

Time to Talk Next Steps Online Celebration

#TtTNSCelebration



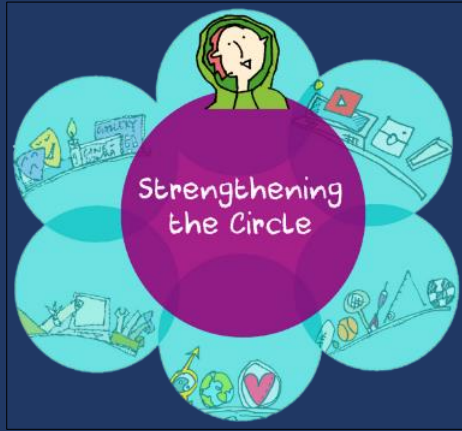
WELCOME

Working from Strengths: Staffing, Management and Communication for all

Alice Mccoll, Project Lead, NDTi
Jackie Claxton Ruddock, NDTi associate
Emma, Robert, Ikra



Welcome – as people arrive we will start with a mood board: what's your name and which ball are you today?



1



2



3



4



5



6



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Recording



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The session will be 1.5 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.

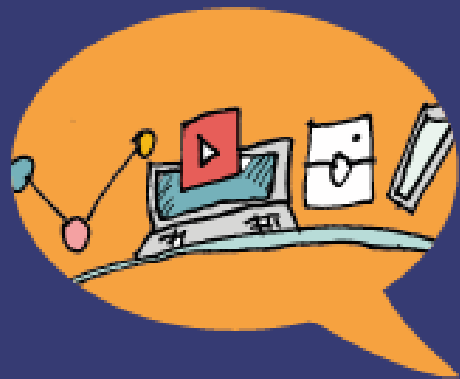
Just the presentations will be recorded.

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



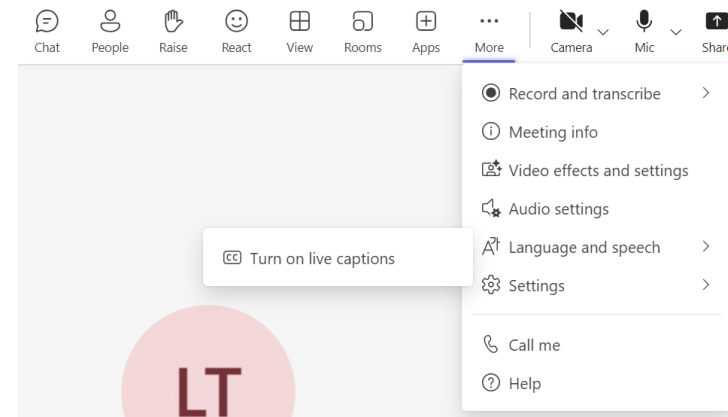
You can keep your camera on, or have it turned off – we'd love it if you can give us a wave 😊



Please keep your microphone on mute while people are presenting

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

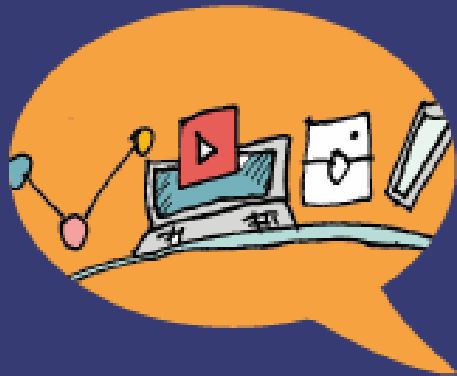
Teams



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Time to Talk Next Steps



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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.

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

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



In this session we will

- Describe Time to Talk Next Steps and the different support available.
- Hear about parent/carer support in the project
- Alice will share information on setting up and managing the project
- Emma will share her experience of the support
- Ikra will share her strengths
- Jackie will share top tips for effective personalized support



Our plans –
would you like to
be involved?



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Partners Make Time to Talk

We are looking for a range of partners of different sizes to provide training, support and mentoring to set up, deliver and sustain similar provision from 2024

Preparing this talk has been a useful way to think through the important steps to running Time to Talk Next Steps.

Your questions and comments will help us with this.

