

Autism Residents Advisory Group

Emma Kofie, ARAG Co-chair



10:00- 10:05

WE ARE NEWHAM.

AGENDA

Emma Kofie



1	Welcome & Introductions - Facilitators / Agenda	Emma Kofie, ARAG Co-chair	10.00	5min
2	Meeting Rules	Emma Kofie, ARAG Co-chair	10.05	5min
3	Theme: Autism Community Activities Guest Speakers People Powered Places Funding Peer Support Social Activities	Anna Kasmir, Council Mavis Wenham, ANKH Place	10.10 10.25	15min 15min
	BREAK	BREAK	10.45	15min
4	Minutes & Matters Arising 28 April 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• NHS ELFT Lead• Council Lead – YSTWD, 2025/6 priorities & EbE Role Nominations & Funding	Experts by Experience Aisha Ahmed, Peer Support Linda Wan, Council Co-Chair	11.10 11.20 11.25	10min 5min 20min
7	AOB <ul style="list-style-type: none">- Information sharing- Peer support Leads update	ALL Christina, Sue, Adam, Aisha	11.45	10min
8	Meeting Rules review	Emma Kofie, ARAG Co-chair	11.55	5min
9	Next Meeting Monday 6 October 2025 Topic: ADHD guest speaker - Shoheb KHAN	Emma Kofie, ARAG Co-chair	12.00	0min Meeting ends
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- 10:10

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

People Powered Places

Funding projects £5-20K

Anna Kasmir, Newham Council

People Powered Places

Anna Kasimir



Peer Support Social Activities

Co-producing activities

Mavis Wenham, ANKH Place

Peer Support Social Activities

Mavis Wenham



BREAK

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

AGENDA

Emma Kofie



1	Welcome & Introductions - Facilitators / Agenda	Emma Kofie, ARAG Co-chair	10.00	5min
2	Meeting Rules	Emma Kofie, ARAG Co-chair	10.05	5min
3	Theme: Autism Community Activities Guest Speakers People Powered Places Funding Peer Support Social Activities	Anna Kasmir, Council Mavis Wenham, ANKH Place	10.10 10.25	15min 15min
	BREAK	BREAK	10.45	15min
4	Minutes & Matters Arising 28 April 2025	Emma Kofie, ARAG Co-chair	11.00	5min
5	Governance Board Updates	Linda Wan, Council Co-Chair	11.05	5min

Minutes & Matters Arising

ARAG January 2025

Minutes & Matters Arising

Emma Kofie



Autism Residents' Advisory Group (ARAG) Meeting

Stratford Advice Arcade 28.04.2025 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
Jay Gee - P4 Lead, Expert by Experience
Lauren Fernandez - P5 Lead, Expert by Experience
+11 online Residents/Guests
+14 in-person Residents/Participants

Guest Speakers

1. Josune Martin,
Together Café



Previous ARAG Minutes & Slides:

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

Minutes & Matters Arising

Emma Kofie



Theme: Co-designing a new autism support service

Together Café

- ☐ offers a crisis line or 1:1 conversations at Stratford Advice Arcade
- ☐ The service runs 365 days a year. They don't currently offer home visits
- ☐ Training received from NHS Autism Diagnostic Service to help them run a better service for autistic people.
- ☐ ARAG members fed back service improvements including home visits, a quiet room at the venue, more morning appointments and appointments on a Friday and Sunday.

11:00- 11:05

Minutes & Matters Arising

Emma Kofie

Autism Residents' Advisory Group (ARAG) Meeting

Stratford Advice Arcade 28/04/2025 10:00am – 12:00am

ACTIONS from last meeting

ACTION 1: Linda to share information on Health Passports. Health Passport A4 2020.pdf ☒

ACTION 2: Linda Help to convene a 50+ Autism Bowel Cancer focus group. See poster ☒

