



Welcome



Partners Make Time to Talk

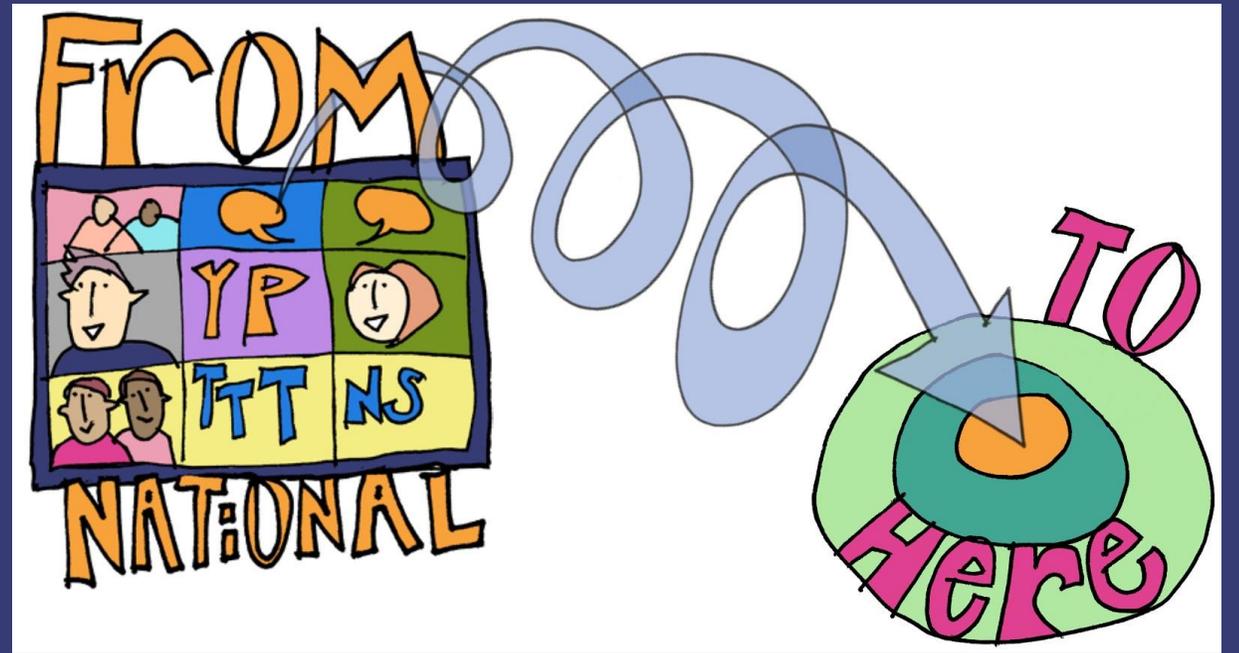
Information session on 5th February 2024

4pm-5.15pm



We are

- Alice (She/her)
- Ruth (they/them)
- Robert (him/his)
- Arnold (him/his)
- Ikra (she/her)



What's the plan?

In this session young people and staff from NDTi will

- Ask you to introduce yourselves in the chat
- Tell you a bit about **NDTi** and about the **Time to Talk Next Steps** programme
- **Share some learning** from delivering this programme
- Tell you our ideas for getting new funding for **Partners Make Time to Talk**
- Hear your questions and suggestions
- Share a form at the end so you can express interest in following up after today.



Use the **mood board** to introduce yourself in the chat and tell us the number of the Llama which resonates with you this morning.



We are NDTi.

National Development Team for Inclusion (NDTi)



[NDTi website](#)

A not-for-profit organisation working to enable people at risk of exclusion, due to age or disability, to live the life they choose.

Delivering:

- skills development
- policy & organisational development
- consultancy
- research & evaluation

Driving inclusion by:

- enabling people's voices to be heard
- coproduce programmes & resources which celebrate what's possible
- supporting changemakers & building self-determination

Programmes we deliver include;

- Preparation for Adulthood (SEND, Education, health and social care)
- Internships Work (LAs, FE, training providers, supported employment, Projec Search)
- Community Led Support (Local authorities, social care, VCS, community)
- Advocacy Quality Performance Mark (QPM)



Partners Make Time to Talk

We are looking for partners to deliver programmes similar to Time to Talk Next Steps in their area

