

A young man with brown hair is focused on his work in a workshop. He is wearing a grey hoodie, dark blue denim overalls with a logo that says 'THE AGRI WORK', and large yellow and black earmuffs. He also has clear safety goggles on his face. He is leaning over a workbench, using his hands to guide a piece of light-colored wood or material through a machine. The background is slightly blurred, showing shelves with various items and a blue toolbox hanging on the wall. The overall scene is well-lit and professional.

**Personal Development
& Skills**

Talkback

Life and Social Skills

Work Experience

Performing and Expressive Arts

Working Outdoors

Sports and Good Health



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DEVELOPING A WORLD OF POSSIBILITIES



Welcome

When a person with a learning disability or an autistic person leaves formal education we help them think about what comes next. Some are ready for employment, but others are not.

To put this into context, there are over 5,000 adults in the community who have limited, or no access to a social or life skills network. This means they often lack the skills to do important things in their life, such as managing money or being able to use public transport. This hinders their freedom and limits their potential.

Our Personal Development and Skills Programme addresses this, offering sessions that are designed to develop a person's life journey. We deliver a range of skills-based sessions that enable greater freedom and activity-based sessions to enhance confidence, help create friendships and develop practical and emotional skills.

Our approach focuses on building on what people can and want to do. So, we work in partnership to set goals, celebrate progression and explore new opportunities. All designed to help achieve greater independence and self-esteem.

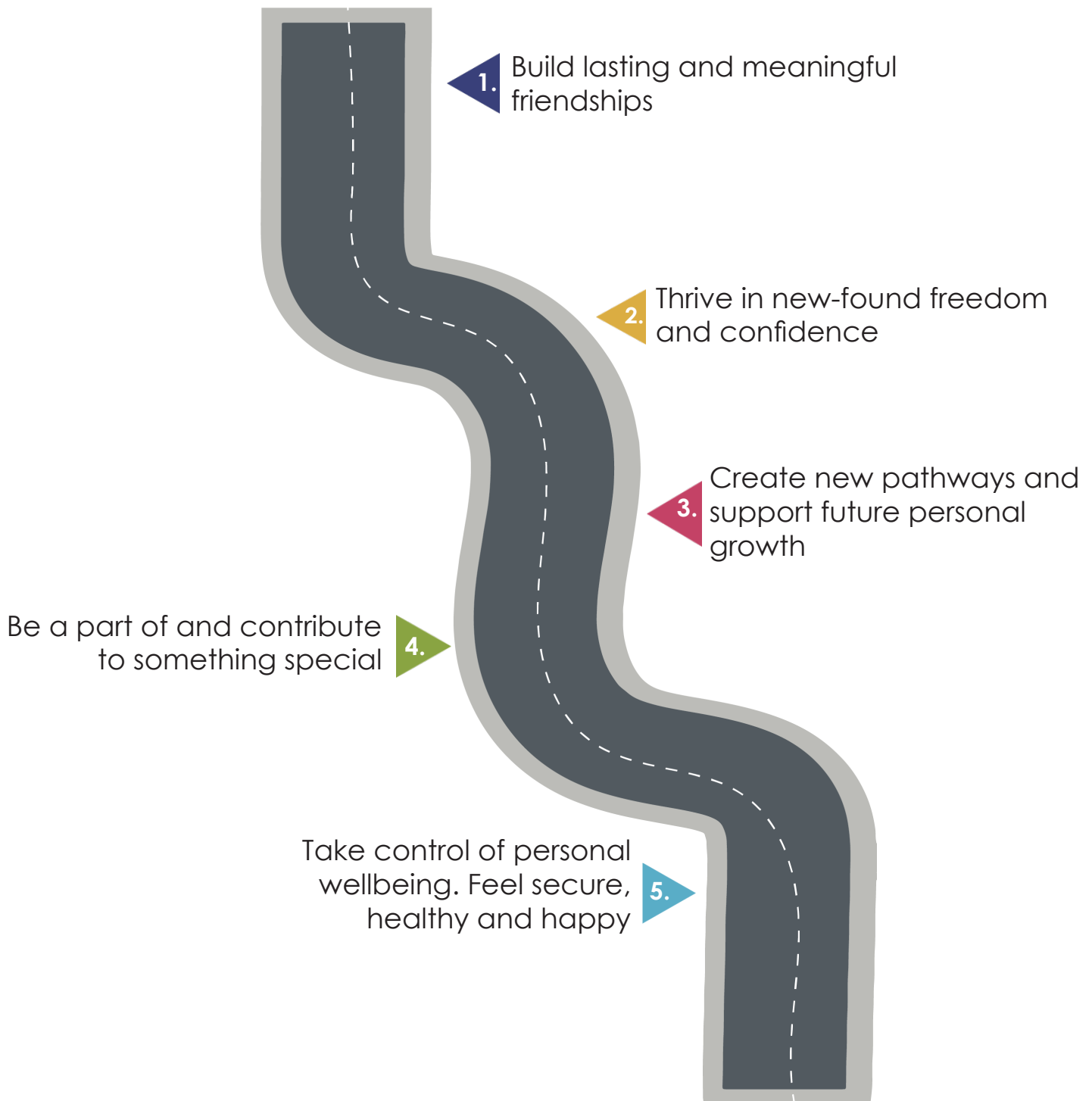
We look forward to welcoming you to Talkback.