ACTION 3: Linda speak to CHAND re: 'introducing autism'. See July newsletter ☒

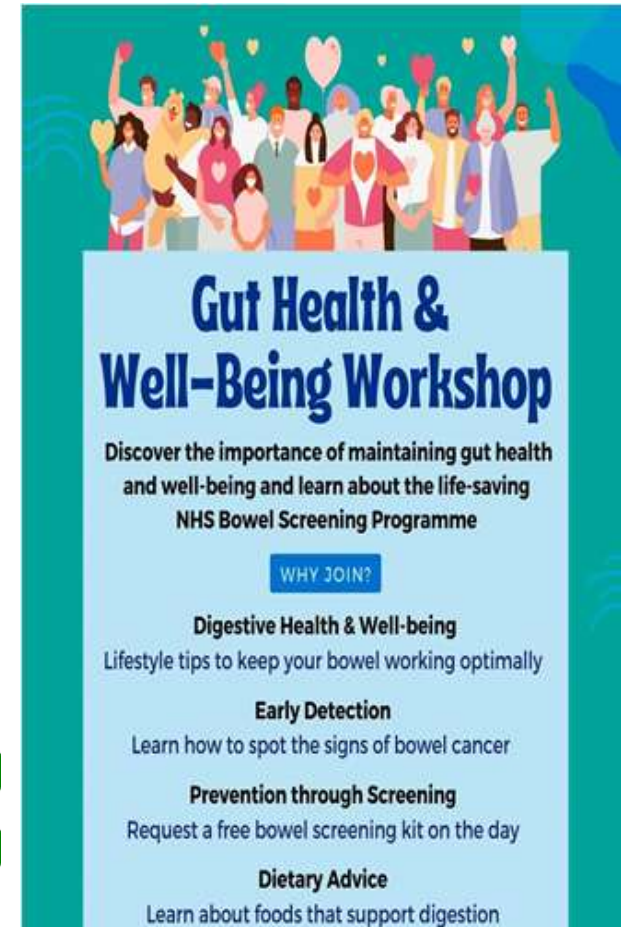
ACTION 4: Daniel Circulate draft Hospital welcome pack & checklist for feedback. ☒

ACTION 4: Daniel Share details of support groups. See July newsletter ☒

ACTION 4: Daniel share details of Friendship Club | Newham Libraries ☒

Previous ARAG Minutes & Slides:

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



11:00- 11:05

WE ARE NEWHAM.