Timeline



Year 1

Partner selection

NDTi provides bespoke support to partners

Evaluation framework coproduced

% of partners start delivery of support to YP and families

Year 2

Partners deliver support to YP and families

NDTi ongoing mentoring, training, capacity building & evaluation

Peer learning between partners

Year 3

Partners deliver support to YP and families

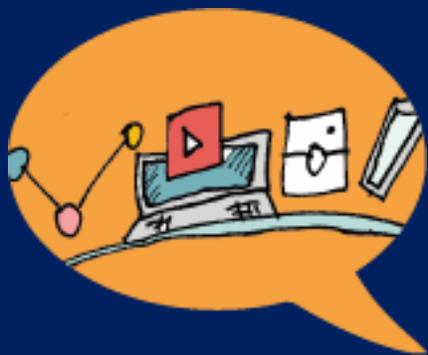
Capacity building

NDTi Assimilation of learning &

Dissemination of learning nationally



What is Time to Talk Next Steps?



A team of Supporters at NDTi provide strength-based, practical and personalised support for 16-25 year olds with additional needs to



- build emotional wellbeing, resilience and confidence
- enable young person to feel heard and valued
- reduce isolation and build hope – connecting with peers
- develop aspirations, motivation, and plans
- enable young people to manage transitions and changes ahead

Most support is provided online – zoom, whatsapp, text, chat

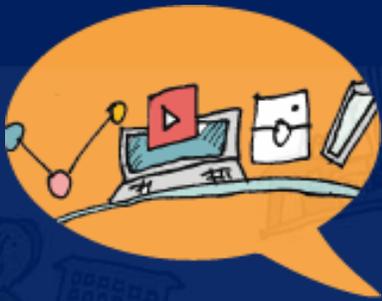
However more young people want to meet in person – they need similar programmes in their local area

Young people can make a request for support or someone can make one on their behalf

“It feels like I’ve finally met a decent group of people who know what everyone is going through, that are able to support one another in our own special ways..”

Time to Talk Next Steps

started during COVID-19



Support for young people with

- low confidence
- limited or no aspirations
- high levels of anxiety
- struggling to develop independence
- not engaged in training or employment
- at home some or all of the time

Young people can make a request for support or someone can make one on their behalf

NO DIAGNOSIS OR LABEL IS NEEDED

“E was diagnosed late with ASD, she struggles socially with anxiety Covid impacted her dramatically. She needs support from an outside person to move forward and to become independent and to live a well rounded life. To be happy in her own skin”

“I had years of bad experience in schools, then had to come out of sixth form, I don’t see people”

“I want to be more independent and talk to people who feel the same as me”



Support for carers and families ?



Support
carers
FAMILIES

Contact: the charity for families with disabled children

<https://contact.org.uk/>

With our partners Contact we provide support and information to families *eg. pre-recorded webinars, listening ear, informal online peer support sessions.*



Project outcomes show that parent/carers

- experience less anxiety and stress
- feel supported, knowledgeable, and confident to support their young person to move into adult life
- have increase aspirations for their young people
- are more aware of their young person's Rights
- Experience improved family relationships and well-being

“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.”

contact For families with disabled children

TANZIE

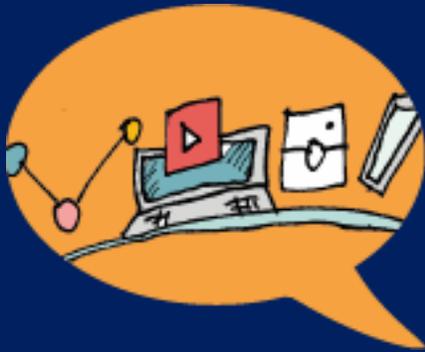


An example of how a person-centred approach worked well

- Tanzie built up her confidence by talking to a Supporter (online once a week for 6 weeks).
- She enjoyed using planning tools like What Matters Island to develop her personal profile on paper
- She decided she wanted to also show off her skills using video
- We helped her make this short video – it was shown to employers, got her an interview and a job at H&M!

[https://www.youtube.com/watch?v= 3wPkPe1jw0](https://www.youtube.com/watch?v=3wPkPe1jw0)

Start with what matters





Time to Talk Next Steps

Options have developed in response to young peoples ideas



Depending on what each young person wants and needs, there are various ways that they can engage with us.



