



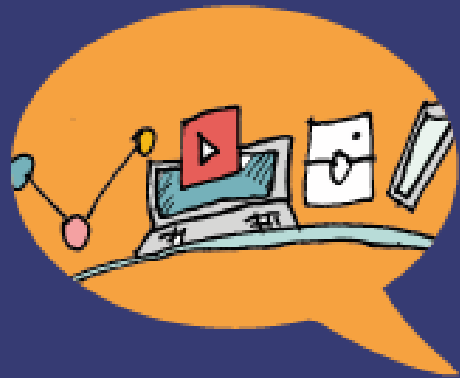
# PEER SUPPORT

and what it means to us

● By Ruth, Emma, Ikra, Robert, Harshi, Arnold, Emily ●

# Time to Talk Next Steps Online Celebration

## #TtTNSCelebration



Time to Talk Next steps  
Celebration  
[www.ndti.org.uk](http://www.ndti.org.uk)

The session will be 1 hour and 15 minutes long.

Organised and run by young people from peer support group.

We want this session to be informal and interactive.

Young people will:

- Introduce themselves
- Share information about the group and why it matters
- Answer questions or comments you may have

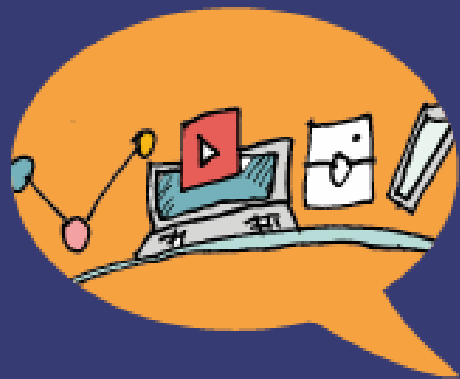
*If we don't have time to answer your questions we will come back to you after the session with the answers.*

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This session WILL NOT be recorded or shared with the public

**Please feel free to join in and share your ideas and thoughts – you can use your voice or use the chat.**





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

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

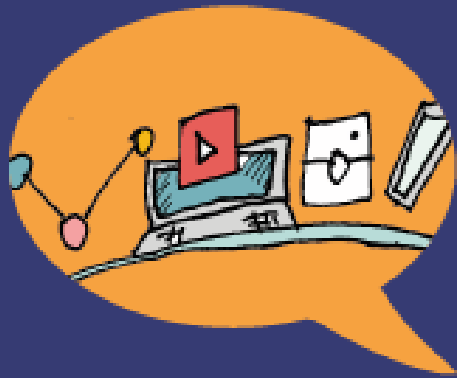
**Zoom**



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# Time to Talk Next Steps



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**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](http://www.contact.org.uk))



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

Young people, family/carers staff and associates are running online sessions this week to celebrate, share learning and give examples of how Time to Talk Next Steps has enabled young people and their family/carers to

- Build confidence and learn new things
- Have their voices heard
- Meet other people facing similar challenges
- Move forward in their lives



# National Development Team for Inclusion (NDTi)



[www.ndti.org.uk](http://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 \(Employment\)](#)





**QUESTIONS FOR**

**HARSHI**

● How has **Time to Talk Next Steps** helped you make new friends?

● How has it helped you have new experiences?

● What is your favourite moments from **Time to Talk Next Steps**?



# WHO HAS CONTRIBUTED

Not everyone likes to talk or be on screen.

This has been a group effort with people not in this meeting helping



Welcome to  
our celebration!



Time to Talk Next Steps  
Celebration  
[www.ndti.org.uk](http://www.ndti.org.uk)

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







**MOOD**

**BOARDS**

Mood Boards are ad way to ask how people are feeling without the pressure of going into detail