Minutes & Matters Arising

Emma Kofie

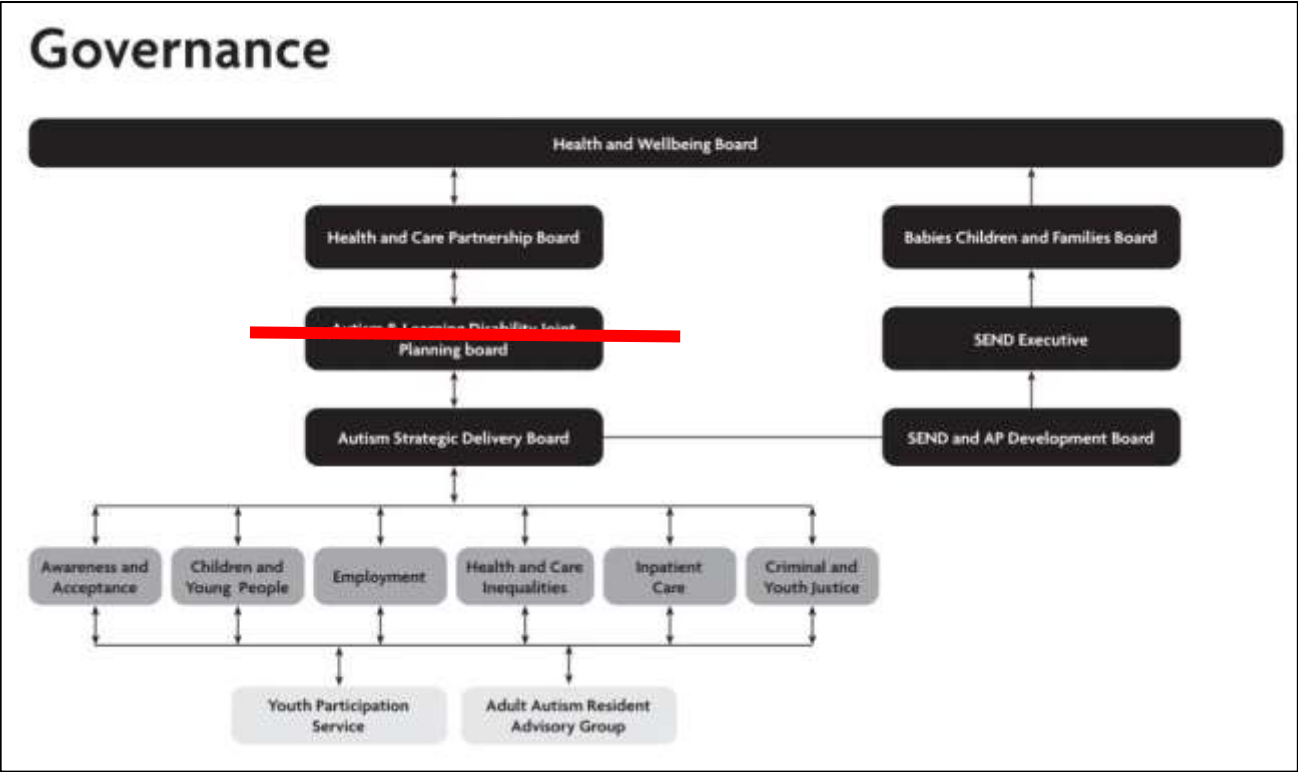
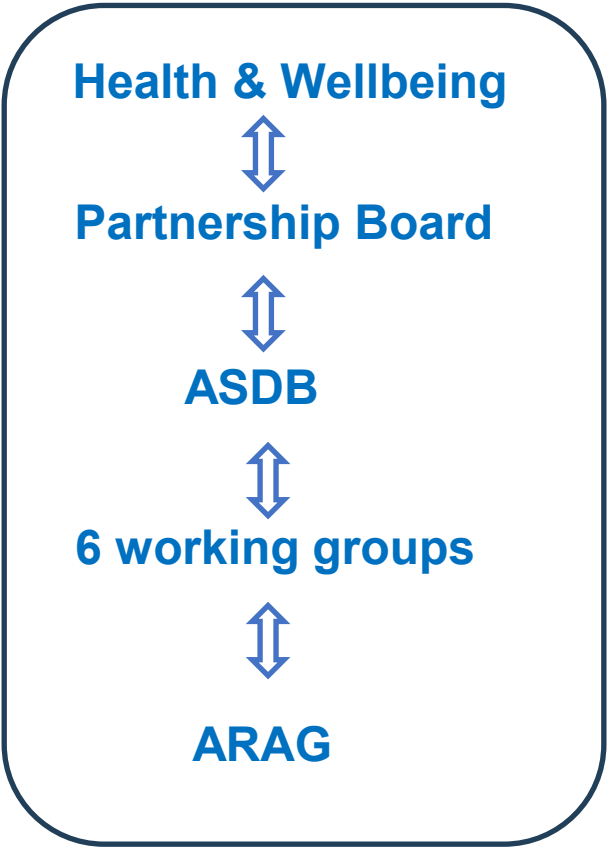


Governance Board Updates

Linda Wan

Governance Board Updates

Linda Wan



11:10- 11:15

Governance Board Updates

Christina Pillai

Autism Strategic Delivery Board

(17 June)

- Papyrus Suicide & Autism Training roll out
- Saddler's Wells and East Bank on improving access for autistic people and exploring work experience opportunities
- NHS ADS delivering autism training to Together Café
- Hospital Eating Disorders Autism Pack
- Council in-house housing service to support people with complex needs (including autistic people)



11:10- 11:15

WE ARE NEWHAM.

Governance Board Updates

Christina Pillai

Autism Strategic Delivery Board

(17 June)

- Autism Diagnostic Service reported that their service is under financial pressure & looking to secure funding for the rest of the financial year. A longer-term strategic approach needed
- ELFT PPL Neurodiverse Hub
- Environment checklist and LDA poster displayed at the hospital



11:10- 11:15

WE ARE NEWHAM.

