



AUTISM INCLUSION CONFERENCE

One-to-One Enfield
Annual Autism Conference

11th July 2024

One-to-One Enfield would like to thank you for attending our annual Autism Conference.

The theme this year is INCLUSION.

We have arranged speakers, workshops, and stalls to provide lots of useful information for you.

There are so many people to thank for aiding us in arranging this event and here are some of them:

- Our speakers, Q&A host and panellists – Andrew Carpenter, Nanny Aut, Nicky Vere-Compton, Venessa Bobb-Swaby, Janine Booth, Dean Beadle, and Bee Bentall for giving us their time and sharing their expertise with us today.
- Yoga instructor – Grace Buddery
- Individual Advice Session providers - Enfield Advisory Service for Autism (EASA), Enfield Council Welfare Advice and Debt Support teams
- Stall holders – One-to-One Enfield, Healthwatch, Mind in Enfield, Community Hubs, Enfield Advisory Service for Autism, Riverside Engage Enfield, Citizens Advice Bureau, and Enfield Council Welfare Advice and Debt Support.
- Deputy Mayor of Enfield, Margaret Greer, for opening the conference.
- All our wonderful volunteers without whom we would not have been able to run the day and provide lunch for all.
- All of the One-to One team who have worked hard behind the scenes and are here today - Bee, Joe, Mark, Fiona, Andrew, Jay, Georgina, Victor and Liz.
- The London Borough of Enfield for their funding for today and our ongoing Autism Hub project.

And finally – thanks to all of you for coming along today.

Fiona Jackson
CEO
One-to-One-Enfield

Timetable

**Thursday 11th July 2024 9.45am – 5.15pm
Inclusion**

Time	Activity
9.45am – 10.10am	Registration – Stalls Open
10.10am – 10.15am	Opening – Margaret Greer (Deputy Mayor)
10.15am - 10.25am	Introduction to One-to-One - Fiona Jackson (CEO)
10.30am - 11.15am	Speaker - Nanny Aut – “Building a Stronger Boat - Understanding and Meeting Autistic Parents Support Needs”
11.20am – 12.05pm	Keynote Speaker - Andrew Carpenter – “Healthcare and the Importance of Changing the Narrative”
12.05pm – 1.00pm	Lunch & Choir Performance outside
1.00pm – 2.00pm	Q & A Panel – Hosted by Dean Beadle, featuring Andrew Carpenter, Bee Bentall, Nicky Vere-Compton and Nanny Aut
2.00pm – 2.15pm	Break
2.15pm – 3.00pm	Speaker - Nicky Vere-Compton – “Unexpected – Autistic childhood in the 1980s”
3.05pm – 3.50pm	Speaker - Venessa Bobb-Swaby – “Autism, My Story and My Journey”
3.50pm – 4.00pm	Break
4.00pm – 4.45pm	Speaker - Janine Booth – “Including Autistic People at Work – Removing Barriers & Challenging Discrimination”
4.45pm – 5.15pm	Closing & Feedback Sessions – Dean Beadle & Bee Bentall

Time	Individual Advice / Drop-ins in the Hut – 10/15-minute slots - Book a time at reception
12.10pm – 1pm	Enfield Advisory Service for Autism – for parents
2pm – 3pm & 3.30pm – 4.45pm	Enfield Council’s Welfare and Debt Support team – for benefits advice and much more

Time	Information Marketplace Stalls and Yoga
9.45am - 5.15pm	Enfield Council Welfare and Debt Support
9.45am - 5.15pm	Citizens Advice Bureau
9.45am - 5.15pm	One-to-One Enfield
9.45am - 5.15pm	Riverside Engage Enfield
9.45am – 5.15pm	Healthwatch Enfield
9.45am – 1pm	Enfield Advisory Service for Autism – for parents, children, young people, educators
1.00pm – 3.00pm	Mind Enfield – mental health
Time TBC on the day	Community Hubs
12.05pm – 12.30pm & 12.35pm – 1.00pm	Mindful Beginners Yoga - Squash Court – book at reception

Information about our Guest Speakers, Stall Holders and Workshop Leaders

Margaret Greer (Deputy Mayor of Enfield)

Pronouns: She/Her



Margaret Greer is a dedicated advocate for race equality and social justice, currently serving as the National Officer for Race Equality at the trade union UNISON. Her commitment to combating racism and inequality earned her the prestigious Nelson Mandela Award, recognising her outstanding contributions in this fight.

