

Time to Talk Next Steps Online Celebration

#TtTNSCelebration



WELCOME

An Overview of Time to Talk Next Steps

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Robert, Ikra, Arnold, Khilna



Recording



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The session will be 1.5 hours long

- We will start with introductions
- Then we will share information about our work
- At the end we will answer questions

If we don't have time to answer your questions we will come back to you after the session with the answers.

This session will be recorded and shared with the public.

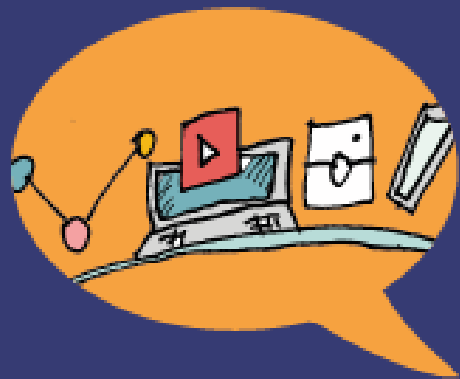
Just the presentations will be recorded.

The question time following the presentations will not be recorded however some questions may be noted down anonymously and added to the transcript for others to learn from.

The recording will be edited to our greatest ability so that there are no videos or names of participants shown when it is published to the public.

Please help us keep your personal information safe by staying on mute during the presentations.





Please put your name and your interest in this session in the chat



Put your questions in the chat or you can ask them at the end



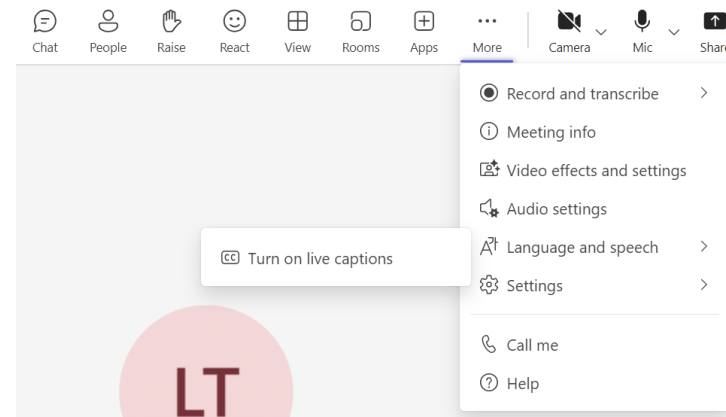
You can keep your camera on, or have it turned off – we'd love it if you can give us a wave 😊



Please keep your microphone on mute while people are presenting

If you want to turn on automatic captioning, you can do this by:

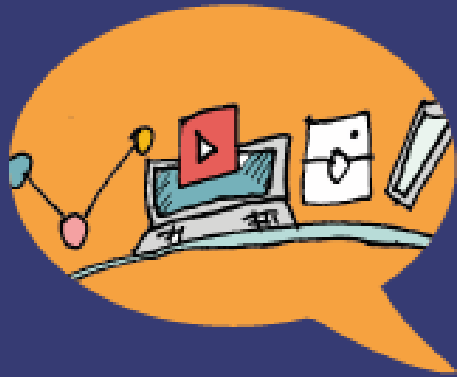
Teams



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Time to Talk Next Steps



contact For families with disabled children



Time to Talk Next Steps is a rights-based support programme for young people with additional needs aged 16 – 25 and their family/carers (in England)

NDTi has run this programme in partnership with Contact, a national organization which provides support, information and advice to parents and carers (www.contact.org.uk)

The programme has run for 3 years (2021-2024) and been funded by the National Lottery Community Fund.

Welcome to our Celebration

In this session young people, family/carers staff will focus on

- The background to Time to Talk Next Steps
- Young peoples views and achievements
- Evaluation of this work and learning to support delivery of similar programmes in the future



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National Development Team for Inclusion (NDTi)



www.ndti.org.uk

We are a not-for-profit organisation working to enable people at risk of exclusion, due to age or disability, to live the life they choose.

Our work aims to drive inclusion by:

- enabling people's voices to be heard
- coproducing programmes & resources which celebrate what's possible
- supporting changemakers & building self-determination

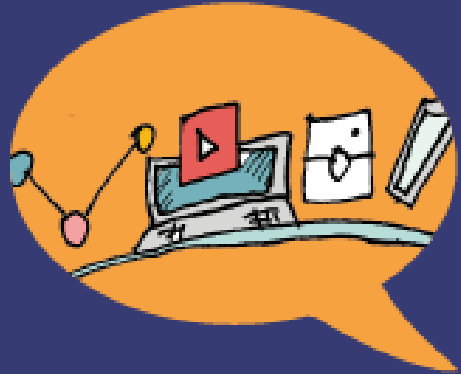
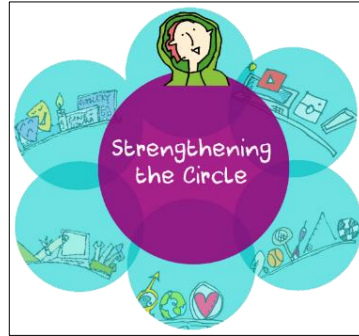
[Time to Talk Next Steps](#) has been run by the Children and Young Peoples Team at NDTi