If you'd like work with us please let us know when you fill in the feedback form at the end of this session.

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



What is Time to Talk Next Steps? 2021-2024



VOICE



**Emotional
resilience**



- Time to Talk Next Steps (3 years) built on evidence of need and the evaluation of Time to Talk (6 months) funded by the National Lottery COVID-19
- A team of staff and associates at NDTi provided strength-based, practical and personalised support for 16-25 year olds with additional needs to
 - build emotional wellbeing, resilience and confidence
 - have their voices heard
 - reduce isolation and build hope – connecting with peers
 - develop aspirations, motivation, and plans
- Most support is provided online – zoom, text, chat
- Young people asked for more in person meets ups as the programme progressed



Examples of requests for support

I need support finding my path, next steps, I am doing really bad at school, I haven't got any ideas where I am going. I have learning difficulties and maybe Autism (*age 17*)

I am autistic. I need help to move forward with my life. I am not in education or employment. I am very isolated. I need someone who can help me get more positive. (*age 22*)

I am lost, T is lost, we both need help to help T, his mental health has declined, his work placement was terminated via college as he couldn't cope. Totally reclusive. did not cope with COVID changes

my grand daughter had one-to-one during college and now that education is finished she is doing nothing and becoming more and more depressed (grandmother)



Different levels of engagement for young peoples



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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



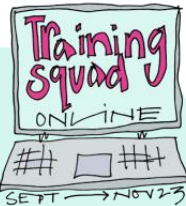
One-to-One Online Sessions with a Supporter to discuss future plans

Being connected with useful contacts & networks in your area

Responding to 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



The Training Squad



Young people 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**



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

Young people want to do more of this work. They are running a session about the Training Squad today at 4.30



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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* following 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

Requests for support from across England

 Time to Talk Next Steps 

Project Consent Form Questions

	1. Your full name
	2. I want to take part in online sessions as part of Time to Talk Next Steps.
	3. I understand that Time to Talk Next Steps is for me to talk about myself and what matters to me. I will stick to plans to meet with my Supporter. If I cannot make a session, I will let them know as soon as possible.

Total number of requests 2021-2024 266

Total submitted by young people: 61

Total submitted on behalf of young people: 205



No diagnosis or label needed – we avoided “service” language

Allocation process and 6 wk response

Young people encouraged to request support

Key role of parents and family members (partnership work with Contact)

Sharing tools, mentoring and training with practitioners



Principles

A shared vision

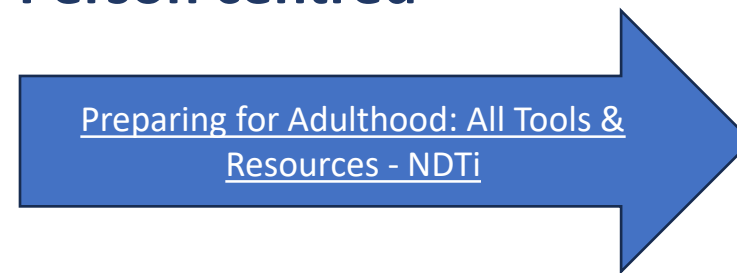
Swift and practical support

Raising aspirations

Strength based and solution forced

Team open to learning

Person centred



Listening and being authentic

Preparing for Adulthood: All Tools & Resources

The grid contains eight resource cards, each with a title, a brief description, and a small illustration of a person. The cards are:

- 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.
- Employment Resources**: Employment resources created as part of the delivery of the Preparing for Adulthood programme and other NDTi projects.
- Independent Living**: Independent living and housing resources created as part of the delivery of the Preparing for Adulthood programme and other NDTi projects.
- 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.
- Education, Health & Care Planning**: Education, health and care planning resources created as part of the delivery of the Preparing for Adulthood programme and other NDTi projects.
- 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.
- Event Resources**: Event resources created as part of the delivery of the Preparing for Adulthood programme and other NDTi projects.
- Case Studies & Stories**: Case studies and stories shared as part of the delivery of the Preparing for Adulthood programme and other NDTi projects.



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<https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources>



Principles

Humour and FUN!!!



