



Time to Talk Next Steps Scotland

Summary Report

NDTi, June 2023



What was Time to Talk Next Steps Scotland?

Time to Talk Next Steps Scotland was a 12-month pilot programme trialing online support for young people aged 16-25 with additional needs in Scotland: hearing their voice, building confidence, and supporting transitions. The pilot also provided telephone support to parents/carers/family members of the young people supported by the programme.

The pilot was delivered by **The National Development Team for Inclusion** (NDTi) in partnership with **Children in Scotland** and **Contact**, funded by The National Lottery Community Fund. The programme was built on nationally identified needs to improve transitions and informed by coproduction with young people, parents and carers, as well as learning from NDTi's **Time to Talk Next Steps** project in England which is providing virtual support to young people with additional needs.

Outcomes

1. Young people feel heard and valued
2. Young people feel connected socially
3. Young people have more confidence and emotional resilience
4. Young people have options, plans and aspirations for the future
5. Young people are accessing relevant resources, contacts, and information (national and local) to support their transition to adulthood
6. Parent/carers and family members feel heard, understood, and valued
7. Parent/carers and family members feel connected socially
8. Parents/carers and family members have confidence and knowledge of the transition planning process
9. Parents/carers and family members feel better equipped to support their young person's plans and aspirations
10. Professionals in the Children and Young People sector in Scotland have evidence to inform strengthen and develop consistent, high quality transition support for young people with additional needs in Scotland.



Who the pilot reached



There were **38 requests for support**

Of these:

- **Five requests were incompatible** with the programme so didn't receive any support.
- **33 received support**. 29 completed their support, four had to leave before completing their support. Reasons for not completing included wanting face-to-face sessions (two), other people taking over the support (one), and other life events taking over (one).
- **20 requests** for support came from parents/carers/family members, **six** from professionals/practitioners and **seven** from young people themselves.



Age of young people receiving support from the pilot

16 years: **8**
17 years: **12**
18 years: **5**
19 years: **3**
20 years: **4**
24 years: **1**