Some go on to get more involved in the work of the project.

One-to-One Sessions with a supporter to discuss your ideas, challenges, goals and if you want help to explore ideas for the future

Being connected with useful contacts & networks in your area

New ideas
From YP

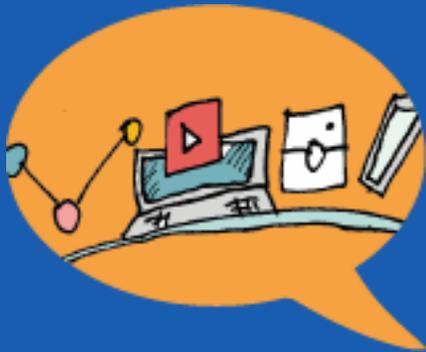
Designing and delivering national training for practitioners working with young people

Peer Support linking up with other young people – chill and chat, topics, mood board, sharing news, speakers

Support available to parent/carers and family members – legislation and rights, reasonable adjustments, navigating systems and finding key contacts, modelling strength based support and celebrating successes

Robert

Where did I
start off



When I first joined



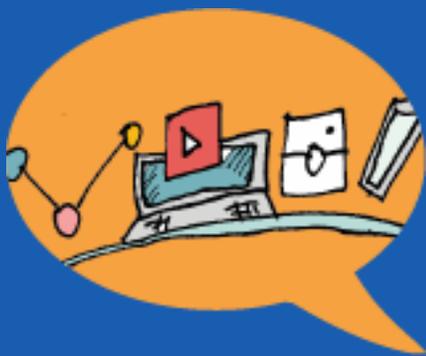
- little going on in my life.
- a short period of unpaid work experience with the neighbour
- out of education, employment, and training for the since the COVID-19 pandemic (3 years)
- not going out at all unless I was with my parents
- I wanted a different future for himself but was anxious about making changes.

It made such a difference. Without them the way my life would be a whole lot more boring, and I would just be at home most of the time. I could not see what I could do. I did not believe I could get a job. Without them I would never have known how to get the help I needed to get into a job.



Robert

What worked for me



What worked for me

- Starting with one to one to build trust and confidence
- encouraging, supportive
- Flexibility
- Helping me to travel alone to Leeds with support
- Meeting others in similar situation

Things I have achieved

- Linking with work coach at the job centre
- Designing and delivering training (Training Squad)
- Travel on public transport (London in November)
- Helping at group sessions
- Speaking at national event like this!

Peer Support

- On zoom every 2 weeks 7pm
- Why we use mood boards
- Chat
- No screen? No pressure
- Inspirational Talks eg Ambitious about autism
- Learning
- BSL



Training squad

4 training sessions co-designed and delivered by young people



We are the NDTi Training Squad, a group of young people who have things to say about what practitioners who work with young people should know.

- Are you working to support young people with additional support needs?
- Would you like to learn from young people who have important views to share about inclusion?
- Whether you work in education, health, social care, advocacy or other work with young people this training can help you learn and be inspired

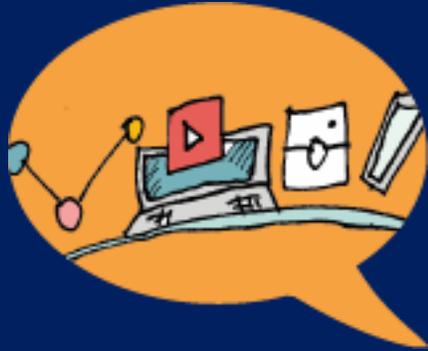
- You need to start with values
- You need to see us as young people first
- You need to listen to help us make choices
- You need to be curious, to understand





A series of online sessions with Jon Ralphs, NDTi Associate and Supporter who is an artist and a graphic illustrator.

Creativity



- There is no pressure to share
- We DON'T compare or judge
- We celebrate our differences
- We appreciate each other's creativity



We aim to have an online exhibition in June 24 – do you know young people who would like to contribute to this?

