

Talkback

Equip Programme
2022 - 2023

Creative Media & Art

Social Skills & Personal and Social Development

Women's Group & Men's Group

Skills for Life & Independent Living Group

Travel Training

The Accessible Workshop

Work Experience Opportunities



Table of Contents

Welcome
Creative Media Group
Art Group
Social Skills
Personal Social Development
Women's Group
Men's Group
Skills for Life
Independent Living Group
Travel Training
The Accessible Workshop
Work Experience Opportunities
Contacts

"Creativity is intelligence having fun."
Albert Einstein

Talkback



Welcome

Welcome new friends!

Our Team here at Talkback are delighted to extend a warm welcome to you. The Equip Programme was designed especially for 16-25 year olds with autism and/or learning disabilities who have an Educational Health Care Plan. We partner with Bucks Colleges of Further Education, Bucks County Council, and other educational establishments to focus on preparing each person for the bright, happy and healthy futures developing before them.

Our mission as part of the Talkback charity is:

“To offer a leading service which works in partnership with people to provide the opportunity for continued personal development; to build meaningful friendships and the confidence to embrace new opportunities, including employment, no matter what their age.

To give each person who walks through our door the tools to thrive in whatever aspect of the life they choose and, ultimately, to realise their potential.”

We love helping to nurture the unique and wonderful qualities of our young people. We provide a number of different outlets to discover and develop these gifts. We deliver this in a variety of ways, such as group learning and work experience, and prioritise social interaction, independence and employability. Plus, you can count on our patience - we keep going until we find what works to instil confidence, self-esteem and social connectedness in every person within our community.

We know this can be a daunting time. So, we are here to provide a few extra stepping stones, footholds and guiding lights every step of the way. We thank you for your trust - we and the fantastic team at Talkback endeavour to create an environment where people can truly come into their own, make friends and have fun, in preparation for the future. We celebrate our young people with their boundless vitality, inquisitive natures, and vast opportunities ahead of them.

To see more of our work go to our webpage:
<https://talkback-uk.com/our-services/equip/>

It's our privilege to be a part of this journey and to welcome you here!



Jeremy Hay CEO



“Staff have been amazing this year”



Creative Media Group

Develop technical and creative skills

Explore your creativity with the opportunity to work on a number of exciting projects. Learn how to use 2D Animation software and produce stop-start animations. You can create your own podcasts and short films, develop your creativity, design and photography skills, and use different forms of media to communicate.

Previous groups have visited the National Film and Television School or attended a 6-week placement at a local radio station.

“As soon as we left the ground, I knew I myself had to fly.”
Amelia Earhart

Art Group

Learn the basics of drawing; explore tone, texture, colour, and composition

Develop your artistic skills by drawing in line form, from sight and from photographs. Using a range of materials, including pencil, charcoal, ink and paint, we work on structured themes, such as nature, urban spaces, and all about me. Use your sketchbooks to show the development of your ideas and skills, and create a final piece on your chosen theme.

Both the Creative Media Group and the Art Group will help you to meet your Education Health and Care Plan outcomes, whilst providing opportunities to develop friendships, and enhance social and team working skills.

Social Skills

Cultivate communication skills, whilst building confidence and self-esteem

Explore how we communicate with others and gain confidence through social interaction. Learn about different emotions and the best ways to manage them. Improve your emotional wellbeing with access to a qualified music therapist.

Consider the importance of personal hygiene and its impact on you and others. You can gain basic money skills, learn to budget and shop, and learn how to cook and use the kitchen safely.

All the elements for a successful social life are covered.

Personal Social Development Group

Learn how to travel and the skills to live more independently

Explore your feelings and emotions, and understand their effect on the body. Learn how to manage your feelings by practicing Mindfulness, breathing techniques and meditation. Look at the benefits of healthy living, including diet, exercise, and adequate sleep.

Discover different hobbies and leisure activities, and examine how they can help you grow in self-esteem and positive thinking. Work together in pairs or small groups to build teamwork skills.

Develop self-awareness through identifying your own strengths and development needs. Learn how feedback and constructive criticism can be used positively.



Talkback

“The staff were helpful and supportive”



Women's Group

Form friendships with other women in a relaxed atmosphere

Explore the meanings of self-identity and self-esteem, and understand your individuality. Learn how to look after yourself and your body, and discover what it means to be a woman, including cervical cancer screenings and self-examination for breast cancer.

Participate in a wide range of workshops that cover friendships, relationships, emotions and sex, and consider personal image, makeup and fashion. Develop your independence with cookery, food shopping and budgeting skills.

“I am different, not less.” **Temple Grandin**

Men's Group

Socialise with other men and talk about things which are of interest to you

Develop a healthy living ethos through eating well, independent cookery, and participation in sport and exercise. Enhance your personal hygiene routines, including shaving and dental health. Discuss the importance of regular checks to maintain your health and how to watch out for prostate and testicular cancer symptoms.

Explore fashion and your personal image - discuss its impact on how you feel about yourself. Understand the different kinds of relationships – family, friends, professional, boyfriend/girlfriend, sex education and consent.

Finding Your Path: One student's journey through Equip

Background: Autism, Learning Disability, Language Delay & Anxiety

Year 1:

Due to anxiety, this student was classified as Not in Education, Employment, or Training (NEET). Equip provided one to one support for English and maths, and helped him with travel training, confidence and self-esteem.

Year 2:

As a result of the Year 1 work and successful independent travel training, he now had the confidence to access college. Equip supported him one to one on his Creative Media Level 1 course. He also attended the Equip Creative Media and Men's Groups, where he further enhanced his social skills.

