

# Frequently Asked Questions

This document is to answer any questions you might have about [Time to Talk Next Steps](#).

## 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 14-25 years old) with additional needs who would benefit from time to talk with someone from outside their family.

## How can Time to Talk Next Steps be useful to me?

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.

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

The support you will receive from Time to Talk Next Steps will not affect any other support you get from education, social care, or health services. If you decide to stop taking part in Time to Talk Next Steps, your support from any other services will not be affected.

## How much does it cost to take part?

Time to Talk Next Steps is free for participants as it is funded by The Scottish Government.

## How do I sign up?

The first thing you need to do is fill in an online Request for Support form [here](#).

We will email or ring you to let you know if we can offer you support. If we can support you we will ring or email you to set up a time to talk with a member of our team for an introduction.

You can decide after this if you want to be linked with a staff Supporter for 1:1 sessions.

## How much time does it take?

You can have up to 10 1:1 sessions with a Time to Talk Next Steps supporter. Each session can be up to 45 minutes long. It can be shorter – it's up to you.

## 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?

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. You can invite your parents or carer or a person you trust to take part in this session if you wish.

## What if I don't like talking?

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. Most people may feel a bit shy to start with. You can use the chat or text, and you do not have to have your camera on. Meeting your Supporter each time should help you to relax.

## Can you help me find other activities or services?

Yes, your Time to Talk Next Steps Supporters job is to help you. If this means helping you to find and connect with new activities or services then you can ask them to help you with this. If you ask your supporter to put you in touch with other activities or services, they will check what information you are happy for them to share before contacting them.

## 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?

No. There is no work to prepare for your sessions unless you want to.

Some people 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.

## How can I use this support ?

The support we provide needs to suit you. Each person can use it in a different way to suit their needs.

Below are some examples of how people have used time with their supporter

- ✓ **To play games and practice talking with someone new** - Fatima got used to letting her mum communicate for her. She wanted to talk to people her own age. She practiced this with her Supporter, and they found a youth group online. Fatima joined

for the first time with her supporter alongside her. After 2 sessions she joined on her own.

- ✓ **To set goals to help build independence** - Mike had not been out for 2 years. He had put on a lot of weight, and he wanted to get fitter. He asked his supporter to help him set some goals and keep to them. His big goal was getting out of the front door once a day and walking to the local shop.
- ✓ **To get a job** – Alf loved films. He wanted to earn money. He used his support to build up his CV and find out about contacts for internship in his area. He got work experience at the local cinema.
- ✓ **To feel happier** – Denzel felt lonely and very low since leaving school. He didn't like using his voice. He had been bullied, and he didn't have any ideas about what to do next. It took him a long time to build up trust in his Supporter. He expressed himself using drawing and signing. Being listened to and more understood helped him to feel happier and not so lonely.

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

Parents, carers or a trusted adult can be invited to join the introductory session and every session if this is what you want. As you get to know us, we hope you will be able to meet us alone as this can help build your independence. But this is up to you. We know everyone is different. We can support parent/carers too.

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

We can start your support from June 2025 and support in Scotland is available until March 2026. As your support can be for up to 3 months we recommend you make a [request for support](#) as soon as possible (and before January 2026 to get the full support available).

### 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.

### Are sessions recorded?

No. We will not record the sessions. Your supporter 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).

## Who will I talk to?

We are a 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 diverse needs.

Our Supporters adapt how they 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 are feeling stuck 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.

## How do I know this is safe?

NDTi aims to keep you and staff safe from harm. Staff are trained in safeguarding and have DBS checks. If your supporter is worried about you or someone you know being at risk of harm, they will speak to you about this and contact services in your local area to let them know and to get you the help that you need. For more details, please see the [Safeguarding Statement](#) for this programme.

## Contact Us

If you have more questions or would like to discuss **Time to Talk Next Steps** in more detail, please email us at [tttns@ndti.org.uk](mailto:tttns@ndti.org.uk) or ring the NDTi office on 01225 255 268 and we'll arrange for someone to call you back.