Governance Board Updates

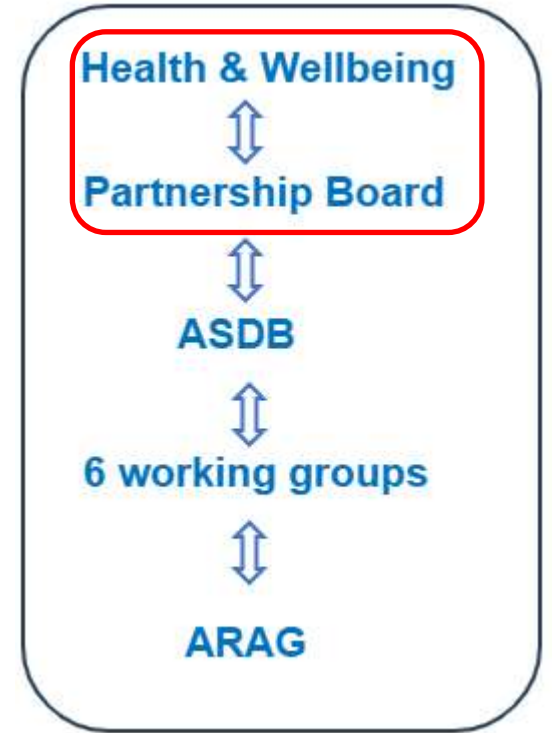
Linda Wan

Health & Care Partnership Board (-- --)

No updates

Health & Wellbeing Board (-- --)

No updates



11:05- 11:10

WE ARE NEWHAM.

Governance Board Updates

Emma Kofie



newham.gov.uk

11:05- 11:10

WE ARE NEWHAM.

AGENDA

Emma Kofie



6	Autism Action Plan – progress on actions Priority Leads NHS ELFT Lead Council Lead – YSTWD, 2025/6 priorities & EbE Role Nominations & Funding	Experts by Experience Aisha Ahmed, Peer Support Linda Wan, Council Co-Chair	11.10 11.20 11.25	10min 5min 20min
7	AOB - 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 6 October 2025 Topic: ADHD guest speaker- Shoheb KHAN	Emma Kofie, ARAG Co-chair	12.00	0min Meeting ends
10	Adults Autism Peer Support Group - Refreshments available	Christina Pillai, ASDB Co-chair	12.00	60min
11	Close		13.00	0min

Autism Action Plan – progress on actions

Various speakers

Autism Action Plan – progress on actions

Exerts by Experience

Priority 1: Vacancy

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;



11:10- 11:20

WE ARE NEWHAM.

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.



11:10- 11:20

WE ARE NEWHAM.

Autism Action Plan – progress on actions

Aisha Ahmed



Peer Support Worker update

- July Newsletter
 - [autism-newsletter-july-2025](#)
- Support Group Leads Meeting
 - how we are supporting to shape & grow the groups
- Surveys
 - Newsletter (15)
 - Peer Support Needs (21)
- Togetherness Café - community engagement (Blossom Place Charity)

11:20- 11:25

Autism Action Plan – progress on actions

Linda Wan / Daniel Nichols



Autism Lead update

- YSTWD Y1 Report – feedback [Yr1 You Said Together We Did.pptx](#)
 - 2025/6 Priorities – feedback [Autism Action Plan 2025 26.docx](#)
 - Autism Projects £1K grant funding **July 2025** (see link below)
 - Autistic Resident Applications for expert roles **July 2025** (see link below)
- [Newham's Autism Resident Advisory Group \(ARAG\) – Autism – Newham Council](#)

Reminder (Daniel)

- Open Surgeries trial **fourth Thursday of each month 11-3pm**
- Nu FM Radio monthly autism shows **Friday 20 May 12-1pm**
- Autism Champions – sign up Autism.Commissioning@newham.gov.uk

11:25- 11:45

Autism Action Plan – progress on actions

Emma Kofie



AOB

Sharing Information

Various speakers

Autism Support Groups

- Work, Autism & Anxiety – Aisha
- Carers of Autistic Residents support group – Sue
- Men's autism support group – Adam
- Open autism support group – Christina

VoiceAbility Advocacy & support

- ARAG follow up meeting 6, 12, 13 May 2025
- 14th July 2025 2.30pm -4pm; Drop-in at Chargeable Lane
- 8th August 2025 2.30 – 4pm; Drop-in guest speaker - Mental Health Strategy



VoiceAbility Newham London

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

0200 303 1560 (freephone)
speakoutnewham@voiceability.org
voiceability.org

Illustration of three people sitting around a table.

11:45- 11:50

WE ARE NEWHAM.

Sharing Information

All welcome to share

ARAG Members – anything to share?



Meeting Rules Review

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

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

11:50- 12:00

Dates of next meeting

Emma Kofie



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

Adults Open Session: Peer Support Group

Christina Pillai



newham.gov.uk

12:00 –13.00

WE ARE NEWHAM.