Neil Sainsbury
Head of Adult Services



Find Your Path

The programme's vision is to offer people opportunities so that they can:



Life Skills



Developing life skills is at the core of what Talkback does. From embedding skills, where people are learning how to be safe in their home or the community, through to more advanced sessions in travel training, managing bills and employment. Our life skills groups are always evolving to meet the needs of our members, and focus on creating targets and achieving outcomes.

Key elements of our groups include:

- Travel training. Increasing an individual's independence in travel. From basic community safety and reduced support, through to regional, national and even international travel.
- Staying healthy through nutrition and physical activity.
- Employability. Building the skills needed to volunteer or work in a paid role.
- Maintaining a household. Developing core skills needed in the house. From doing the washing, through to booking a doctor's appointment or managing a phone bill.
- Understanding and maintaining healthy relationships.

Social Skills



We understand that improving social skills and making new friends is not easy. Our social groups create an environment where people feel comfortable to express ideas and opinions.

Key elements of the group include:

- User-led activities that are tailored to the needs of the members in the group. These can range from cooking, to gaming, sports or even activities that build skills in the home. Each group is different and completely user-led.
- Community based activities that encourage independence and accessing local facilities. Including travel training and community safety.

"I enjoy chatting to customers each week. I also enjoy learning to use the microwave. I enjoy the social side of working in the café, as well as learning new skills."

Work Experience



Our work experience groups offer opportunities to build skills in retail, hospitality, and customer facing roles. Each group combines practical experience with theory based sessions to help you identify the most suitable pathway for the future. Whether it be volunteering or paid work.

For example, our partnerships with The Healthy Living Centre in Aylesbury and The Mustard Seed Cafe in High Wycombe, enable members to build the following skills:



- Confidence in speaking to people, through customer facing roles and interaction with peers.
- Pricing items for sale, which helps to use and improve functional maths skills.
- Operating a cash register/till for transactions.
- Reception duties, including answering the phone, taking messages and directing enquiries.
- Working in the clothes shop and answering customer questions.



In 2021, as part of our programme, we launched The Accessible Workshop, which covers a wide range of woodworking and practical skills. It teaches people how to plan and manage projects, as well as how to market and sell.

Each individual works to clear and structured plans, with each project treated as a commissioned piece of work.

The income generated is then reinvested back into the enterprise, or is used to aid charitable partners that we work with.

From basic safety awareness around the home, through to repairing, creating, up-cycling, and developing employment skills; The Accessible Workshop creates realistic progression pathways.

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Working Outdoors



Our outdoor working group aims to build skills, engage people in work-related activity, and promote positive physical and mental wellbeing. With a clearly structured day that includes a wide variety of horticultural tasks, the group encourages the values and benefits of work.

Our unique partnership with The Lady Ryder Memorial Garden in Frieth enables us to be actively linked to the local community; and for our groups to work alongside the staff and volunteers that access the facilities of the walled garden.

Key elements of the group include:

- Following clear and set instructions to complete a task.
- Building communication skills to work with others as part of a team.
- Improving horticultural knowledge and skills.
- Undertaking regular activities, including digging, weeding, planting, thinning of seedlings, harvesting of crops, clearing of plots, potting, taking cuttings.
- Building social networks and friendships through meeting and engaging with others.
- Importance of good time keeping and working to a schedule.
- Better understanding of the seasons and importance of a scheduled workload.





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Expressive Arts



Our expressive arts groups use a range of traditional techniques, including drawing, painting and working with clay; as well as incorporating music, physical activity and mindfulness techniques that build confidence and an ability for members to express themselves.

Key elements of the group include:

- Using art as a tool for expression and creativity.
- Exploring different emotions through sensory based sessions.
- Building communication through alternative art techniques.
- Creating self-awareness and promoting an 'I Can' attitude.
- Gaining confidence to speak up and share opinions with others.
- Learning different art techniques and materials.

Theatre Group



Our weekly theatre group works towards two performances a year, one in the summer and one at Christmas time. This ensures that the group is constantly evolving and has a clear aim to work towards.

Key elements of the group include:

- Scriptwriting - developing a storyline and characters, and sharing your thoughts and ideas within a group.
- Developing social and communication skills.
- Teamworking skills and working effectively with others.
- Skills and techniques to improve and maintain a good memory.
- Exploring your creativity and self-expression.
- Confidence building through practice and performance.
- Setting personal goals with support to achieve them.

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CLAP

Crew



Sport and Good Health



Our Sports Groups offer people the opportunity to engage in regular activity that helps them live a healthier life and make friends. We believe that sport should be fun and that a healthy diet can be achieved by developing a better understanding of food and nutrition.

Sports activities include multisport team games, Boccia, seated volleyball, goalball, Kwik Cricket, badminton, Polybat, table tennis, ball skills and parachute games.

Key elements of the group include:

- Working as part of a team. Developing skills that help encourage and support people to be more active and access opportunities which promote well-being.
- Assist in delivering fully inclusive sports and activity sessions run by our sports coaching team or with our sporting partners.
- New opportunities for progression within a sports assistant/coaching role, as part of the Sports Coaching Development Programme which is run by LEAP.
- Developing employability skills through a coaching role.
- Opportunities to gain coaching qualifications and work experience.
- Developing skills in planning and organising new activities.
- Building confidence and self-esteem by enabling people to share interests and ideas and work as part of a team.
- Encouraging people to take on roles requiring responsibility and that build communication skills.
- Improving awareness of the local community and what is on offer.
- Helping people to access new sporting and social opportunities.

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