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Aspirations



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Aspirations (short video) – <https://youtu.be/wThe3HWXBmw>

Whole video- <https://youtu.be/CtRfQ5CtSfQ>



Drawing on staff strengths

Variety of skills and experience in the team



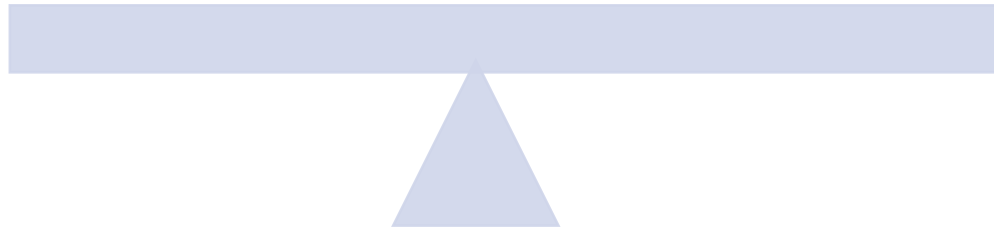


Finding the balance



A safe and professional framework to work within

Flexibility, style and pace to suits each individual



Time to Talk Next Steps

Safeguarding Statement



The National Development for Inclusion (known as NDI) believes that adults, child young people should never experience abuse of any kind.

We have a responsibility to protect the welfare of all children and young people on our programme to keep them safe and to work in a way that protects them.

This document explains how we safeguard young people (aged 16-25 years) who take part in the Time to Talk Next Steps programme.

It applies to anyone working for or on behalf of NDTi, including all staff, the board, volunteers, associates, agency staff, and students.



How will NDTi ensure my personal information is safe?

Your personal information is stored electronically on NDTi's internal ICT systems. NDTi's systems meet requirements of a government backed security scheme and the General Data Protection Regulations (GDPR).

Sharing personal information

Your personal information will only be shared with NDTi staff and associates working to deliver Time to Talk Next Steps.

Everything you tell us in your support sessions will be kept confidential within the Time to Talk Next Steps staff team (unless there is a safeguarding issue).

We may include things you say in our quotes, but we will not use your other information that will identify you.

If you ask to be put in touch with other activities or services not run by NDTi we will help but they must first get your consent to share your contact details.



Time to Talk Next Steps Support for Parents & Carers

Working in Partnership to Support Young People & Their Families

Time to Talk Next Steps provides free support for young people aged 16-25 years in England with additional needs. In partnership with the National Development Team for Inclusion (NDTi), Contact are providing support, information and workshops for parents and carers to help with the transition to adulthood.

Time to Talk Next Steps - In session survey

The questions in this survey should be filled in with your supporter at the beginning of your first session and again at the end of your last session of Time to Talk Next Steps support.

Time to Talk Next Steps Sessions

20. How would you rank your anxiety about the future? *

1 2 3 4 5 6

Low - I am not feeling anxious at all

21. Do you have someone who helps you plan your next steps (for future employment)? *

Yes No

22. How would you describe your future plans? *

I have made no plans for the future I have made some plans for the future I have made lots of plans for the future

23. What will the next six months be like for you getting out and about? *



Time to Talk Next Steps



Project Consent Form Questions

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Learning from Evaluation

Key Learning Report



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What is needed to make TtTNS work

Right funding

Coproduction

Time

Relationships

Skills, knowledge and abilities

Enabling progression



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



Ikra



- I requested support from Time to Talk Next Steps when my mental health was at a low point

