

Time to Talk Next Steps Online Celebration

#TtTNSCelebration



WELCOME

Celebrating Young People's Rights and Voices



with
Grace, NDTi Supporter
Harshi, Emma and Khilna



Recording



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The session will be 1 hour 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.

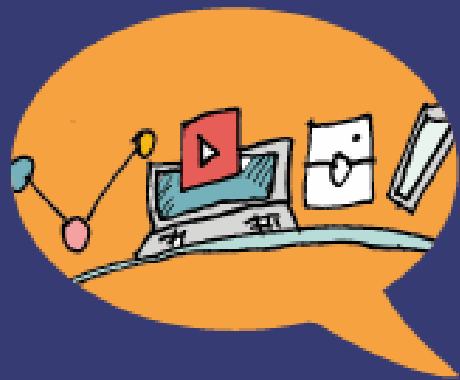
Just the presentations will be recorded.

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



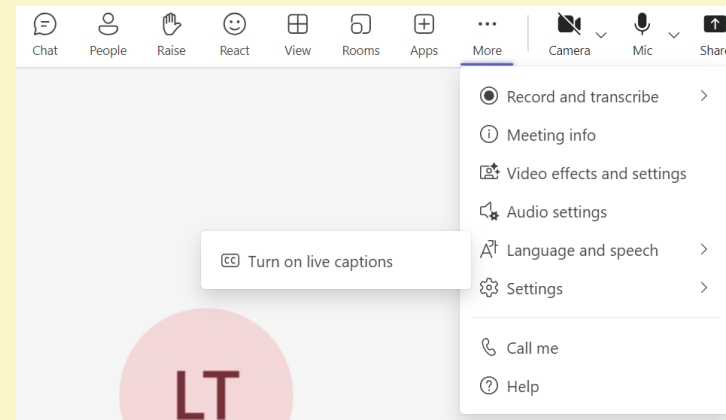
You can keep your camera on, or have it turned off – we'd love it if you can give us a wave 😊



Please keep your microphone on mute while people are presenting

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

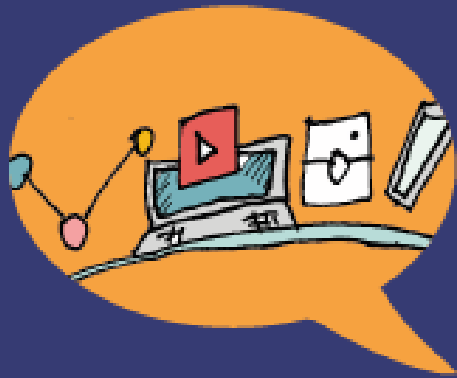
Teams



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Time to Talk Next Steps



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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.



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 \(Employment\)](#)



Welcome to
our celebration!



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We are celebrating 'Time to Talk Next Steps'
which has helped young people and their families to:



Build confidence



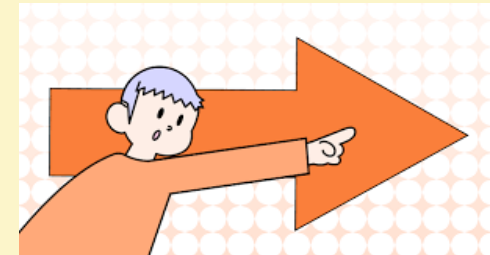
Learn new
things



Have their
voices heard



Meet others with
similar experiences



Move forward
with their life

This is one of 10 sessions run by young people, families,
staff and associates



Young people's voices – our hopes and aims



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To create space for young people to find and use their voices to:

- Express themselves and their feelings
- Explore who they are and what's important to them
- Identify their aspirations and take steps towards them
- Make changes in their own lives
- Connect with others
- Shape services and support
- Raise awareness of young people's experiences
- Teach and train others, to bring about changes in practice
- Explain and advocate for their rights

And throughout the process, to feel:

- Safe
- Supported
- Valued
- Listened to



Individual voices: Shaping 1:1 sessions



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"These are your sessions" - choice from the start

Creating an empowering, comfortable space and relationship



Information



Consent



Confidentiality



Session design



Access and
adjustments



Supporter
role

Be clear about the non-negotiables, e.g. safeguarding



Individual voices: 1:1 sessions



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How young people used their voices through 1:1s