Year 3:

He continued his amazing progress with one day a week on the Equip Creative Media Group, and attended Amersham and Wycombe College unsupported for the remainder of the week. A regular volunteer at Wycombe Sound Radio Station, where he helped to produce podcasts.

Key Achievements

- Gained three days a week paid employment in Sainsbury's
- An offer to study Creative Media at University of Arts, London
- Greatly increased confidence and self-esteem enabled him to maintain friendships outside of Talkback/College

Year 4:

He was proud to complete a Level 3 Diploma in Creative Media Production and Technology (Merit). Equip also sourced one day a week Work Experience at Sainsbury's.

Skills for Life

Develop the skills to live independently

In this group we cover the skills you will need to live as independently as you are able. Good money management is imperative – learn how to open a bank account, save money and budget for essentials. Practice household management tasks, such as cleaning, laundry, ironing, and food preparation.

Develop your employability skills – write your own CV with support, research various job roles, learn where to search for jobs, complete an application form, and practice interview techniques.

If you want to learn to drive, you can practice the driving theory test, learn how to buy and run a car, apply for a provisional license and research car insurance. Our travel training will cover how to plan for a journey, read timetables, and consider what to do if things go wrong.

Look at the options for accommodation, including supported living, or how to rent or buy a property.

Understand how to access health services, to register and make appointments with a GP, dentist, or optician. Maintain your physical and emotional health, through healthy eating, exercise, and mindfulness.

Independent Living Group

How to live safely and independently

Discover your inner cook – learn how to prepare meals, including budgeting for ingredients, shopping, and safe use of the kitchen and equipment. Develop your independence, learn how to use a washing machine, iron your clothes, use a vacuum cleaner, and complete other domestic chores.

Understand why it's important to take care of yourself, including personal hygiene, dental care, sleep patterns, physical and emotional health. Learn how to travel safely in the community, whether on foot or by public transport. Plan for a journey, read timetables, and consider what to do if things don't go to schedule or there is a change of route.

Look at the advantages and pitfalls of social media and understand how to negotiate the internet safely and responsibly.

Travel Training

Build the confidence to travel independently

Independent travel can open up a world of social, leisure and employment opportunities. With emphasis on personal and road safety, learn how to plan a journey by bus or train. You will receive support to apply for a bus pass, develop the skills to read a timetable, tell the time, calculate costs, practice money skills, and use a travel app.

With our bespoke assessment tools and a wealth of travel training experience, we gauge where you are on your step towards independence. Prepare for a journey and consider what you need to take with you. We use role play to practice what to do if something goes wrong before we embark upon any real-life journeys. Supported at each stage, no-one is left to do it alone until they are ready.



Practice your road awareness and walk safely in the community



Develop the skills to travel independently by bus



Learn how to read timetables and plan a journey



Practice the driving theory test and understand what is required to own and run a car



Talkback

“I would not change a thing. Easy to understand, excellent resources”



THE ACCESSIBLE WORKSHOP

Develop practical skills for use in the home, at work, and in enterprise

The Accessible Workshop is a Social Enterprise which enables people with learning disabilities or autism to build real-world work skills and gain an understanding of how their skills and talents can be used to create positive social change.

The Accessible Workshop covers a wide range of woodworking and practical skills. It also teaches people how to plan and manage projects, as well as how to market and sell. The income generated is then reinvested back into the group or is used to aid charitable partners that we work with.

Each individual works to clear and structured plans, with each project treated as a commissioned piece of work. From basic safety awareness around the home, through to repairing, creating, upcycling, and developing employment skills; the Accessible Workshop creates realistic progression pathways.



Awareness

Build basic woodwork and DIY skills.
Develop Health and Safety awareness.



Core Skills

Undertake a range of DIY tasks.
Use a range of basic hand and power tools.



Upcycle

Turn junk into profit through upcycling.
Learn how to budget, market and sell a product.



Create

Plan a project and construct items for home and garden. Use more advanced power tools and machinery.



Employ

Develop essential employment skills.
Gain the confidence and skills to work independently.

Work Experience Opportunities

Build your employability skills in a real work environment

Increase your confidence, self-esteem, and independence with one of our varied work experience opportunities. Supported by Talkback staff, you can work at a company to develop a wide range of employability skills, like time-management, teamwork, customer service, and responsibility.

We aim to enhance your prospects for paid employment by providing real work experience to add to your CV. With support to become work-ready and realise your potential, our relationships with multiple local employers enable us to find a role that is right for you. Choose from retail, office work, IT, horticulture, work with animals, catering, and more.

Social Enterprise

We create and sell products for reinvestment into the charity, to generate positive social change.

We work with various employers, offering opportunities to develop employability skills, with support by Talkback staff.

Work Experience

Supported Internships

Those closer to paid employment learn new skills and gain qualifications, with an employer relevant to their interests and abilities.



Talkback



Contacts

Deborah Baker
Transitions Coordinator

- Email: deborah.baker@talkback-uk.com
- Mob: 07419 989003

Claire Milon,
Head of Young People Services

- Email: claire.milon@talkback-uk.co.uk
- Mob: 07410 69682

- 01494 434448
- talkback@talkback-uk.com
- Amersham Community Centre,
Chiltern Avenue, Amersham, Bucks HP6 5AH
- <https://talkback-uk.com>



DEVELOPING A WORLD OF POSSIBILITIES



Talkback is a registered charity in England and Wales 1093732 and a company limited by guarantee registered in England and Wales under number 04279266