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

With this programme it was easier because

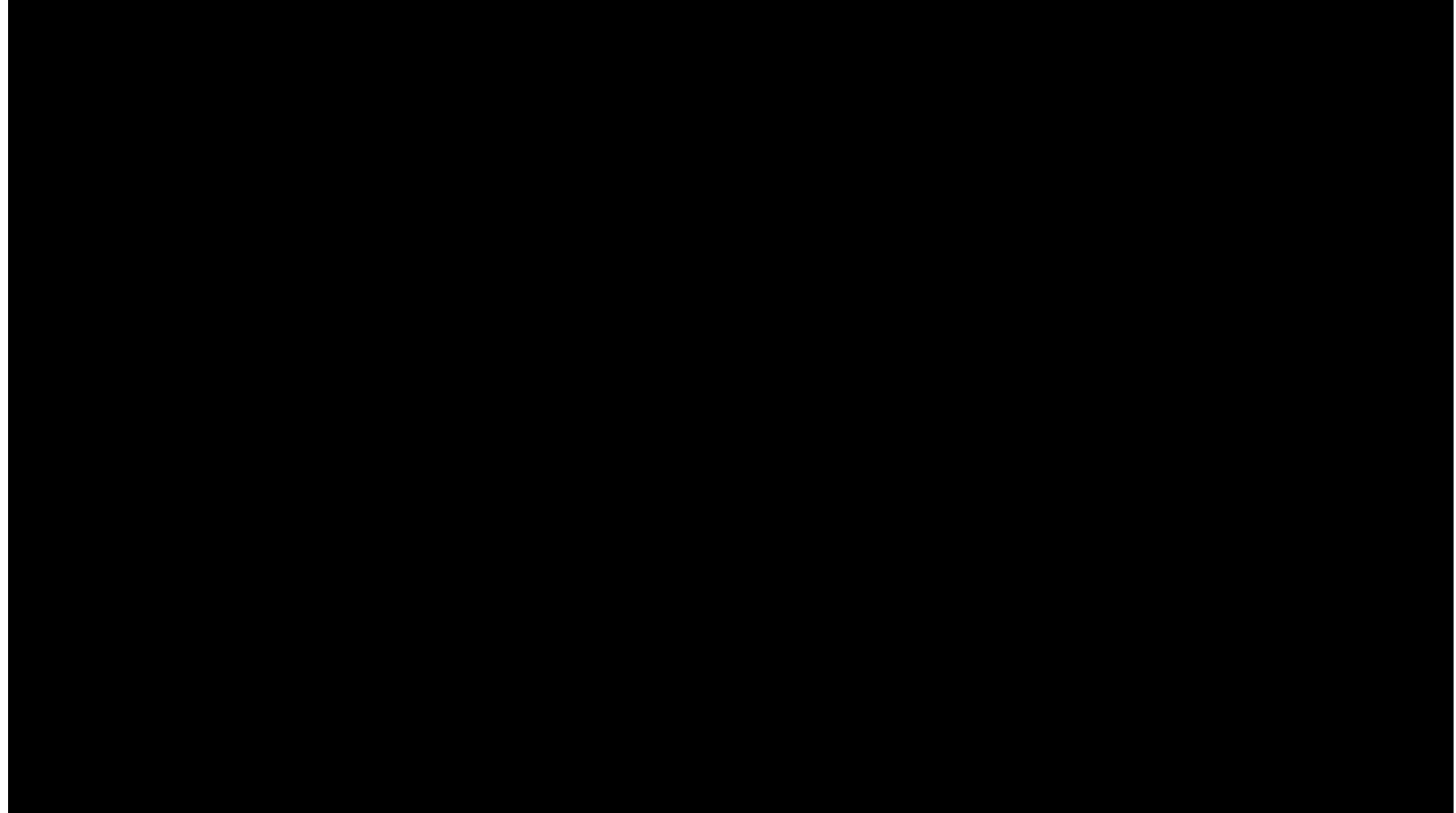
- there weren't any labels I had to use to get support
- I could refer myself
- my sessions were led by me

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An important message from Ikra

I made this short video to show my strengths and to say what I think is important (its quite quiet but there are subtitles)



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Jackie's top tips for effective support



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Skills and Experience

- sensitivity and understanding
- patience and the ability to remain calm in stressful situations
- to enjoy working with other people
- to be flexible and open to change
- excellent verbal communication skills
- the ability to understand people's reactions
- communicate creatively with young people
- empower young people to express their views, needs and opinions



Top tips for effective support



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Impact

Celebrate everything the young person has achieved, knowing that the process is often more important than the outcome is great for their onwards confidence

Examples:

- Public Speaking & Presenting
- Trying new skills (driving lessons, securing interviews and jobs)
- Following your dreams having become more confident
- Independent travel