Shared feelings
and experiences



Contributed to
plans and meetings



Reversed college
decision



Found their
creative voice



Created Personal
Profiles



Explored their
aspirations

All insights and steps were celebrated



Individual voices



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Learning

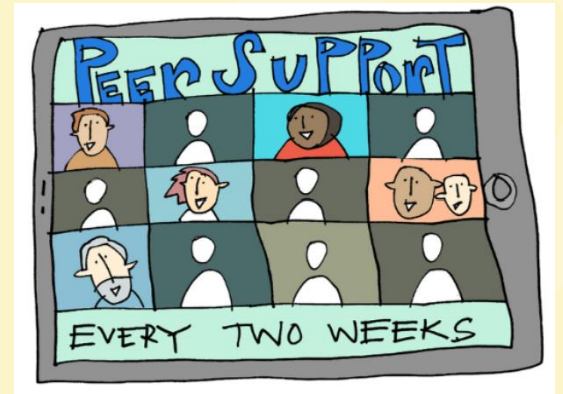
- Don't overlook the 'now' in favour of the 'future'
- Listen to everything – including silences and missed sessions
- Be honest, apologise if you need to, and take time to repair
- Help young people to find words for, and practise, tricky conversations
- Don't under-estimate the power of a cat photo
- Remind young people that they have a right to have a say and that their voice is important



Connecting with other young people



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Learning

- Create spaces for connection and sharing
- Have structured and un-structured opportunities
- Embed choice around engagement
- No pressure to share
- Make sure everyone (who wants to) is supported to contribute



Shaping how things are done



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Young People's voices shaping Time to Talk Next Steps

How did we hear young people's views?

- In-session surveys
- Post-support surveys and interviews
- Focus groups
- Informal feedback

What changed as a result of young people's feedback?

- Creativity Group returned
- Peer Support to continue
- Less focus on In-session surveys - 'too personal'
- Young people trained and employed as co-evaluators



Raising Awareness, teaching and training



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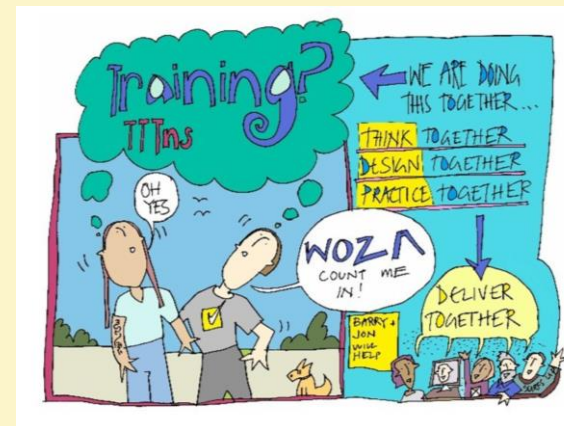
Amplifying young people's voices Training, presenting, podcasts and films



'Our World of Work' film



Podcasts



Training Squad



Understanding Human Rights



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Human Rights Act Training – online

- What are Human Rights?
- How do we speak up for our Human Rights?

A promotional graphic for a training session. At the top right is the logo for "The British Institute of Human Rights". The main title "Our human rights" is in large, bold, black font. Below it, the text reads "With young people in NDTi's Time to Talk Next Steps Programme." and "Delivered by Sanchita from the British Institute of Human Rights". At the bottom, there are social media icons for a website, Twitter (@BIHRhumanrights), Facebook (The British Institute of Human Rights), and YouTube. A blue line-art illustration of hands holding puzzle pieces is on the right side.

The British Institute of Human Rights

Our human rights

With young people in NDTi's Time to Talk Next Steps Programme.

Delivered by Sanchita from the British Institute of Human Rights

www.bihr.org.uk @BIHRhumanrights The British Institute of Human Rights



The British Institute of Human Rights

<https://www.bihr.org.uk/get-informed/what-is-the-human-rights-act#>

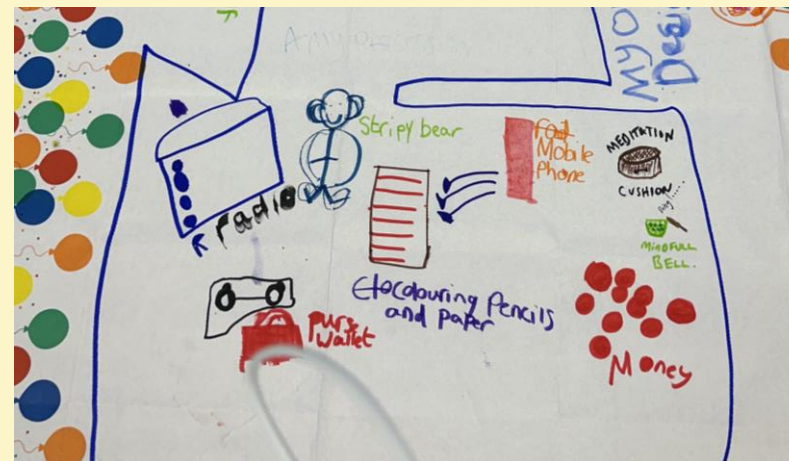
Understanding Human Rights



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Human Rights Day – in person

A chance to explore the Human Rights Act in art and fun!