We read them out and describe the images at the start of each session









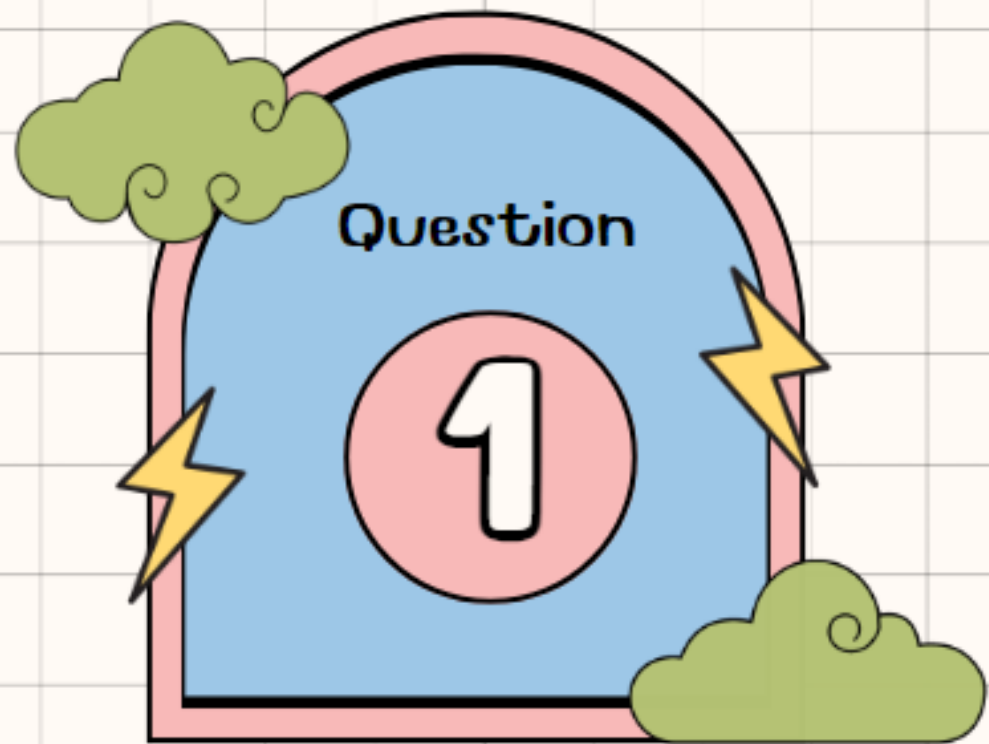
# HOW PEER



# SUPPORT CAME ABOUT

- When Time to Talk Next Steps first started there was only mentoring as an option

- Lots of people said they wanted the opportunity to connect to others who were going through similar situations