In her role at UNISON, Margaret provides strategic advice on race equality issues, including serving on the National Executive Committee and leading UNISON's National Black Members Committee. She played a pivotal role in developing UNISON's Race Discrimination Claims Protocol, demonstrating her proactive approach to addressing systemic barriers faced by Black individuals in the workplace and the wider community.

Margaret's passion for civic engagement led her to participate in Operation Black Vote's MP Shadowing scheme and the prestigious Pathway to Success Leadership Programme at the University of Oxford. As a Labour Councillor for the London Borough of Enfield, Upper Edmonton Ward, Margaret brings her expertise to local governance, serving as Chair of the Overview and Scrutiny Committee and Vice Chair of the Equalities Board.

Committed to continuous learning and development, Margaret completed the Future Candidates Programme and Jo Cox Women in Leadership Programme run by the Labour Party and Labour Women's Network. She also participated in the Bernie Grant Programme Induction Day panel on Labour Party, Trade Unions, and Anti-Racism.

In her newest role as Deputy Mayor of Enfield, Margaret works closely with local leaders and organisations to address community priorities. She believes in fostering dialogue and understanding to combat prejudice and discrimination advocating for equality, diversity and inclusion in all aspects of society.

Outside of her professional pursuits, Margaret is an avid supporter of Manchester United Football Club and remains passionate about promoting diversity and inclusion in all aspects of life. Her dedication to social justice and tireless advocacy make her a valuable asset to any community or organisation she serves.

Additionally, since 2021, Margaret has served as the London District Representative to the Methodist Church Conference, further demonstrating her commitment to community engagement and representing the interests of diverse communities.

Fiona Jackson (CEO One-to-One)

Pronouns: she/her



Fiona qualified as a physiotherapist at the London Hospital in 1976 and started her clinical career working as a physiotherapist on the medical wards at Chase Farm Hospital in Enfield. She then worked at a local residential college for young people with learning and communication difficulties. As a physiotherapist she worked for a wide range of healthcare providers within the private sector, charitable sector and the NHS including a variety of schools for children and young people with learning disabilities within

North London. Fiona moved on to senior management NHS positions within the local area remaining passionate about improving quality of care, improving choice, and ensuring that there is clear demonstration of clinical effectiveness always remaining committed to including patients as the ones who know best.

Fiona took partial retirement in 2017, undertaking some consultancy work within GP practices, as well as working with the Egyptian government to influence their model of care through the training of GPs. Since then, she has undertaken voluntary work as a school governor at Waverley Special School in Enfield, within the local hospice and on the committee for retired physiotherapists.

In 2022 she became the CEO of One-to-One Enfield as a job share part time role. This was following the retirement of the previous CEO who had been in the post for 30 years. She feels privileged to be in this position as she cares passionately about improving the quality of life for adults with learning difficulties and autistic adults and hopes to continue to develop the charity, particularly to further accommodate the needs of our autistic community. In her spare time she enjoys travelling and spending time with her family including 9 grandchildren!

Dean Beadle (One-to-One Patron and Q&A Host)

Pronouns: he/him



Dean Beadle is a speaker and trainer who has spent twenty years publicly sharing his experiences of being autistic. He has delivered school inset sessions, workplace neurodiversity sessions and talks at community events throughout the UK as well as presenting virtual sessions for online audiences across America, Africa and Asia. Alongside delivering conference keynotes across Europe, Dean has completed four seminar tours of Australia and New Zealand.

During the lockdowns of 2020, Dean worked in collaboration with Dawn Brown, Sarah-Jane Critchley, Lynn McCann and Sally Glossop to produce a series of acclaimed webinars. All in all, he has delivered over a thousand keynotes, inset sessions, talks and webinars worldwide, and has become known for his engaging delivery style, which is both humorous and thought-provoking in equal measure.