Rights and Voices discussion sessions

Rights and Voices discussion sessions

- Young people shared their experiences and stories around rights and voice
- We looked at how others have used words and pictures to share important messages about rights and voice



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Time to Express



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Creativity Group became 'Time to Express'

- Right to the peaceful enjoyment of possessions



Understanding Human Rights



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Learning

- Embed work on rights throughout your work
- Practical or creative activities help with understanding complicated concepts
- Use real life examples to explain concepts
- Prepare young people for the possibility of hearing or remembering upsetting memories or issues
- Provide support during and after sessions



Learning



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Learning from Time to Talk Next Steps

- Have as many different opportunities as possible
- All contributions valuable and valued; music, art, quotes
- Sharing safely and carefully
- Clear information and consent gained
- Young people's pace
- Respect and look after young people's stories; they are still theirs



Young People's Voices and Messages



Young People's Voices and Messages



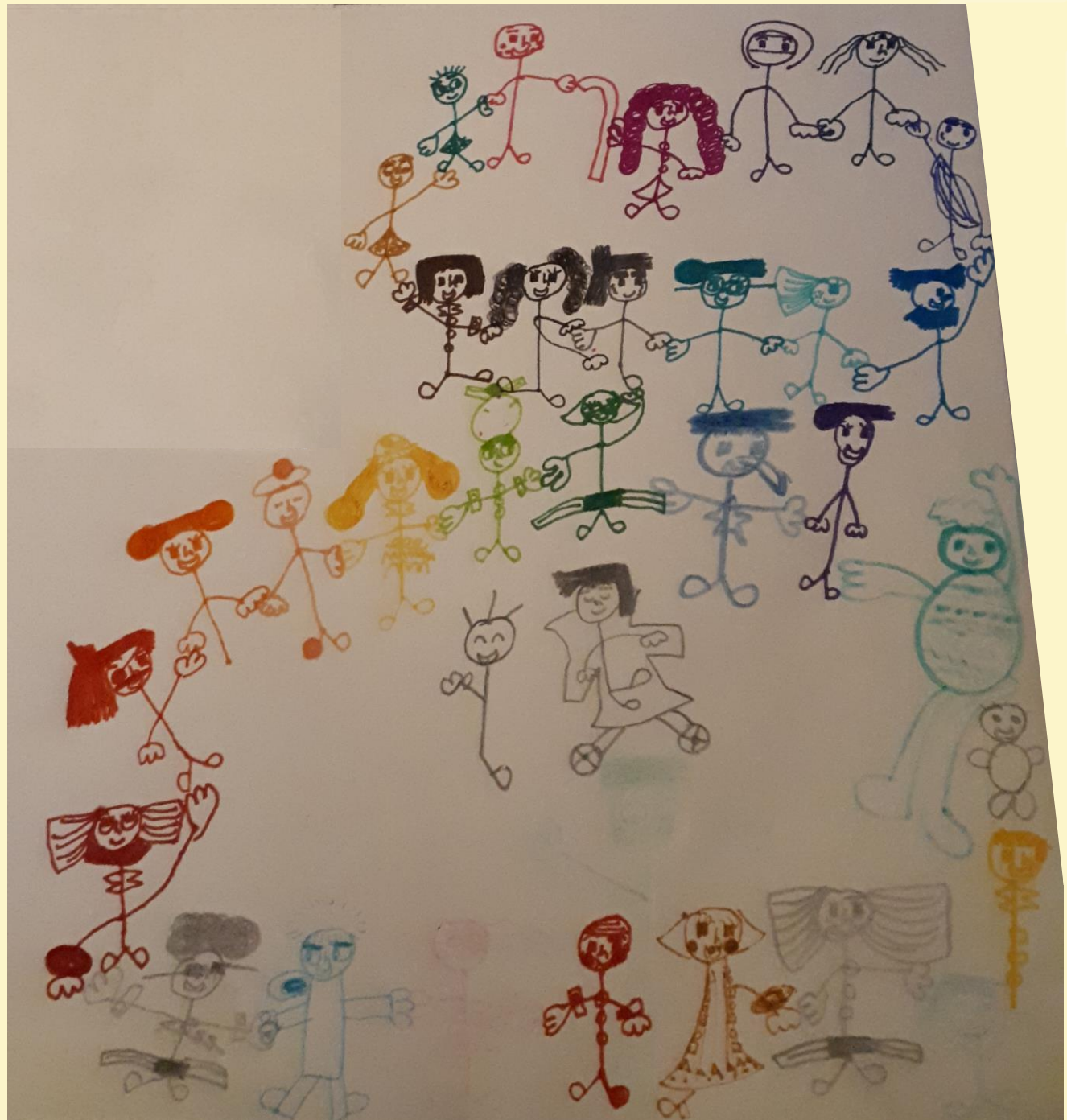
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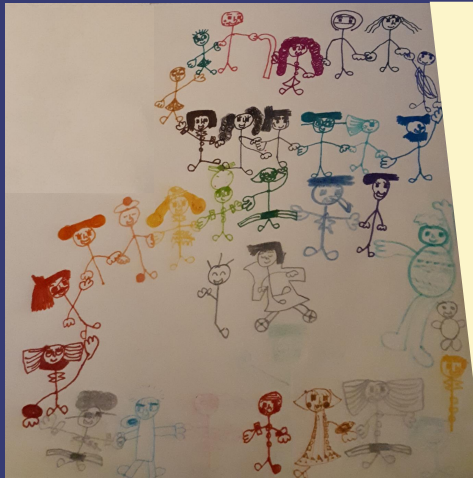
Joe