Other work includes and **[Preparation for Adulthood Internships Work \(Employment\)](#)**



Background

It started with a 6 month project during COVID-19 to provide support & motivation for 16-25 year olds with additional needs



Strengthening the Circle to support children and young peoples mental wellbeing and build emotional resilience



Preparation for Adulthood Experience from delivery of this national programme and tried and tested resources to support good conversations



Time to Talk - We combined these to develop and evaluate a 6 month programme providing support for young people and their parent/carers. It helped us learn what young people found useful and what we could do more.



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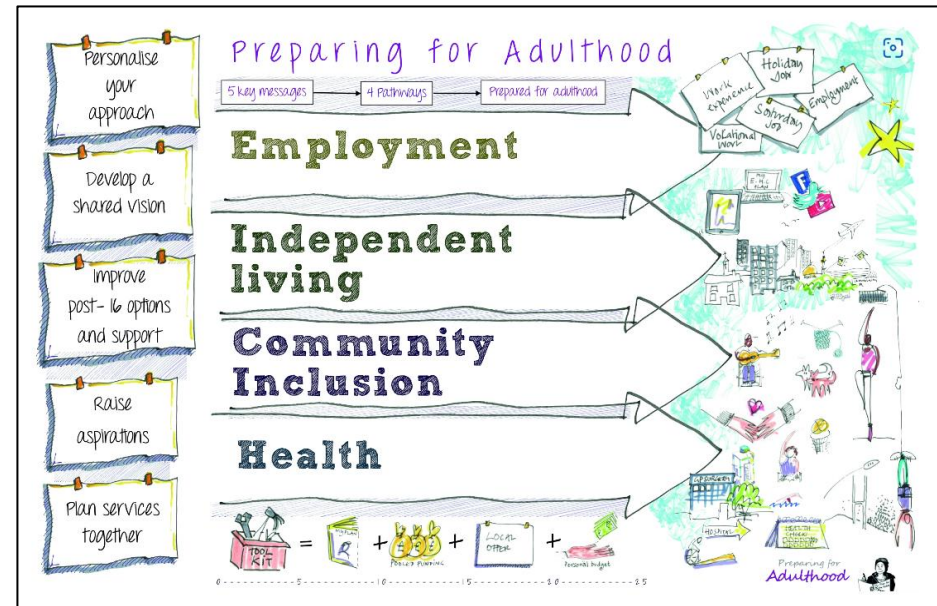


SEND Code of Practice Chapter 8 : “Preparing for Adulthood from the Earliest Years”

Everyone working with children and young people across education (including early years, schools, colleges and 16 to 19 academies), health and social care, should support children and young people with SEN and disabilities to prepare for adult life and help them go on to achieve the best outcomes in employment, independent living, health and community participation.

High aspirations are crucial to success – discussions about longer-term goals should start early and ideally well before Year 9 (age 13-14) at school. They should focus on the child or young person’s strengths and capabilities and the outcomes they want to achieve.

To achieve good lives children and young people require support in all 4 pathways to adulthood



Enabling young people to be Experts by Experience

Emma is raising awareness of Cerebral Palsy



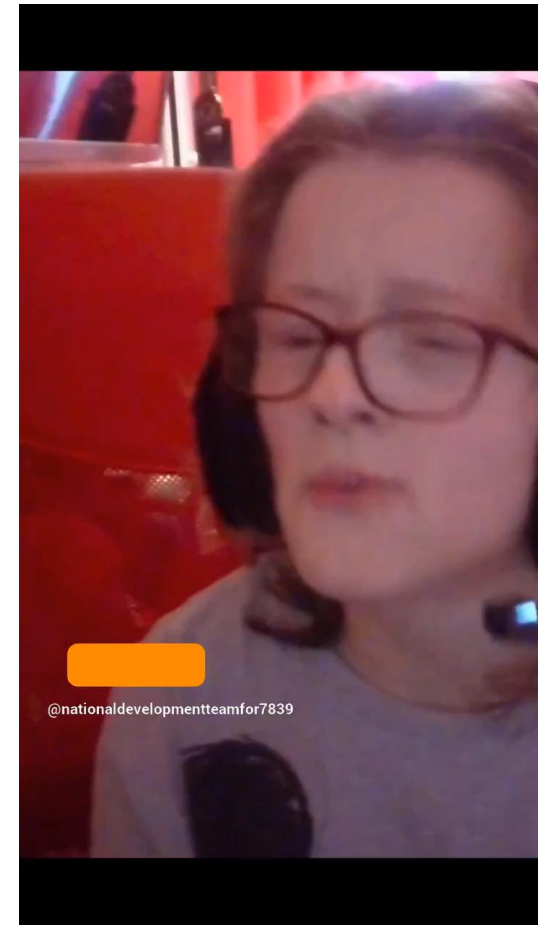
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**Explaining about
Cerebral Palsy**