Top tips for effective support



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Safeguarding in practice

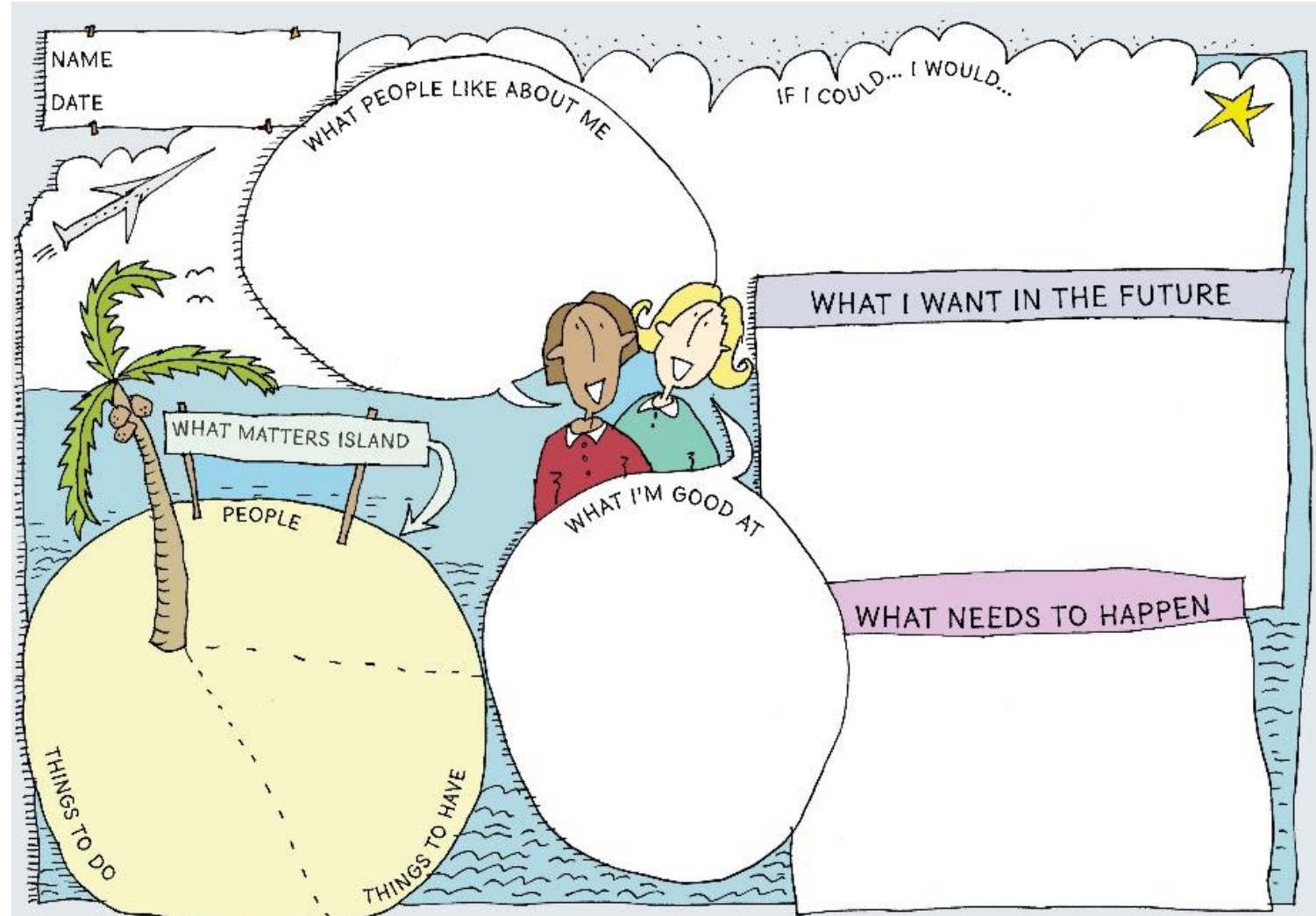
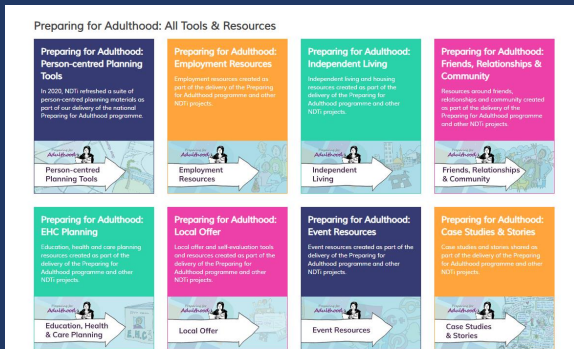
- Introduction with parent carer or professional and young person where possible
- You need to know information about the young person before starting sessions with them
- Outline the aims and clarify how the sessions will work
- Ensure safeguarding is outlined to parent/carer and young person
- Consent form talked through with young person and parent/carer at introduction e.g. Important to note they can stop sessions at anytime