Residentials



British Institute of
Human Rights
(bihr.org.uk)

Young people felt they had missed out on opportunities for residentials and trips and wanted to meet in person



3 residentials

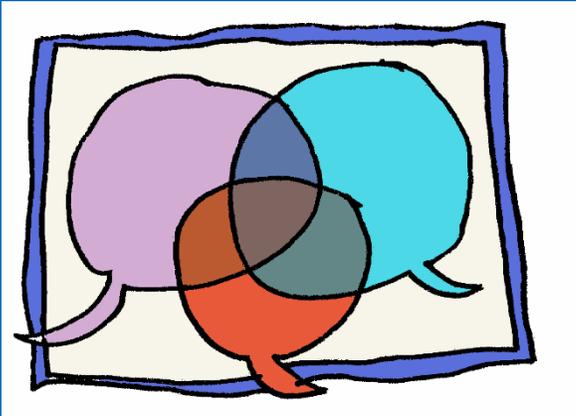
Examples –

- Leeds- employment focused (below)
- Rights, voice and participation – art and video
<https://youtu.be/CCoQ-qNsnXks>

Interns showed Harshi weighing and measuring in the catering section at Lighthouse Futures Trust, Leeds - supported employment provision



Research and Evaluation at NDTi

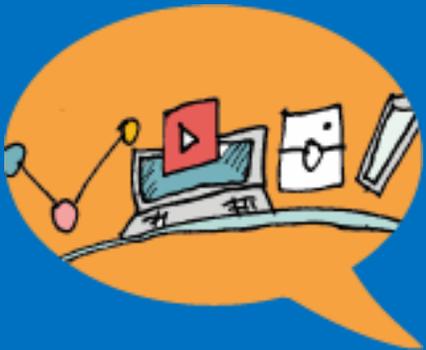


At NDTi, **research and evaluation** cuts across and underpins all our programmes. Our work seeks to **contribute to a broad evidence base** of what works to enable people to live the life they choose.

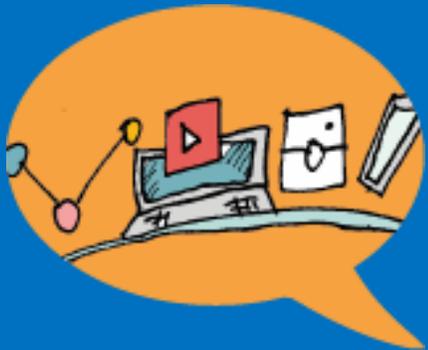
We do this through **independent and commissioned** research and evaluation of specific projects and initiatives, delivered by both NDTi and working with partners over **short, medium and long-term timeframes..**

Our evaluation work is values-based, **driven by partnership, inclusion and coproduction.** Our focus is on producing **action-oriented, practical and timely evaluation support to partners** to demonstrate their impact on peoples' lives and develop evidence-based approaches

We have a track record in providing different types of evaluation support at a national, regional and local level for government departments, grant giving bodies, local authorities, NHS, third sector organisations and strategic partnerships



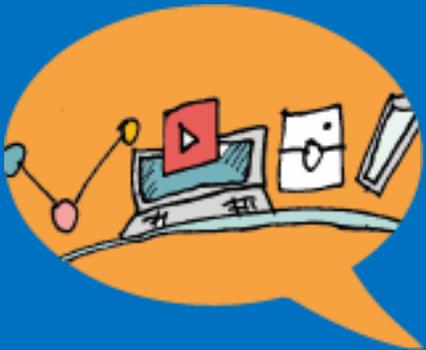
Research and Evaluation at NDTi



Some examples of NDTi's evaluation work:

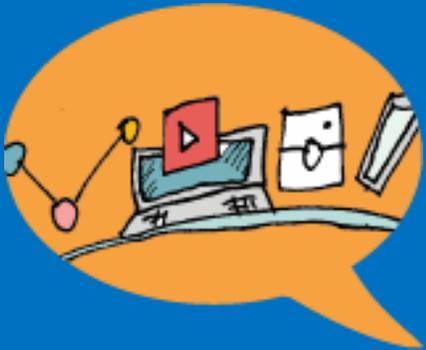
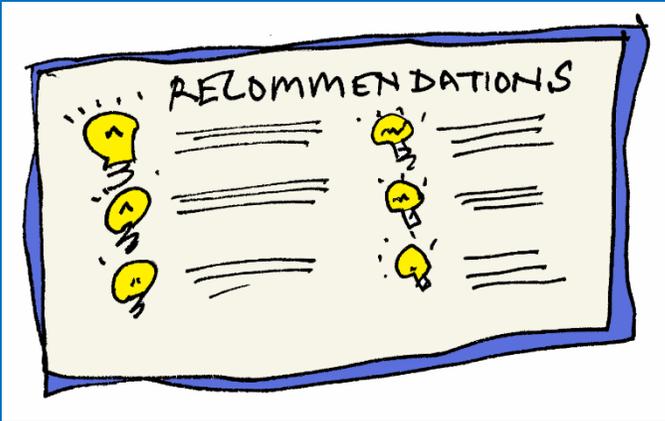
- Time to Talk Next Steps (current)
- Evaluation of Mencap's Guardians of the Internet Programme (current)
- Evaluation of NHS England Family Ambassador Programme (current)
- Evaluation of NDTi's Small Supports programme (current)
- Time to Talk Next Steps Scotland (2023)
- Time to Talk (2021)