**Health appointments
and making friends**



**Don't make
assumptions**



Different levels of engagement for young people



Depending on what each young person wants and needs, there are various ways that they can receive support and go on to get more involved in Time to Talk Next Steps

One-to-One Online Sessions with a Supporter to discuss future plans

Being connected with useful contacts & networks in your area

Additional ideas and suggestions from young people and parent/carers e.g. new groups and events throughout 3 years of delivery

Peer Support regularly linking up with other young people – online and in person (residential)

Designing and delivering national training for practitioners working with young people



Time to Talk Next Steps - working in partnership with Contact



Support Available for Parents & Carers

contact For families
with disabled children

Contact have delivered the follow support as part of this project:

Parent carer sessions and pre-recorded webinars on managing transition (child-adult services)



Listening Ear Appointments with a family support adviser



Contact Helpline for advice, information and support



“Transition from children’s services to adults’ services is such a complex journey for many of the families that we work with. The information available is often limited and difficult to navigate, depending on local services. Our work in partnership with NDTi has been vital for the parents we work with in helping them to understand their young people’s rights and what the options are open to them plus how to access what they need.”

Harriet Squirrel, Family Support Programme Manager, Contact

What matters
to you?

I am Ikra

I have a visual impairment and for that reason I prefer not to turn on my screen.

At Time to Talk Next Steps we talk about what matters to us.



Can you guess what matters to me from this picture?

What would your picture include? Use the chat to say



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Ikra



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- I requested support from Time to Talk Next Steps when my mental health was at a low point
- It was in lockdown and it helped me improve my confidence

I think the hardest thing to do when you need help is to ask for it

With this programme it was easier because

- there weren't any labels I had to use to get support
- I could refer myself
- my sessions were led by me



Ikra

From being supported to becoming part of the project



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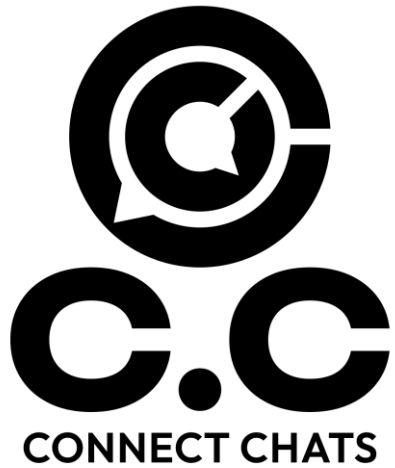
Since that time I have done many different things with NDTi

These have included;

- Speaking at conferences
- Interviewing Universities on inclusion and equalities
- Taking part in residentials
- Training as a young evaluator
- And recently I worked for Adult Social Care in my area to help them improve the Personal budgets



From being supported to providing support for others



- When I started looking for support for myself I could not find anything in my area
- So I decided to set up a business that can help people in the way that I wanted to get help.
- NDTi put me in touch with contacts that helped me with this idea
- Princes Trust course “setting up a business”
- Now I am setting up my own business providing mentoring and coaching to disabled people



My new website is in draft as I am still setting this up



Principles

Swift and practical support – no labels or diagnosis needed, avoid jargon and “service” language (e.g. Referral), self-referral encouraged

Raise aspirations - young people develop relationships of trust and can explore their strengths, hopes and ideas for their future – parent/carers included

A personalized approach - flexible and individual to each persons wishes and additional support needs

A shared vision - team at NDTi, professionals, parent/carers and young people

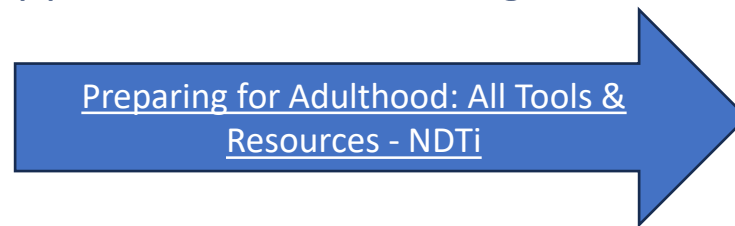
Build on strengths – young people, families, communities staff knowledge and NDTi contacts and networks