*Am*  
**WHAT MOMENT**

**STOOD OUT TO YOU**

The random conversations like talking about frogs for an hour

Being able to meet others in person

Legoland

Welcoming environment

Chill and chat sessions were my favourite



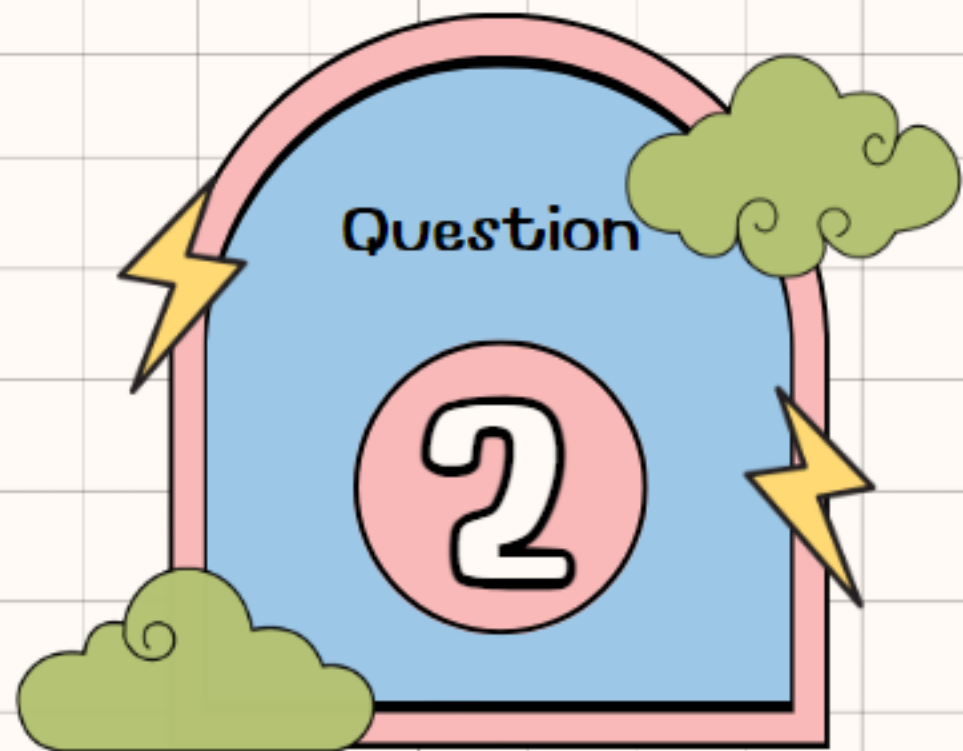
# WHAT WAS THE BENEFIT OF PEER SUPPORT

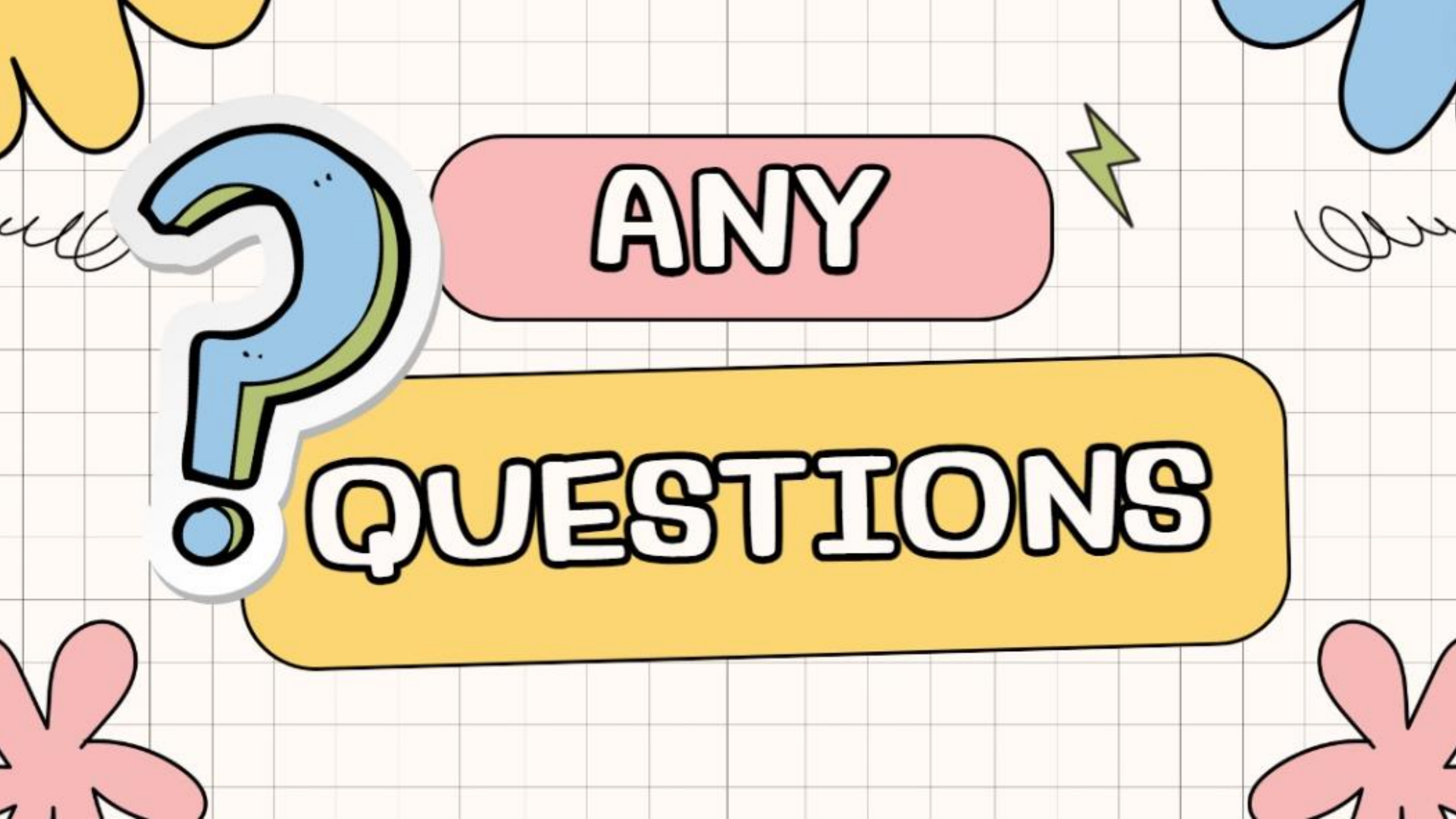
Getting my voice heard

Opportunity to interact with more people

Meeting others like me

Validating and relatable

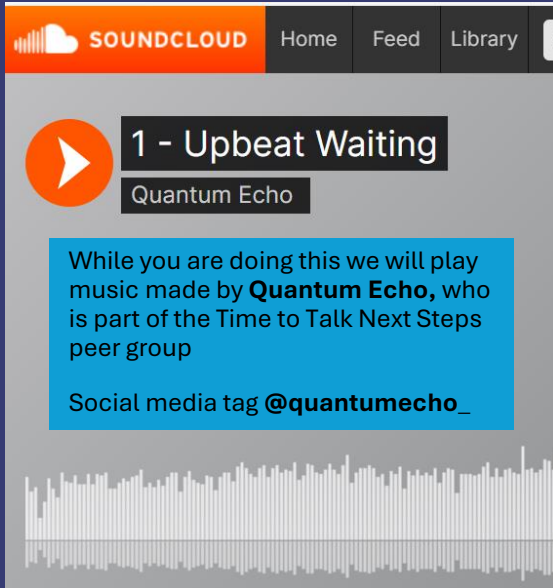




ANY

QUESTIONS

## Feedback Form



Time to Talk Next steps  
Celebration  
[www.ndti.org.uk](http://www.ndti.org.uk)



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.

