



# Time to Talk Next Steps

## Free Support for Young People with Additional Needs & Their Families

### About the Programme

**Time to Talk Next Steps** provides free support for young people aged 16-25 years in England with additional needs. It is for young people who are experiencing anxiety, isolation and who have limited or no plans for the future. In partnership with the National Development Team for Inclusion (NDTi), **Contact** are providing support, information and workshops for parents and carers about transition to adulthood. The project is generously funded by The National Lottery Community Fund.

### What Support Is Available for Young People?

Depending on what each young person wants and needs, there are various types of support available:

**One-to-One Online Sessions** with a supporter to discuss future plans

**Training Opportunities** to become a peer supporter or to deliver training for professionals

**Peer Support** to regularly link up with other young people

**Useful Contacts & Networks** in your area



- Support will be tailored to each individual
- Our trained staff will focus on: strengths, reducing anxiety, building confidence and countering social isolation
- This project will help young people to think about building independence by providing encouragement and motivation for their future

### What Support Is Available for Parents & Carers?

Through Time to Talk Next Steps, Contact can provide the following services to support you as a parent or carer:

**Preparing for Adulthood Workshops** to explore how to support young people into adulthood



**Listening Ear Appointments** with a family support adviser



**Contact Helpline** for advice, information and support



### How to Request Support

Visit the webpage for more information and links to the request for support forms:

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