Listening and being authentic – stay curious and open to new things

Constant learning – ideas, tools, approaches and learning

Preparing for Adulthood: All Tools & Resources

Preparing for Adulthood: Person-centred Planning Tools In 2020, NDTi refreshed a suite of person-centred planning materials as part of our delivery of the national Preparing for Adulthood programme. Person-centred Planning Tools	Preparing for Adulthood: Employment Resources Employment resources created as part of the delivery of the Preparing for Adulthood programme and other NDTi projects. Employment Resources	Preparing for Adulthood: Independent Living Independent living and housing resources created as part of the delivery of the Preparing for Adulthood programme and other NDTi projects. Independent Living	Preparing for Adulthood: Friends, Relationships & Community Resources around friends, relationships and community created as part of the delivery of the Preparing for Adulthood programme and other NDTi projects. Friends, Relationships & Community
Preparing for Adulthood: EHC Planning Education, health and care planning resources created as part of the delivery of the Preparing for Adulthood programme and other NDTi projects. Education, Health & Care Planning	Preparing for Adulthood: Local Offer Local offer and self-evaluation tools and resources created as part of the delivery of the Preparing for Adulthood programme and other NDTi projects. Local Offer	Preparing for Adulthood: Event Resources Event resources created as part of the delivery of the Preparing for Adulthood programme and other NDTi projects. Event Resources	Preparing for Adulthood: Case Studies & Stories Case studies and stories shared as part of the delivery of the Preparing for Adulthood programme and other NDTi projects. Case Studies & Stories



Humour and FUN!!!

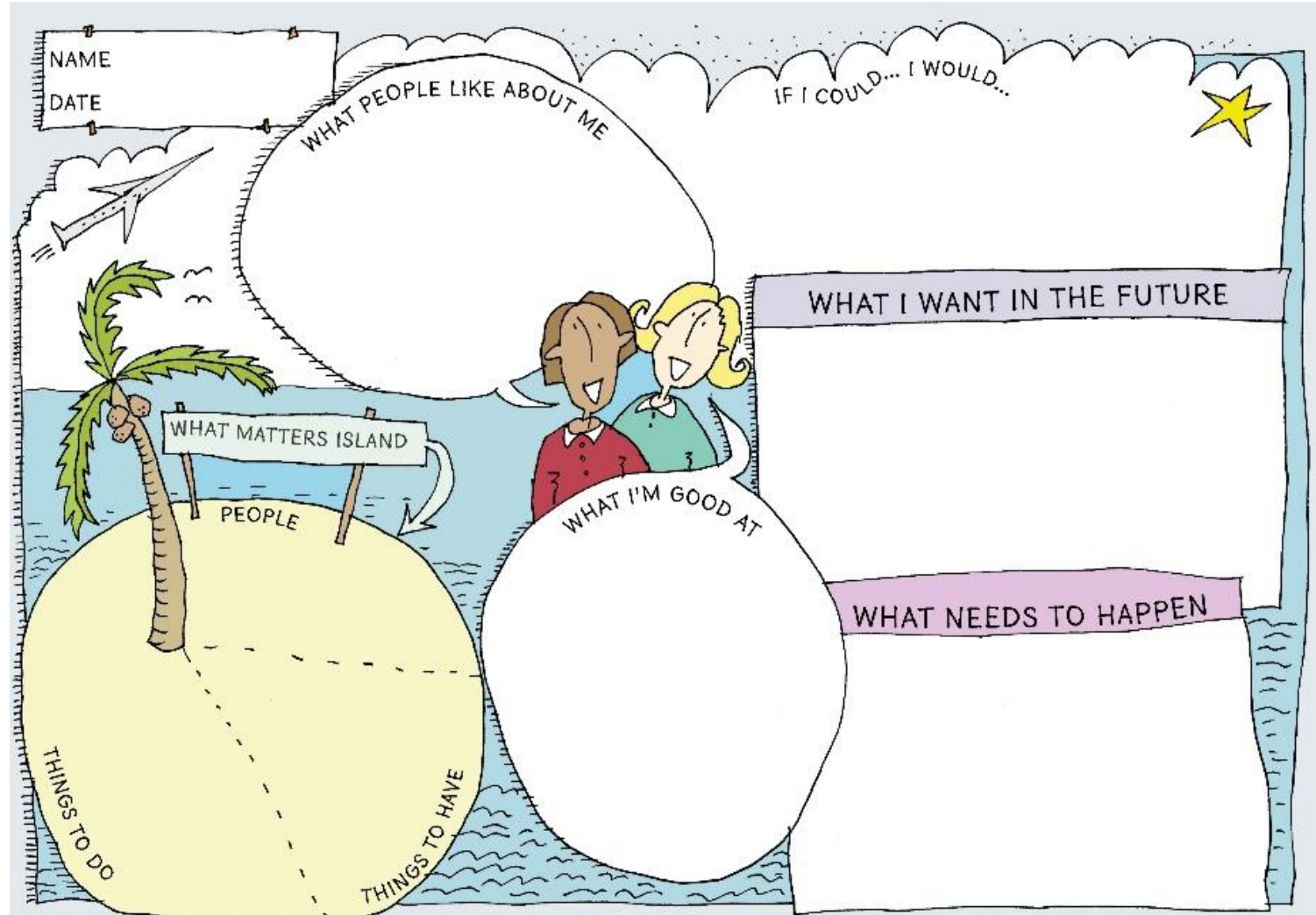
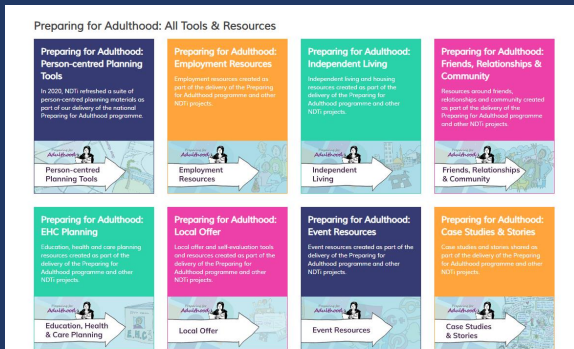