Devoting his career to being a change-maker, Dean has used his own experiences to increase understanding and challenge the negative attitudes that autistic people come up against in society. Only once society better understands the autistic experience will it be able to better meet needs and create spaces that are both accessible to and empowering for autistic people.

As a freelance journalist and writer, Dean has written print pieces and guest blogs for The Guardian, The London Paper, News Shopper Online and ReachOutASC. After two years working as a reporter for Greenwich Time Newspaper, Dean became a columnist for the publication. In 2009 he devised and fronted the *Mr Budget* column and in 2010, the *Lighten Up* fitness column. In 2012 and 2013, Dean edited an international autism newsletter which had subscribers in over 90 countries. Dean has also written forwards and blurb endorsements for a number of autism related books.

Since 2017, Dean has also worked as a singer, regularly performing at events across the UK, Ireland and Denmark. He has combined his speaking and singing work by devising a show, *My Life in Songs and Stories*, which he has toured accompanied by a pianist. As a songwriter, he released the anti-

ableism protest song *Me And Your Normal Are Done*, which he collaborated on with the neurodivergent band Aukestra. With Leanne Thompson, he co-wrote the ballad *Bohemian Woman*, and in 2023 he released *Intruded (OCD)*, and *Papercuts*, which addresses the micro-aggressions neurodivergent people often face in society.

Dean holds honorary roles at three autism related UK charities. He is president of AP Cymru, an autistic led charity which has created an empowering community for autistic people and their families in Wales. He is also patron on OneToOne Enfield, a charity that supports LD and autistic adults in North London and SPACE, a parent-led organisation in Hertfordshire.

Facebook: [Dean Beadle Speaker](#)

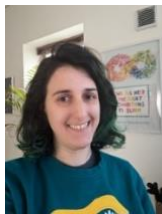
Instagram: [Dean Beadle Speaker](#)

Youtube.com: [deanbeadleuk](#)

Twitter: [@deanbeadleuk](#)

Bee Bentall (Peer Support Officer, One-to-One Enfield and Q&A Panellist)

Pronouns: They/them



Bee is a non-binary, late-diagnosed autistic and ADHD, queer nerd punk. They have been working for One-to-One Enfield for four years. They started out as an admin assistant in 2020, then moved into Project Support - developing our Enfield Autism Hub from its inception - and are now a Peer Support Officer. Our hub provides individual peer support, guidance and signposting sessions to autistic adults, as well as a member-led peer support group, and new Craft Club. Bee is proud to be part of the team designing and co-ordinating our conferences: they made the colourful flyers you've seen, edited the website, will be speaker liaison for the day, and speaking on the panel!

Bee co-developed and delivered our in-house Autism Acceptance training to GPs, social prescribers, health and social care and representatives from a number of Enfield Council staff teams. They are also involved as an Expert by Experience in the National Autism Trainer Programme.

Andrew Carpenter (Autistic adult and Autism Lead, NHS England, London Region, Keynote Speaker and Q&A Panellist)

Pronouns: He/Him



Andrew Carpenter is autistic and was diagnosed as an adult. He is the Autism Lead for NHS England (NHSE), London Region. In his previous role, he was the Dementia Programme Lead and statutory Autism Lead for the Bi-borough councils in London (Westminster and the Royal Borough of Kensington & Chelsea), as well as co-Chairing the disability staff network.

As an Expert by Experience and outside of his paid role, Andrew is also an NHSE Peer Leader and Public Champion for Personalised Care and Social Prescribing in London. He has a background in delivering training and consultancy on Personalisation in Health and Social Care.

He trains on autism, with a particular interest in autism without a co-occurring learning disability, and adapting therapeutic practice in mental health settings.

Nanny Aut (Autistic Parent, Ex-Teacher, Blogger and Educator, Speaker, Q&A Panellist)

Pronouns: They/Them



Nanny Aut, autistic parent, ex-teacher, blogger and educator. As a late-identified autistic I spent my life struggling and not knowing why - getting identified didn't help much because there was no information provided - I had to go looking - which ended up in a four-year deep dive into the autistic experience learning from autistic voices - something most of us don't have the time for - combining that knowledge with research into neuroscience and developmental psychology. Others told me how helpful what I learned was for them, so I started passing on what I learned through creating the Inside Aut blog on Autistic Village - www.autistic-village.com.