Gender

23 male (includes transmale)
9 female (includes transfemale)
1 undisclosed



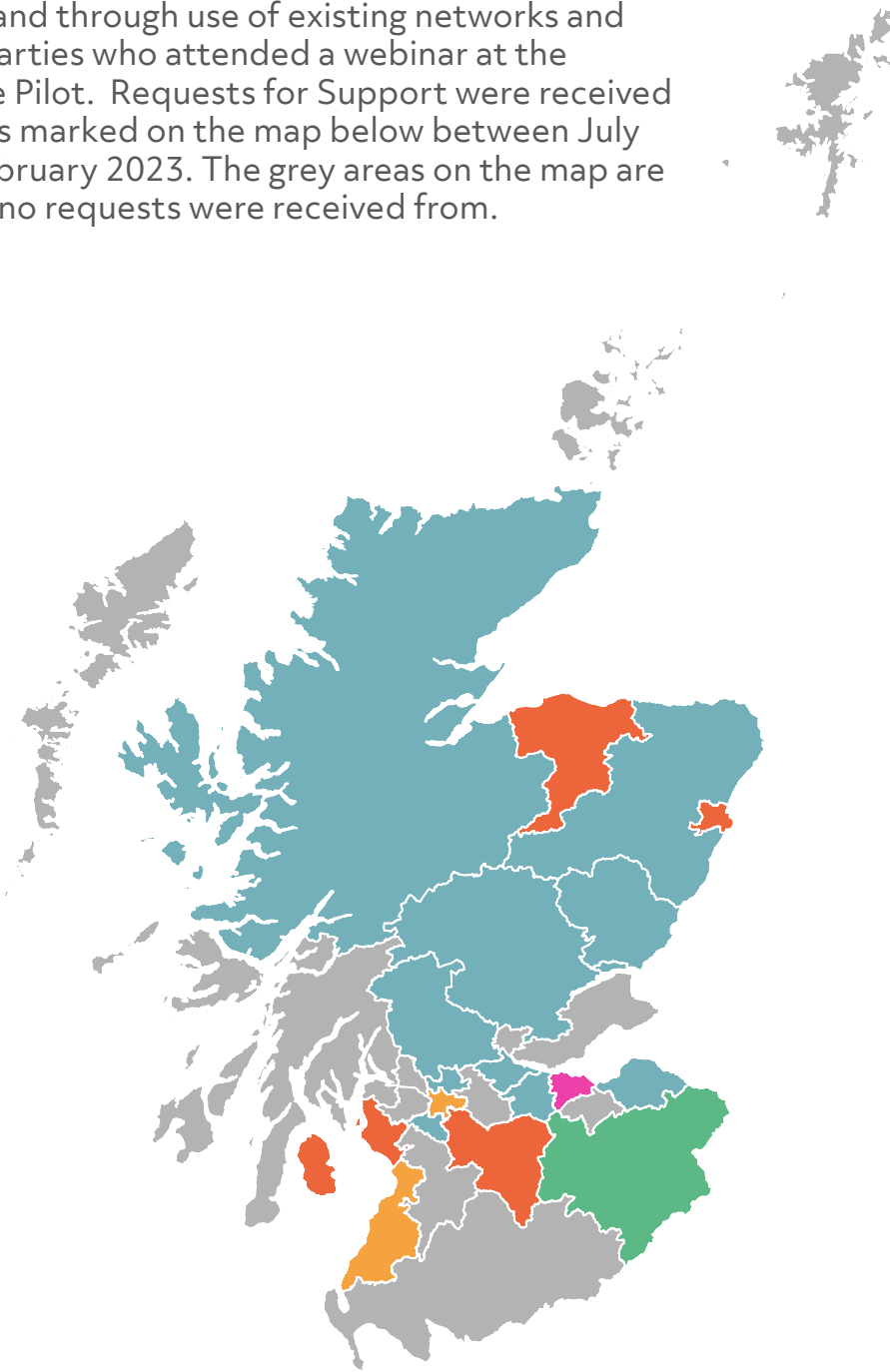
Ethnic background

29 White (Scottish/British)
2 African
1 Mixed race
1 Scottish Pakistani



Requests for support by local authority area

Partners worked collaboratively to publicise the project across Scotland through use of existing networks and interested parties who attended a webinar at the outset of the Pilot. Requests for Support were received from all areas marked on the map below between July 2022 and February 2023. The grey areas on the map are areas where no requests were received from.



1

Aberdeenshire
Angus
Dundee City
East Dunbartonshire
East Lothian
East Renfrewshire
Falkirk
Highland
Perth and Kinross
Stirling
West Lothian