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Person Centred conversations – What Matters Island

Tools and resources



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Tools and resources



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Mike

“A year ago Mike wouldn’t have engaged with anyone, but he has been moving in the right direction and you came along at the right time. I’m also not sure he would have connected with anyone else the way he did with you. I can’t believe he did all of the sessions on his own! He’s going for a walk everyday and he says he’s going to try out that online book club.” Mike’s mum.

WHAT'S WORKING?	WHAT'S NOT WORKING?
Whats working?	Whats not working?
WHAT ARE YOU GOING TO KEEP, DEVELOP OR GROW?	WHAT ARE YOU GOING TO CHANGE OR LET GO OF?

What do I want to develop or grow?

What will I change or let go of?

Coping strategies 

Things coming up in the next few weeks months

NO PROBLEM 😊

NOT SURE 😐

WORRIED 😞

Things coming up

How do I feel about them?

→ PLOT THINGS ON THE CHART

WHAT CAN I DO TO MOVE THINGS I'M WORRIED ABOUT UP?

WHAT CAN OTHERS DO TO HELP?

What can I do to move things I am worried about up?

Who can I ask to help?





I am Arnold

- I want to tell you what I think about Time to Talk Next steps and what's important
- I will not be using my voice but I'm happy to answer questions in the chat
- Alice will share my views on some slides to follow
- By the way - I love trains and I know a lot about them





I didn't get much support about next steps at College

My mum was informed by my former teachers from College to go online searching for the group that helps young people with learning difficulties like me.

I think it's important because it gives young people a chance to be heard or get some support. This shows people how to gain more strength and more knowledge.

I don't have an EHCP but I should have. For ages we have tried to get me more support. My Supporter helped us to look for a job. I really want to work and to get more money.

I first started in the peer support group, I find it very helpful when working with people.

I gained confidence, and I enjoy attending every session.





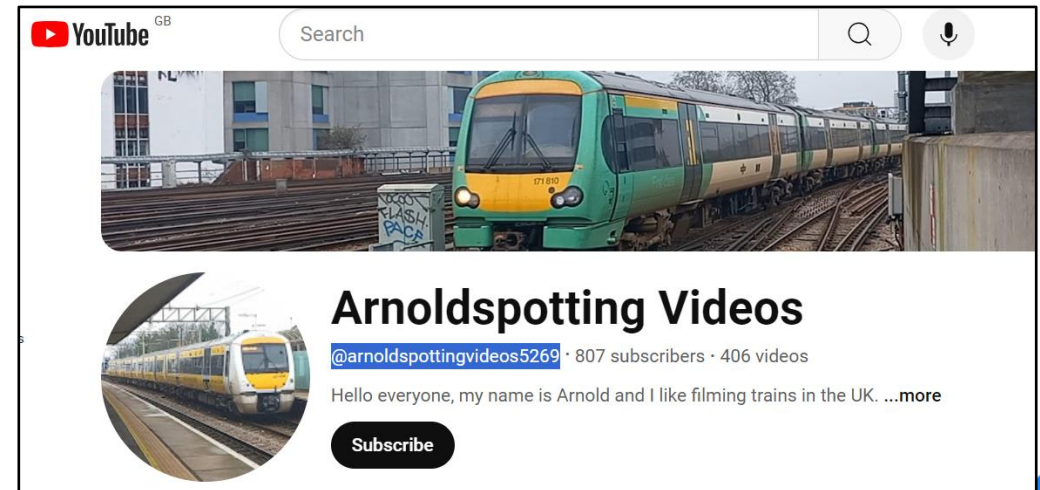
Time to Talk Next Steps has been very helpful because I mix with people - talking to them and I can as well help others when they have difficulties.