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Joe



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Although I cannot remember why I initially drew the picture a couple of years ago, I found a connection between my drawing and the NDTi Human Rights Training.

I feel all life is important to me.

Like my picture, here are some words which appeared in my mind, that are connected to the NDTi Human Rights training.

These are:

Together

Different

Listening

Rights

All



Fight for your Rights!



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Fight for your rights



Emma: My life with CP



My name is Emma.

I have a condition that can be difficult for me because of the challenges I face on a daily basis, but it doesn't stop me from living life.

I was diagnosed at the age of one and the doctor told my parents that I was never going to walk or talk.

But at age five I learned how to walk, and at two I think I learned how to talk. And now I can't shut up.



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Emma: My life with CP



The reason why I'm telling you this is not because I want your pity or your sympathy.

I want to empower you to take a minute and think about what it was like for me and my family to not really get the support that we needed.



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Emma: My life with CP



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I want to say that Time to Talk Next Steps has helped me to get my voice heard and understand that even though I have a condition, that doesn't mean I can't do stuff like you can.

It just means that I may need adjustments or help every now and again.

I want to be seen and given the same opportunity as everyone else.

So, if you are thinking of how to accommodate for disabled people, please just know we want to be treated as equals.

(Thank you for listening.)



Emma: My Voice



I have been using my voice to raise awareness.

I made a series of videos for Cerebral Palsy Week, in March 2023.

I would like to continue raising awareness in the future



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Harshi



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About Me



My name is Harshi, and I am 20 years old.

I go to college, and I learn Maths, English and Life Skills.

We learn about how to buy things, how to use the computer and also how to set up plates and cutlery if we had a job in the restaurant.

In the future I would like to have a paid job. I want to work with young children or be on YouTube videos or TV.



Harshi



My likes and dislikes

I am meant to tell you about things that I like and things that I don't like, but I like everything!

For example, I like cooking, drawing, Bollywood dancing and yoga. I even went on a creative yoga retreat two weeks back.



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Harshi



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How to include me

I find it difficult to listen to and understand long conversations when people are talking to each other. I also struggle to talk about my feelings.

Other people can support me by talking slowly to me and being patient with me. If I don't understand something they should repeat things and instructions for me.

I can be included to make decisions by discussing things with me. People explained to me what decisions mean even when I say I don't know or when I shrug my shoulders.



Harshi

How I've been involved with Time to Talk

With Time to Talk I have had 1-1 support and been to residential trips. I love the residential trips.



Everything has been good about Time to Talk Next Steps.

I learnt what steps I take to be independent and made friends on my residential trips.



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Harshi



How I've been involved with Time to Talk

I learnt how to make choices with Time to Talk. Time to Talk Next Steps gave me opportunity to be in meetings so I could share my views even though I have learning disability.



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This made me feel good. Even for this week's celebration week they gave me a chance to speak.



Harshi



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About having a voice

I have done lots of videos for different people like cooking videos for Down Syndrome Association or Annual Health Check video for NHS, or Mental Health Video for my council.



People like it because I'm always smiling and talking a lot to them and because I'm cheeky.