Top tips for effective support

Choose the right tools and resources

e.g. Person Centred conversations – What Matters Island



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Top tips for effective support



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Practicalities

- Manage time slots for each young person
- Arrive prepared for each session
- Think about what tools you may use and have these ready
- Summary email of goals and session or use relevant method
- Keep good communication
- Endings are important
- Keep spreadsheets and other documents in appropriate files
- Only keep necessary records adhering to GDPR



Questions



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Final message from Emma



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Young people who helped us to design and deliver Time to Talk Next Steps and who have spoken at our online Celebration



Courtney



Tanzie



Ruth



Emily



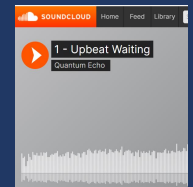
Robert



Arnold



Ikra



Eric



Joe



Emma



Harshi



Eve





[Emma explains Cerebral Palsy](#)

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

[Making Friends with Cerebral Palsy](#)

[Cerebral Palsy at School](#)



[What matters to Tanzie](#)



[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 \(youtube.com\)](#)



[Ruths Top Tips for brilliant meetings with young people](#)

[Podcast Taking Inclusion ep 19 Coproduction of Evaluation](#)

Experiences of paid employment - <https://youtu.be/v7TfWwJQW4g>

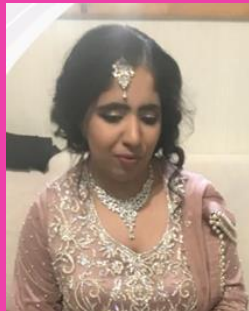
Hopes for the future - <https://youtu.be/wTHe3HWXBmw>

Key messages for employers - <https://youtu.be/tjwfrSRioeE>

Low employment statistics - <https://youtu.be/FAkvHZyd5b8>

What helps in employment - https://youtu.be/_GxsFnxhdSU

What's been challenging - https://youtu.be/r8tR_gF3OT4



Thank you to our funders and to all staff, associates and volunteers



Thomas
Henley



Grace
Over



Jon
Ralphs



Avril
Mendel



Jackie
Claxton
Ruddock



Barry
Jones



Alice
McColl



Bill Love



Andrea
Halden



Lucy
Tsuchida



Linda
Jordan



Niyoti
Hosali



Julie
Pointer



Lauren
Blood



Vicky
Mason-
Angelow



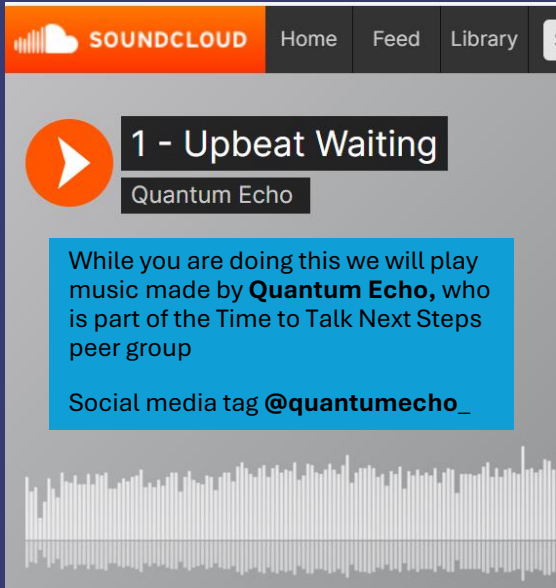
Dave
Hansen



Rebecca
Ryan



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.