This helps people because I have gained more strength and knowledge also a lot of things such as training and skills.

I find it very useful talking to people, and they're ready to give me the support that I need.



Feel free to look at my
youtube page
[@arnoldspottingvideos52](#)
69
I have 807 subscribers



My Experience with NDTI

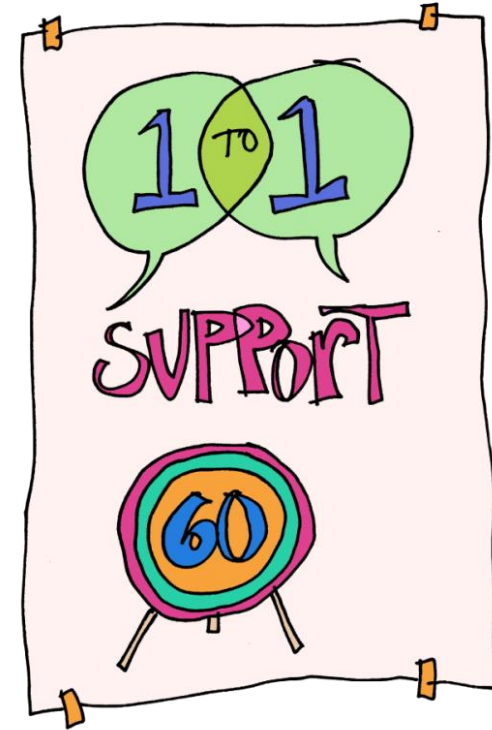


Robert



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- I first discovered NDTI in the summer of 2022.
- My neighbour suggested that I try it as a way of getting back on my feet.
- I then had 1:1 sessions – these are usually up to 1 hour long (60 minutes).
- I was in no mans land about what I wanted to do.
- I had done some work experience then I had a big gap and my motivation went down.
- I had a bright future but then I had it put on hold due to COVID-19. I went out very little
- It took me way longer than expected to get back on track.



Flexible Support



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Support from Time to Talk Next Steps was useful because

- It's the closest you're going to get to support that focuses on the individual first
- It was good to have one person at the beginning – Avril was my supporter
- Its flexible – for example although sessions could be up to an hour long it was ok for me to have shorter sessions
- This is the only place I have had help with both building my confidence and thinking about my future – work related or not
- All sessions helped me focus on my strengths and what I need to do to move forward