Learning from Time to Talk Next Steps so far



- Undertaking evaluation in the space *TtTNS* occupies is tricky. Many young people who receive support find engaging with **traditional evaluation approaches uncomfortable and inaccessible**
- We have **trained three young people to become co-evaluators**. They have worked with us to redesign the evaluation to help increase engagement.
- We have learnt
 - *TtTNS* **increases young people's confidence**.
 - *TtTNS* helps **reduce young people's anxiety**.
 - *TtTNS's* person-centered, asset-based approach provides young people with a **space to explore their futures independently**
 - Support provided by *TtTNS* leads to significant savings to the public purse for relatively little investment. Across three costed case studies, **£9,000 invested by *TtTNS* represented a saving of £60,000 to the public purse**.

Evaluation in the new programme



Evaluation is integral to the new Partners Make Time to Talk programme. It is written in from the outset.

What this means for partners

- An overarching **Vision for Change and Outcomes Framework** that everyone will be working towards.
- **Support and guidance** for collecting evidence and learning from NDTi's Research and Evaluation team.
- Time to get together with other partners to **share and reflect** on what you are learning.
- Learning drawn together in a report that can be used to **evidence impact and secure future funding**.
- The chance to **undertake a piece of research specific to your local context/interests**.

Partners Make Time to Talk

9 partners to deliver programmes similar to Time to Talk Next Steps in their area

Timeline



Year 1

Partnerships established

NDTi -bespoke support to partners

YP trainers/ leadership

Evaluation framework coproduced

Partners - asset mapping and identify resources/needs

% of partners start delivery of support to YP and families

Year 2

Partners deliver support to YP and families

Ongoing NDTi mentoring, training, capacity building & evaluation

Peer learning between partners

Specialist support options

Year 3

Partners deliver support to YP and families

Ongoing NDTi mentoring, training, capacity building

NDTi Assimilation of learning &

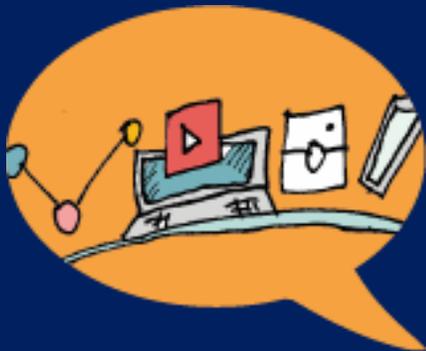
Dissemination of learning nationally



Why we are here today

We want expressions of interest from potential partners

(no commitment at this stage)



We've built up a strong evidence base from our delivery of Time to Talk Next Steps and funders are interested in this model as a follow on from our delivery of Time to Talk Next Steps.

NDTi will

Use partnership readiness tool to select partners

Provide a package of support to include:

- leadership training coproduced and co-delivered by young people
- practical tools for engagement,
- quality assurance (policies, safeguarding)
- contacts and strategic partnerships
- support capacity building
- community mapping
- fundraising,
- evidence and ongoing evaluation
- parent/carer sessions and links

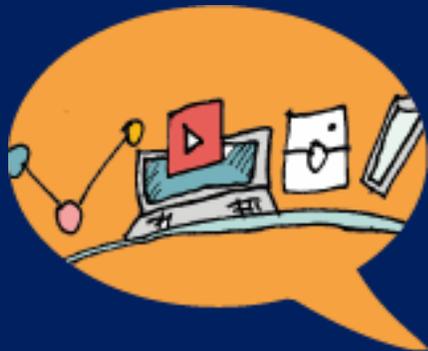
Peer support - learning shared throughout the project.

