



Time to Talk Next Steps



Frequently Asked Questions

We know that for many young people the COVID-19 pandemic and getting back on track is difficult. It can make you feel lonely and like you have lost direction. This document is to answer any questions you might have about **Time to Talk Next Steps**. Please make sure you have read the information on our website [here](#) too.

What is Time to Talk Next Steps?

Time to Talk Next Steps is a project run by the [National Development Team for Inclusion](#). It is for young people (aged 16-25 years old) with additional needs who live in England and who would benefit from time to talk with someone from outside their family or with other young people with similar issues to help build confidence and feel connected. After meeting you online for an introduction we can either link you with other young people or we may provide dedicated time to talk with one of our trained staff (all support is virtual).

Our aim is to help you build your confidence and develop ideas for your future. We will help you think about how the things you like doing and the things you are good at can help to shape your future.

How much does it cost to take part?

Time to Talk Next Steps is free for participants as it is funded by The National Lottery Community Fund!

How do I sign up?

The first thing you need to do is fill in an online Request for Support form [here](#) (if someone would like to apply on your behalf, there is a different form for them to fill out [here](#)). Then we will let you know if we can offer you support; if we can, we will ring or email you to set up a time for talk with a member of our team for an introduction. You can decide after this if you want to be linked to our peer support or have time with a staff Supporter to talk more.

Will it help my mental health?

Yes, our aim is to help you feel good about yourself and gain confidence. We believe good mental wellbeing is essential for being able to have ideas about your future.

What happens the first time we meet?

If you go onto have individual support from one of our staff, the first session can be 30 minutes to 1 hour long, depending on what you want. We suggest that you invite your parent or carer to take part in this session, if you wish. We will tell you about our work and the **Time to Talk Next Steps** project and we will listen carefully to you to understand what you like and how you can use the project to move forward and make connections and plans. At the end of our first chat, we will help you to decide on the best way to use the project – this might be by linking with peers and hearing more about young people’s rights and common issues faced by young people with additional needs, or having one to one time with a Supporter to develop your confidence, think about your next steps and plan for your return to education or work placement.

What if I don’t like talking?

Most people may feel a bit shy to start with but meeting the same person each time should help you to relax and talk more. The project is run online, so if you use different communication methods, please let us know how we can adapt our sessions to include you. You may need a helper in sessions or prefer to communicate using pictures and symbols.

Do I have to sit down to do the sessions?

No, if you prefer to walk around while you are talking to us that is fine - as long as we can hear you and you can hear us.

What if I forget what I’ve said?

We will make notes and we are happy to share these with you after each session. These notes are confidential and will be a reminder of what we have talked about and the ideas for next steps we have discussed.

Do I have to do homework?

There is no work to prepare for the sessions. Some people like to do research or activity sheets before a session as it helps them think about things and decide what they want to talk about. It is up to you if you prepare for the sessions.

Can my mum, dad or my carer join with me?

All parents and carers are invited to join the introductory session. We hope, as you get to know us, that you will feel able to meet us alone (or with an assistant if you prefer) as this can help build your independence. We have useful contacts we can share with them. We are delivering the project in partnership with [Contact](#), who work to provide support and information to parents and carers.

Does it matter when I take part in Time to Talk Next Steps?

We can start any time from September 2021. If you have a place in education, school or college, you can take part in the project either before or after you have started back.

How are online sessions run?

We aim to meet you online and once we have agreed the best day and time to meet we will send you a link for Microsoft Teams or Zoom with instructions. If you prefer we can talk to you on the phone, if you do not have an iPad or laptop at home. If you have one to one support with one of our staff you will have about four sessions online. Each session will be with the same member of staff at a time to suits you and can be up to an hour long. We will not record the sessions, but we will make notes and we are happy to share these with you (we will not be sharing them with anyone else and will always ask your permission if we think we want to use anonymous information from our work with you to help our evaluation of the project).

Is Time to Talk Next Steps linked to school or college or social workers?

No, NDTi is an independent, not-for-profit organisation and we work across England and Scotland. Some of us have done youth work, community work, and worked in local authorities in the past. As an organisation, all our work is to champion inclusion for everyone. In our work for young people and their families we often work with schools, colleges, training providers, and employers to make sure there are courses and jobs for young people with the support that they need. If you think it would help you to get where you want to in future, we can talk to your school or college or social worker. This would only be with your permission and would be to make sure the thinking you do with us is used to make your return to school or college successful.

Who will I talk to?

You will be allocated one of our team to talk to each time you have an introductory session. After this you either be linked to peer support, useful contacts in your local area or a Time to Talk Next Steps Supporter. We are small team of trained staff who believe that all young people have the right to a good life and to make exciting plans for the future. We have worked with people with lots of different needs. We will always try to adapt how we work to make sure that your ideas are heard and to help you become independent.

Can I take part in Time to Talk Next Steps if I am not at school or college?

Yes, we are particularly keen to help young people with additional needs who are not in education or training. If you have nowhere to go this project can help you to talk about your feelings, what you are good at, what you want in the future, and how to make plans.

Contact Us

If you have more questions or would like to discuss **Time to Talk Next Steps** in more detail, please contact Alice McColl, Project Lead for Time to Talk Next Steps at alice.mccoll@ndti.org.uk or leave a message with the NDTi office on 01225 255 268 and we'll arrange for someone to call you back.