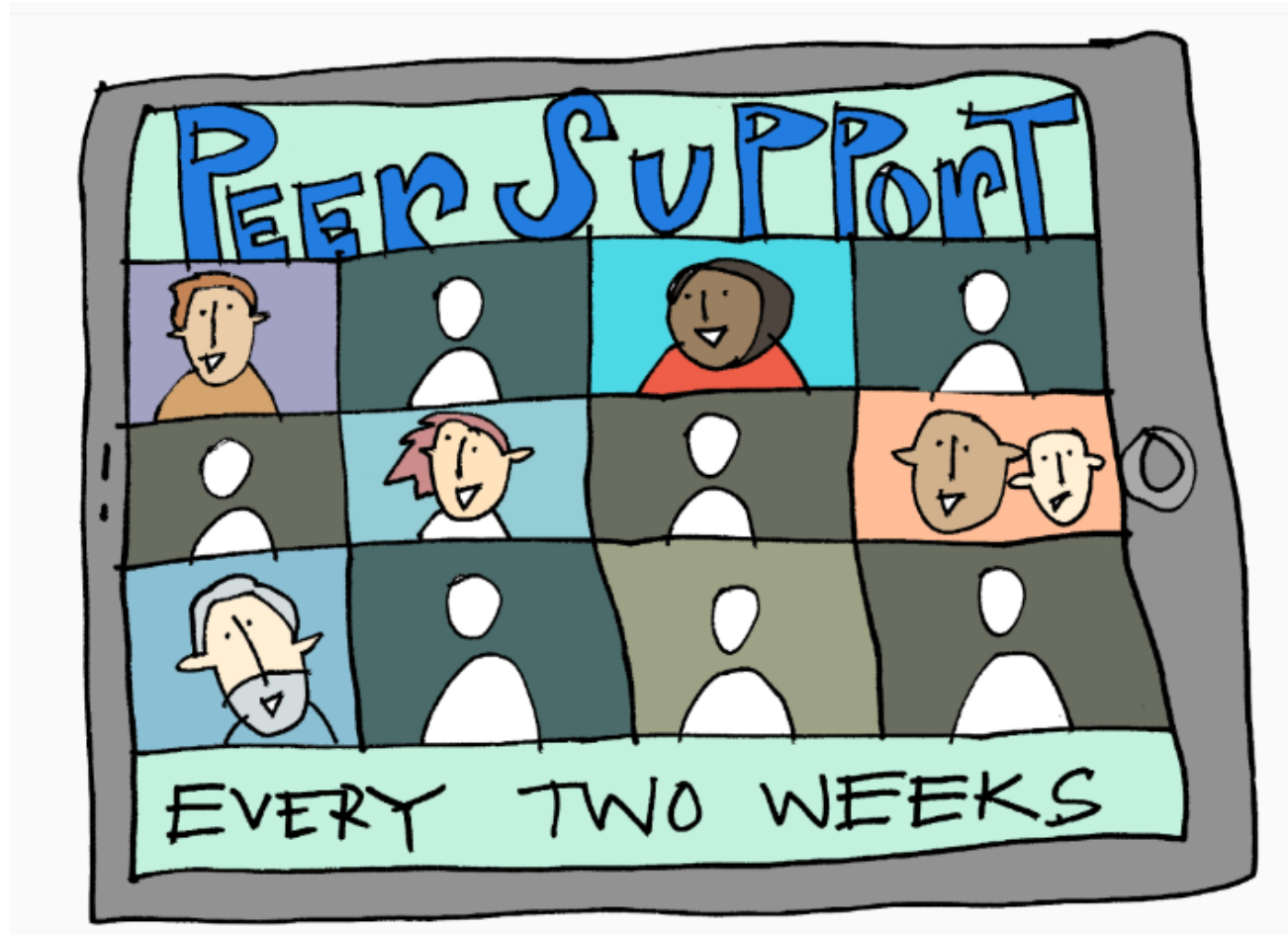
Peer Support



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Meeting others



What surprised me about peer support was how much I felt confident in speaking to other young people and understanding them as individuals.



Peer Support



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This is a Mood Board



I have loads of good memories from peer support, it is hard to choose a favourite session. Although the chill and chat sessions did have the best laughs!

It feels like a safe place for young people



The Training Squad



This group worked together to design and deliver training.

- The focus with this was to flip the usual expectations.
- As this group became more and more confident, there were more online sessions.
- Eventually, we all came up with a big plan in how to deliver the training.
- I felt really surprised about how I could help lead these sessions
- We all talked about our experiences and how we had not been listened to and how we could be more involved.



Rather than the professionals teaching the people, it is the people teaching the professionals

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The Training Squad



We designed and ran 4 online sessions for professionals

Each session had a different focus;

- You need to start with values
- You need to see us as young people first
- You need to listen to help us make choices
- You need to be curious, to understand



We want to do more of this training in future.

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Residentials –group trips away where we get to experience new things in new places and stay over



Leeds - the furthest away from home I have been in a long time

It was my first proper display of independence since COVID

We stayed at a Hilton Hotel near the Leeds City Centre

The theme was on employment, so we did lots of work-related activities

- A visit to a project in Bradford that supports people by using animals
- presentations by Hilton staff about inclusive employment
- evening fun quiz and crafts with Jackie

Evaluation at NDTi



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Informed by Realist Evaluation



What works, for who, in what context and how.



Understands that not all programmes will work for everyone in every context



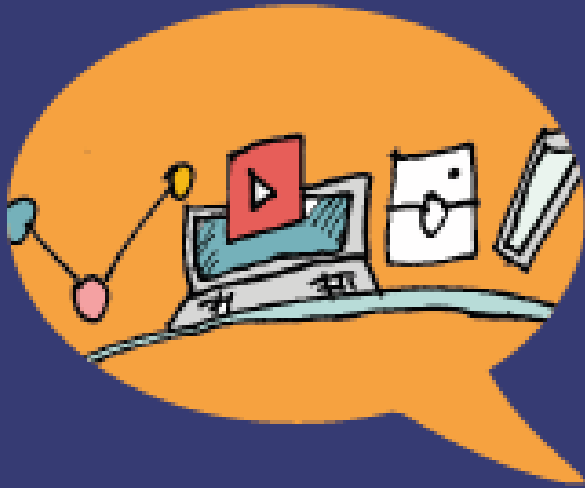
Co-produced and co-delivered.



Formative rather than summative.



Evaluation of Time to Talk Next Steps



In July 2021, the evaluation team at NDTi worked with

- those delivering the Time to Talk Next Steps
- the funder (the National Lottery Community Fund)
- young people, and
- family carers

To create a Vision for Change and Outcomes Framework for Time to Talk Next Steps,

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How we collected evidence of progress towards outcomes.