While volunteering at Spectrum Gaming I began to develop courses to educate about the autistic brain - available at www.inside-aut.com. Recently this has now expanded to include a podcast 'The T on ND' which I host alongside Matthew Rushin.

Nicky Vere-Compton (Autistic Writer, Comedian Advocate and Activist, Speaker and Q&A Panellist)

Pronouns: They/Them



Autistic Comedian Nicky Vere-Compton breathes into the neurodivergent experience through writing, comedy advocacy and activism. Their shows, "Freaks and Fools – The Cabaret" will be at Camden and Edinburgh Fringes.

Venessa Bobb-Swaby (Autistic Public Speaker, Mentor, Founder of A2ndVoice CIC and Speaker)

Pronouns: She/Her



Venessa Bobb-Swaby, a mother of three young adults between the ages of 18 - 23 years old. The two youngest have a diagnosis of autism and ADHD.

She is an autistic public speaker, mentor, event planner, content developer for Anna Freud Centre/AT-Autism funded by NHS England and AT Autism Associate and author.

She has written for several publications including Autism Eye and SEN Magazine and featured in national newspapers and spoken on radio. She has lived experience of culture and ethnicity and breaking down stigma across all sectors.

Founder/Director of A2ndvoice CIC, offers advice, information and support for autistic people and their families. Run by autistic people and parents of autistic children or adults or other conditions. They raise awareness and understanding of different perspectives hosting parent & carers groups, workshops, holiday programs, 18 plus, 50 plus groups and also highlighting the challenges

and differences for those within the African, Caribbean, Asian, and Minority Ethnic Communities (ACAME) and Dual Heritage Communities in tackling the taboos and myths around Autism.

In Covid, Autism Thrive Services (ATS) was set-up which is an organisation offering consultancy, 1-2-1 support, and speaking services and they co-produce and co-deliver programs working in collaboration with local, national and international organisations.

Venessa has spoken widely including at New Scotland Yard, National Autistic Society, PDA Society, AT Autism, Central Government HQ, Department of Work and Pension, Local Councils, Ministry of Defence, NHS England, University of Wales (London), University of Greenwich, Restraints Reduction Network and The Autism Shows are few to mention over the 12 years.

Venessa hosts Holiday Programs across three London boroughs, which provide autism focussed family programs; she is dedicated to ensuring they are fully inclusive and draws on experiences of the challenges she faced as a young mum not seeing a true reflection of inclusiveness.

Janine Booth (Socialist-Feminist, Author, Poet, Tutor and Speaker)

Pronouns: She/Her



Since finding out she is autistic in 2012, Janine Booth has been training, speaking and campaigning for equality and inclusion. Formerly a London Underground station supervisor, she now runs Red in the Spectrum, which offers training and support to organisations that want to go beyond 'awareness' and organise for rights and change. She is the author of 'Autism Equality in the Workplace: removing barriers and challenging discrimination' (Jessica Kingsley, 2016).

Marketplace Stall Holders:



One-to-One Enfield Making lives better for Autistic adults and those with learning difficulties. One-to-One Enfield aims to support Autistic adults and those with learning difficulties to live better lives, have a voice and be included within the community. We offer various activities and programmes to all our members and work actively to ensure they have a voice.



Riverside Engage Enfield is a floating support service that operates in Enfield for Enfield residents. We help people with support needs with a variety of things from benefit applications to housing related issues. We visit our customers in their homes and out in the community to help with their relevant needs.

Follow Riverside @RiversideUK www.riverside.org.uk



Enfield's Welfare Advice & Debt Support Team is a service that helps to support vulnerable residents to maximise their income and get their full entitlement to welfare benefits, advise and assist to support residents with council debts such as rent arrears, Adult Social Care debt, Housing benefits overpayments and Council tax arrears/debt. For other debts we have a fast-track referral process to Citizens Advice. Our aim is to holistically case manage the client's situation in order to improve their circumstances. Referrals to the team can be made by yourselves or a 3rd party this includes other agencies or organisations that you may already be affiliated to.