Harshi



About having a voice

I think it is very important for people to listen to young people and involve them in making decisions.

It is good to even include young people who can't speak at all or who can't speak clearly or who have a learning disability like myself, and so need support to make decisions.

Now we are going to watch one of my videos. Enjoy!



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Harshi's video



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[#BeVisible ~ Every Strand Tells a Story: Harshi \(youtube.com\)](#)



Top Tips and Important Messages!



Top Tips and Important Messages!



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Young People's Voices and Rights



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Important Messages

- Make sure young people have the information they need in the way they need it
- Embed voice and rights work from the start and throughout
- Value all contributions, however they are expressed
- Create opportunities for practising "no"
- Look after young people's messages safely and carefully
- Treat young people's contributions with respect and gratitude
- Make time, create space and be flexible



T



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"The young disabled voice should be listened to and considered in general in terms of EHCP plans, and all human rights.

The voice of young people and disabled people should be just as valid as the average neurotypical person. Young people need to feel listened to.

Professionals need to communicate more with young people and ask about their feelings and needs.

Rather than speaking through parents or carers or others, professionals should make themselves accessible to young people and make adjustments as per the person's needs."



Emma



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Harshi



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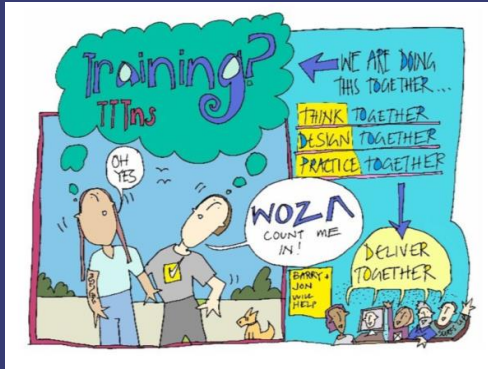
Include and listen to all young people

Don't assume that we do not understand because we can't speak or hear or see

Talk to us directly instead of our parents or carers



Training Squad



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Start with values

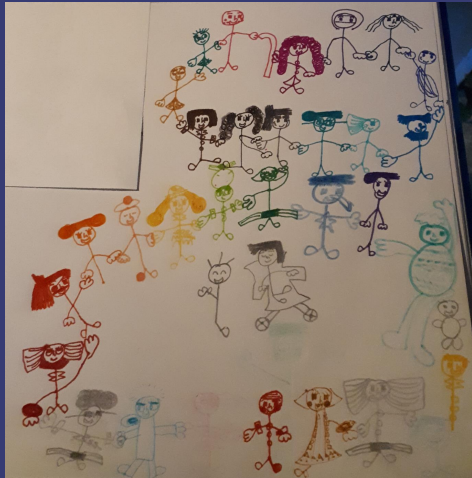
See us as young people first

Listen to help us make choices

Be curious, to understand



Joe



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Together

Different

Listening

Rights

All



Young People's Videos



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Harshi

[How are you? Enfield Mental Health Awareness \(youtube.com\)](#)

[Harshi's Cooking Club | DSEngage \(youtube.com\)](#)

[Harshi's learning disability annual health check and health action plan \(youtube.com\)](#)

[#BeVisible ~ Every Strand Tells a Story: Harshi \(youtube.com\)](#)



Emma

[Emma explains Cerebral Palsy](#)

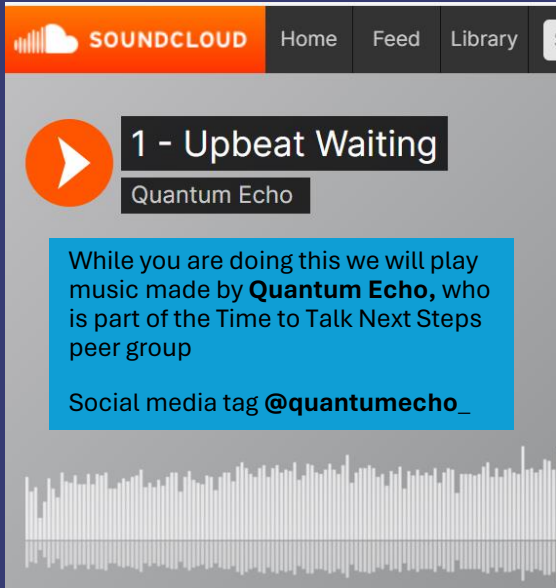
[Don't Judge People with Cerebral Palsy](#)

[Making Friends with Cerebral Palsy](#)

[Cerebral Palsy at School](#)



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.