Partners will

- Be delivering work for young people
- Working to improve inclusion and equalities
- Be committed to young peoples voice and rights and coproduction
- Work in a broad cross-section of contexts, to maximise this “test and learn” approach.
- Open to developing new strategic networks and partnerships
- Source funding/resource to deliver support to young people plus sustainability
- Receive bespoke support over 3 years



Next Steps



We will

- continue our work / discussions with funders
- share the slides from today
- find out which organisations are interested in becoming partners (you can express interest on the feedback form – no commitment at this point)
- keep those who have expressed interest informed of our progress
- If successful all those that have expressed interest will be informed of and we'll be able to set out timescales (we'd like to start Autumn 24)
- NDTI partnership readiness tool will be used to select a broad range of partners ensuring geographical spread, different sizes and types of delivery partner and reaching a broad range of different groups/ethnicities and demographics.

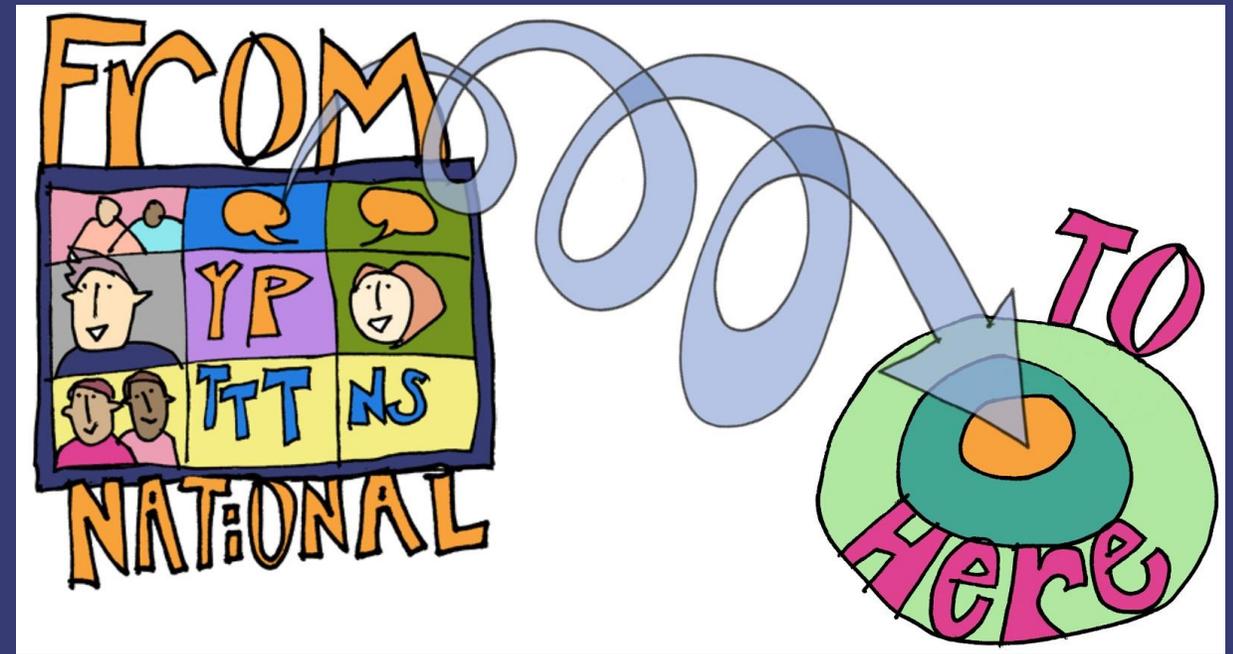


Your questions

(now or in feedback form)

Please complete the feedback form

<https://forms.office.com/e/CFBkCupRzd>



We'd like to know...

- If you have any questions which have not been answered today
- Which parts of the project interest you most and why?
- If you'd like to express interest in becoming a partner?
- If you'd like to hear more about training and learning from this work at NDTi?
- If you have suggestions to our project proposal?



Thank you for coming to our session

Alice, Ruth, Robert, Arnold and Ikra

[Email: alice.mccoll@ndti.org.uk](mailto:alice.mccoll@ndti.org.uk)

<https://www.ndti.org.uk/projects/time-to-talk-next-steps>