From Young People

- Request for support forms
- In session survey
- Post 1:1 survey or interview
- Focus groups
- Change Stories
- Facebook
- Residentials

From Parents/Carers

- Online survey
- Interviews
- Feedback from Contact
- Residentials

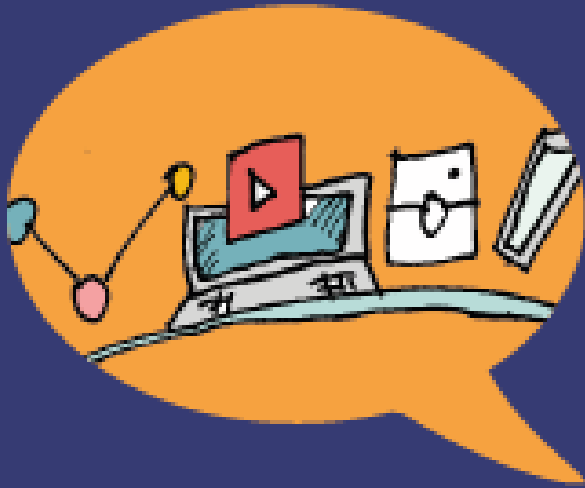
From practitioners

- Training sign up forms
- Post training surveys
- Residentials

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Reviewing the evaluation - Young Evaluators became involved



By the end of year one we hadn't heard from many young people.

Idea to review the Vision for Change and Outcomes framework with young people as co-evaluators.

Vicky took this idea to the R&E team at NDTi and an offer, including training was developed.

Ruth, Ikra and Asher employed.



What we learnt: Young people



As a result of the support provided, young people:

Felt less anxious

Felt more confident

Felt more socially
connected

Were aware of
their rights and
how to express
them

Had belief in
themselves and
their abilities

Were given
opportunities they
could never have
dreamed off.

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What we learnt: Parents/carers



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As a result of the support provided, parents/carers:

Felt better
connected

Felt less 'alone'

Felt more
knowledgeable

Felt better
equipped to face
challenges

Were aware of
their rights

Had higher
aspirations for their
young person.



What we learnt: Practitioners



As a result of the training provided, practitioners:

Were greatly impacted by the information shared

Understood the power of person centered support

Felt more knowledgeable

Felt better equipped to provide person centered support

Had higher aspirations for the young people they support .

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Additional learning Cost Benefit Report



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The investment made by TtTNS to support young people:

Makes significant savings to the public purse

Generates both direct and indirect flowback to the public purse



What is needed to make TtTNS work

Key Learning Report



Right funding

Coproduction

Time

Relationships

Skills, knowledge and abilities

Enabling progression



What next?



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Partners Make Time to Talk



This is a plan we have to train more people to deliver support like Time to Talk Next Steps

We want to help other young people like myself to make their own decisions in their lives and to help them discuss their future in a way that works for them.

If you like to find out more and work with us please let us know when you fill in the feedback form

For more information see our plans [here](#)



Aspirations

*We all need
hopes and
ideas for next
steps*

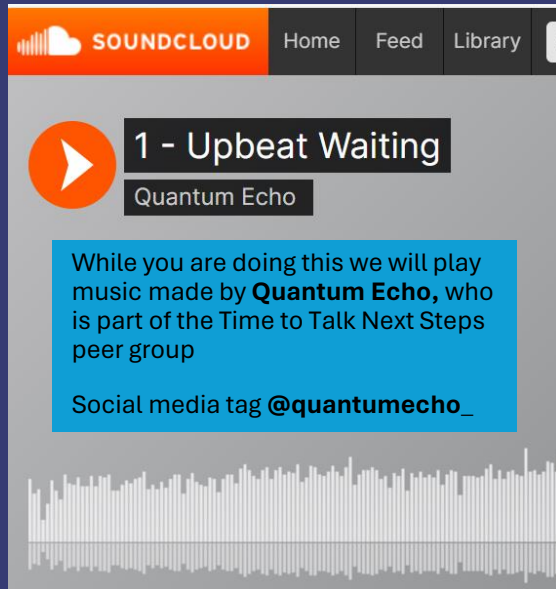


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High aspirations are crucial to success – discussions about longer-term goals should start early and ideally well before Year 9 (age 13-14) at school. They should focus on the child or young person's strengths and capabilities and the outcomes they want to achieve.



Feedback Form



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Please take a moment to fill in our **feedback form** by

- Scanning the QR code or
- Following this link: <https://forms.office.com/e/xyMcrVeXUX>

You can submit the form multiple times but please:
only rate each session you attend once.

Our plans after this event....

Through a new project called Partners Make Time to Talk we plan to run training and mentoring for other organizations.

For more information see our plans [here](#)

If you'd like to work with us let us know on the feedback form.