Financial Hardship Pages

<https://www.enfield.gov.uk/services/your-council/cost-of-living-support>

Welfare Advice & Debt Support Team Referral Form

<https://new.enfield.gov.uk/forms/covid-19-welfare-advice-debt-and-benefit-support-referral-form/>



Citizens Advice Enfield is a local charity providing information and advice.

We aim to provide good quality, free and independent advice. We want to give people the knowledge and the confidence they need to find their way forward. Whoever they are, whatever their problem.

Our service is free, confidential, open to anyone in the community. Some of the key issues we help with are:

- welfare benefits
- money and debt problems
- employment
- housing
- family and personal issues

- immigration

<https://www.citizensadviceenfield.org.uk/>

0800 014 8307



We are a local authority service supporting autistic children and young people from 0 - 25 yrs. We do this by working with educational settings and parents to increase understanding of autism, and develop provision and practice. EASA is a strategic partner of the Autism Education Trust (AET) and works closely with them to raise awareness of autism and promote positive attitudes towards autistic people in schools, communities and places of work

Our link to our website - <https://www.enfieldasa.org.uk/> contact details - admin@enfieldasa.org.uk, 07921298440



Healthwatch Enfield serves as an independent champion for local people who use health and social care services; we lend our ears to the Enfield community and represent their voice. We team up with multiple community organisations and statutory institutions to share information and gather insights in the aim to help improve the quality of health and social care services in the borough.

We share information and advice with residents to ensure they get the support they need, acting as a health and social care champion.



Enfield and Barnet local Mind Associations have merged in 2021 to bring together our expert teams to provide services supporting you with wellbeing, advocacy, therapy, training, and advice. Our services work during the day and evening so we can be available when you need us to be!

<https://www.mindeb.org.uk>

We provide local services in Edmonton and Finchley, working with people who use all mental health services to help shape and improve what we do.

Our expert teams advise, shape, educate and lead on campaigning and creating mental health service provision ensuring it is of the highest standard across both boroughs.

We are here to support you, whether you are suffering with your mental health, are a carer, an employer or just want to know more about how to improve your wellbeing.



The Enfield Wellbeing Network is a not-for-profit partnership of local charities and community organisations, including [Age UK Enfield](#), [Enfield Carers Centre](#), [Mind in Enfield and Barnet](#), [Alpha Care Specialists](#) and [Citizens Advice Enfield](#), who have come together to help local people, like you, to boost their health and wellbeing.



Community Hubs is a face-to-face service that connects residents with support across 4 pillars:

- **Help with money**, including:
 - welfare and debt advice
 - Council Tax and benefit enquiries
 - concessionary travel
- **Help with jobs and skills**, including:
 - skills training employment pillar (STEP) programme
 - support with work experience, training, or to find a job
- **Help with health and wellbeing**, including:
 - food pantry - offering heavily discounted food
 - connecting people to their communities to avoid social isolation
- **Help with housing stability**, including:
 - support to access the Housing Advisory Service

Integral to this way of working is to have strength-based conversations with our customers, providing them with information and support at every point of their journey; it isn't only limited to specific locations. It is about internal services working better together through joined up processes, sharing systems and referral pathways. The aim is also to see residents in the contexts of their communities and to understand how we can support and empower communities to provide conditions in which individuals can thrive.

Increasingly, we've embedded the outreach activities developed to address the outbreak of the pandemic into our mainstream suite of activities, such as referring and signposting residents experiencing food poverty, social isolation or financial hardship to voluntary sector partners, foodbanks and Council services.

Community Hubs are constantly evolving and improving, depending on the acute needs of those who need us most. To ensure the success of the hubs, as a team we aim to be adaptable because each situation is unique to the individual or family seeking help. We link our work to support the priorities of the Corporate Early Help Strategy, and the three objectives to:

- Provide clear information, advice and support
- Empower communities
- Establish an effective early help system