

# Time to Talk Next Steps

## Easy Read Evaluation Report



The National Lottery Community Fund funded a 3-year project called **Time to Talk Next Steps**.



**Time to Talk Next Steps** provided free support to young people aged 16 to 25 with additional needs and their families in England.

The support was based on Human Rights.

The project ran from 2021 to 2024.



The project was delivered by

- the National Development Team for Inclusion (NDTi), **and**
- Contact – a charity for families of disabled children.



The main aims of **Time to Talk Next Steps** were to

- Reduce anxiety
- Increase confidence
- Make sure people know their rights
- Give professionals tools for working with young people.



The Research and Evaluation Team at NDTi did the evaluation of **Time to Talk Next Steps**.



This means we wanted to find out how well **Time to Talk Next Steps** was able to meet its aims.

## What did we do?



We heard from lots of different people involved in **Time to Talk Next Steps** during the 3 years of the project.



Young people and their families told us about the support they got from the project.



Professionals also told us about the training they got from the project.



We heard from people in

- One-to-one conversations
- Focus groups
- Surveys
- Emails.

## What did we find out?



Almost everyone involved with **Time to Talk Next Steps** thought the programme was good.



Young people and their families felt more confident because of the support they got from the project.



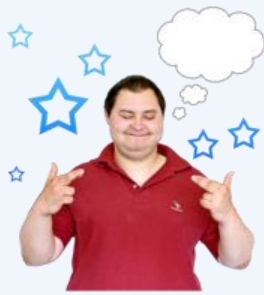
Young people and their families also said they felt less anxious as a result of the support they received.



Young people and their families said they were more aware of their Rights and how to make sure they were respected by others.



Young people and their families reported having more social connections and friendships as a result of **Time to Talk Next Steps.**



Family members also said they had bigger goals for the young person's future because of the support from the project.



Professionals told us they felt more confident and able to support young people with additional needs because of the **Time to Talk Next Steps.**

## Recommendations



We think there should be more support like **Time to Talk Next Steps** for young people and their families in England

- NDTi should help manage this support
- Support should be available for those younger than 16 and over 25.



NDTi should carry on working with young people

- Providing space for the Peer Support Group
- Developing Human Rights based training for professionals.





Support and information for families should continue to be available online.

Space for family members to make friends should be part of this support.



The findings from **Time to Talk Next Steps** should be shared with lots of people.

This should help schools and politicians to support young people with additional needs and their families better.



The findings from **Time to Talk Next Steps** should be used by NDTi to develop new work.

## What next?



We are still working on sharing information about this project. You can find out more about this [here](#).



NDTi are hoping to get some funding for a new project to help more people get support like that in **Time to Talk Next Steps**.

This project is called **Partners Make Time to Talk**. More information about this new project can be found [here](#).