2

Aberdeen City
Moray
North Ayrshire
South Lanarkshire

3

Glasgow City
South Ayrshire

6

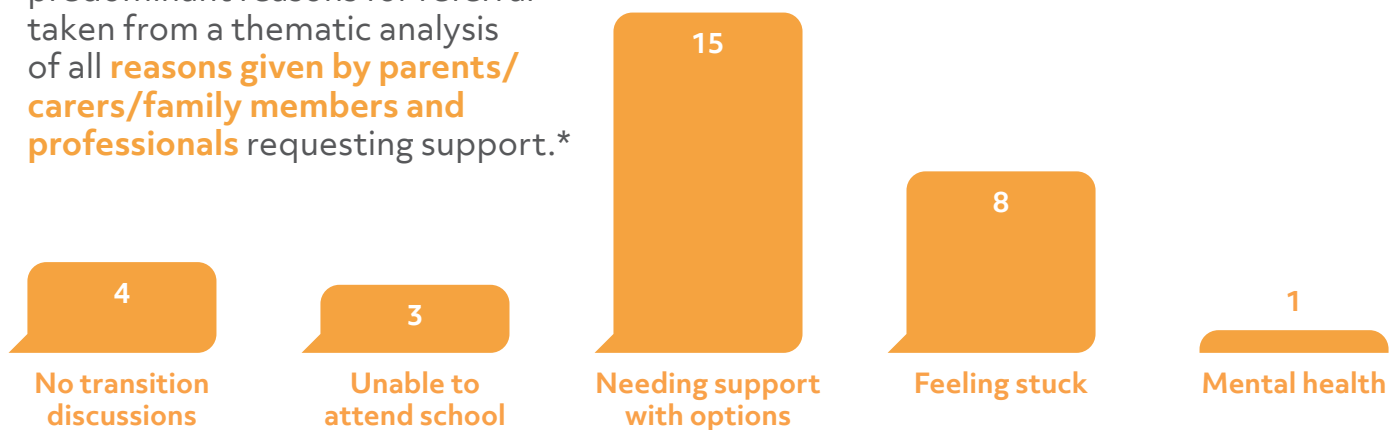
Scottish Borders

7

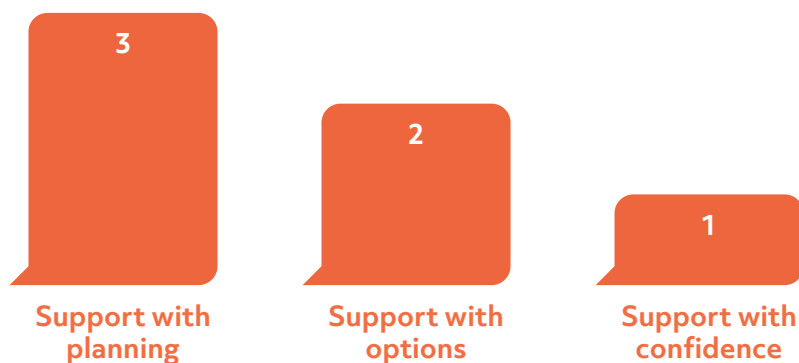
City of Edinburgh

Reasons for requesting support

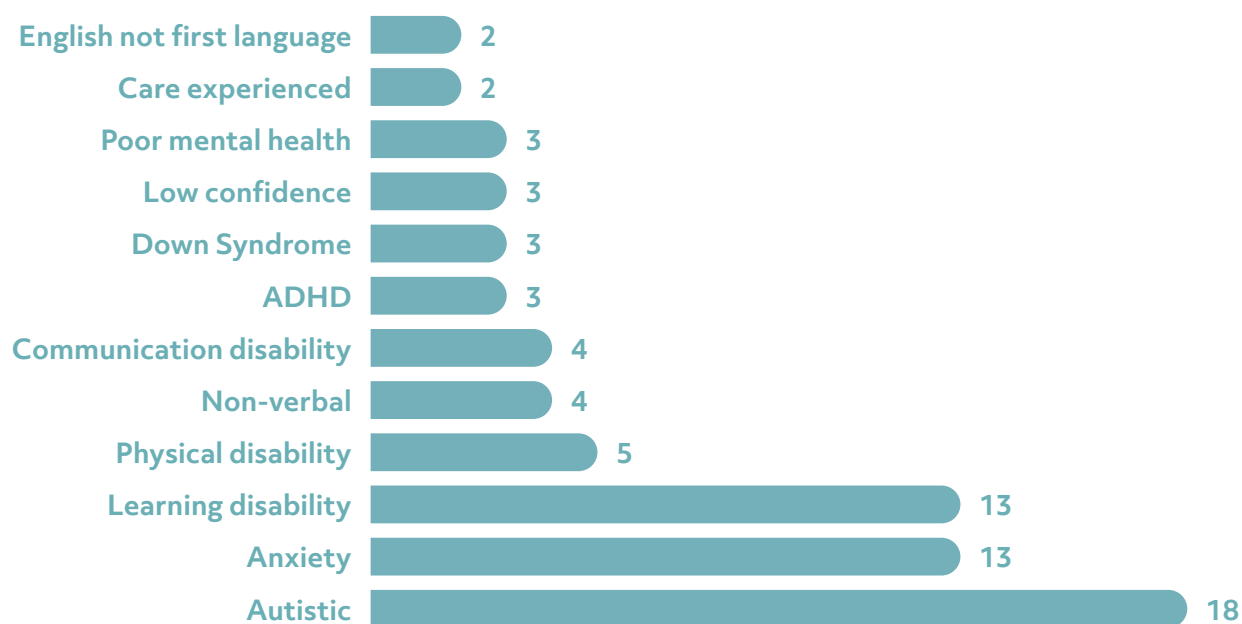
Below is a chart showing the predominant reasons for referral taken from a thematic analysis of all **reasons given by parents/carers/family members and professionals** requesting support.*



