER



MORWENNA
WRITER
TRAINER
COACH



LINDSAY
FREELANCE
DIGITAL
FILMMAKER



SERENA
CRIMINAL
JUSTICE
PROFESSIONAL



MIRI
VOCALIST
SONGWRITER
FACILITATOR

Governance Board Updates

Linda Wan

Autism & LD Joint Planning Board (24 Jan-cancelled)

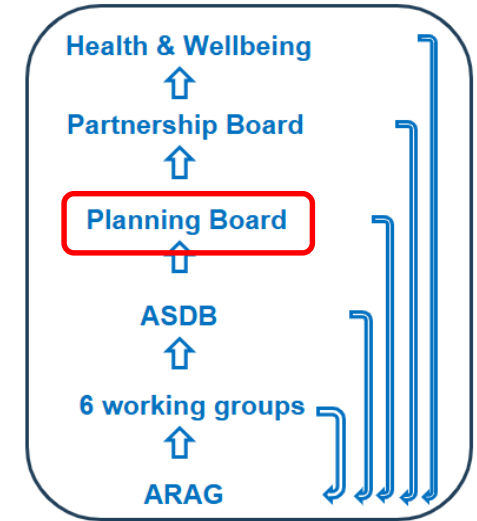
ASDB ELFT Co-chair attended. They talked about inequalities funding, personal support workers and financial planning for next year. There was also a discussion on arrangements for Oliver McGowan training.

Health & Care Partnership Board (-- --)

No updates

Health & Wellbeing Board (-- --)

No updates



11:05- 11:10

WE ARE NEWHAM.

Governance Board Updates

Emma Kofie



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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

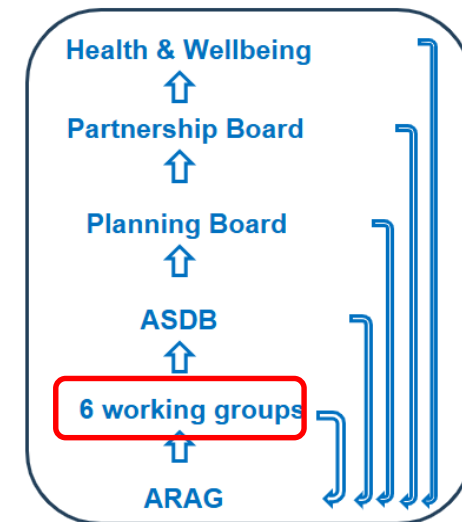
tackle health and care inequalities for autistic people;

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.

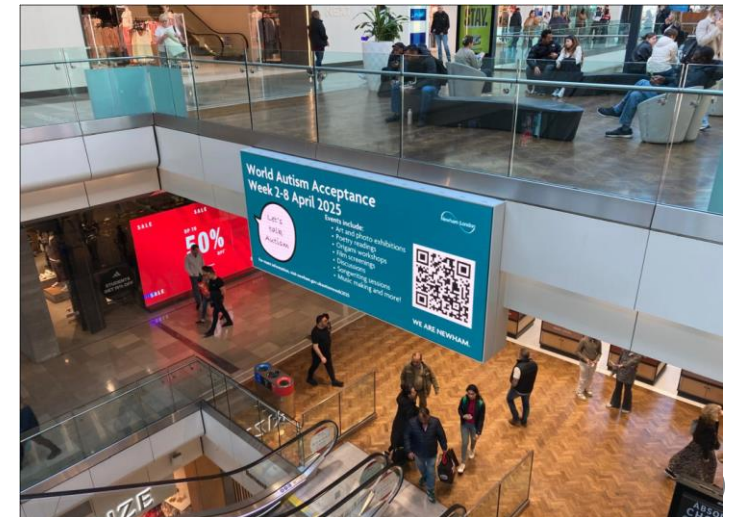


Autism Action Plan – progress on actions

Linda Wan

Autism Lead update

- Papyrus – Suicide & Autism Training: Pilot success 20 March
- World Autism Acceptance Week 2-8 April: >60 events & resources
- Community Leaders Event 8 April: outcomes
- Nu FM Radio show **Friday 20 May 12-1pm**
- Autism Projects £1K grant funding
- Autism peer support video
- People Powered Places
 - autism stakeholder representative/s
 - £5k individual or £20K organisation funding



Autism Action Plan – progress on actions

Aisha Ahmed




Autism Lead update continued...

- ARAG follow up with VoiceAbility
 - Situational speakers
 - Processing time

Peer Support Worker update

- 6month extension
- 4x Peer Support Groups: Work & Anxieties, Carers, Men, Open
- Peer Support Needs Survey
- Newsletters

VoiceAbility

ARAG follow-up

Autistic Residents Advisory Group


VoiceAbility are hosting follow up meetings for Autistic residents who may be situationally speaking.

Would you like

- another way to be involved in the ARAG?
- the opportunity to discuss some of the topics raised at ARAG meetings?
- a quieter environment to share your thoughts?

If you think this might be for you, you can join:

- an online meeting on either: Tuesday 6 May, 2pm or Tuesday 13 May, 2pm - get in touch so that we can send you a link to join us
- our in-person ARAG focused drop-in at the Resource Centre, Chargeable Lane, E13 8DW on Monday 12 May, 12pm



0300 303 1660 (freephone)
speakoutnewham@voiceability.org
voiceability.org

Charity number 1070630.
Company number 3798884.

11:30- 11:45

WE ARE NEWHAM.

Autism Action Plan – progress on actions

Emma Kofie



AOB

Sharing Information

Various speakers



Autism Support Groups

- Work & anxieties support group – Aisha
- Carers of Autistic Residents support group – Sue
- Mens autism support group – Adam
- Open autism support group – Christina

Sharing Information

All welcome to share

ARAG Members – anything to share?



Meeting Rules Review

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Dates of next meeting

Emma Kofie



Monday 28 th April 2025	10am-12pm	Stratford Advice Arcade
Monday 7th July 2025 ADHD Guest Speaker	10am-12pm	John Hopkins Room, Stratford Library
Monday 6 th October 2025	10am-12pm	Stratford Advice Arcade
Monday 26 th January 2026	10am-12pm	John Hopkins Room, Stratford Library

Adults Open Session: Peer Support Group

Christina Pillai



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12:00 –13.00

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