Right is a chart showing the predominant reasons for referral taken from a thematic analysis of all **reasons given by a young person** requesting support.*



Below is a graph of the **additional support needs** young people in the Pilot had, as listed by those requesting support.



* From data received.



What impact did Time to Talk Next Steps Scotland have on Young People?

Time to Talk Next Steps supported young people aged 16 - 25 through specific elements of their transitions process.



Improved transitions

Heard and valued

"I feel I have learned more about myself, and I have enjoyed talking."

(Young person)

Socially connected

"[She] has developed her social skills and is more comfortable when interacting with others and able to be at her best."

(Parent)

Confidence and resilience

"Overall, the sessions really helped to develop [her] confidence by providing her with a greater knowledge and awareness of what to expect at college... and next steps regarding employment..."

(Parent)

Plan and aspirations

"The advice you offered really empowered him to make decisions about his transition from school to higher education. You helped him plan and prepare for college options... The practice interview you did with him was so beneficial and set him up nicely for the real thing."

(Parent)

Access to information

"...One of which is the referral to Befriend a child which has been helpful and support in trying gain a place at the college which is still ongoing."

(Parent)



What impact did Time to Talk Next Steps Scotland have on Parents/Carers/Families?

Time to Talk Next Steps supported young people aged 16 - 25 through specific elements of their transitions process.



Feeling supported

Heard and valued

"Not only did you support [son], but I felt very much supported too. You went out of your way to approach colleges and to set up meetings for us. I appreciated your advice on funding and parent support groups. You were a strong, collaborative voice for us."

(Parent)

Socially connected

"Doing things like this helps, to know we're not the only ones."

(Parent)

Confidence and knowledge

"...We spent a lot of time discussing the processes. They thought transitions started at school, that the school led it. Lots of families think this, the schools can but don't always. Having someone to share information with about all this is so important."

(Parent)

Access to information

"[Supporter] also provided invaluable support to me by signposting me to further opportunities and options I had previously been unaware of. I was able to explore these and use [supporter] as a sounding board for planning next steps in [son's] transition and future."

(Parent)

What else did we learn from Time to Talk Next Steps Scotland?

As well as the impact the Pilot had on young people and their parents/carers/family members, the evaluation captured additional learning which informed the following recommendations:



The transitions landscape in Scotland, like in many parts of the UK, is complex and difficult to navigate for young people, parents/carers/families, and professionals alike.



A Whole Family Approach to transitions support would help young people and their parents/carers/families navigate the process over an extended period.



Each young person and their parent/carer/family should have a named supporter who works with them in a holistic and person-centered way throughout the transitions process.



Support should be offered in a format that is comfortable and convenient for young people and their parents/carers/families, whether that be online or in person.



Any future support that is offered should sit alongside statutory services, rather than within them, to ensure they maintain their person-centred, asset based, and impartial approach to support.



Professionals in the CYP sector in Scotland require training around transitions to ensure they can advise and support young people and their parents/carers/family members



Third sector support, similar to that provided in the Pilot, should be considered for all young people with additional needs in Scotland from the age of 13.



Any future support that is offered should be fully resourced to offer support both online and in-person from the outset.

