

The Talkback Equip Programme

2023



Talkback

DEVELOPING A WORLD OF POSSIBILITIES

Welcome

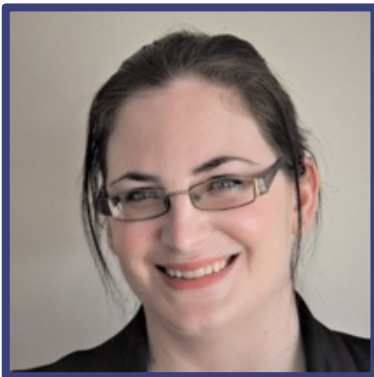
The Talkback Equip Programme is centred around transitions to adulthood and future work opportunities for those in education.

Our team is delighted to extend a warm welcome to you. If you're reading this then you will soon be joining the Equip programme, specifically designed for 16-25 year old autistic people and those with a learning disability. We partner with colleges of further education to focus on preparing each person for a bright, healthy and happy future.

I very much look forward to meeting you personally soon.

With my very best wishes,

Claire Milon, Head of Young People's Services, Talkback



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In my time at Talkback, I've learnt how to do things safely, from making friends, to travelling independently.

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I enjoy Talkback loads as it is a place to socialize with students and others. I have truthfully developed my skills.

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There is also the fun stuff like going to the cinema or bowling. I've learnt how to public speak and discovered this is one of my specialities. By doing these things with Talkback, it has taught me important life skills.

About the programme

Who we are

Equip is Talkback's programme that works with 16- to 25-year-old individuals who are autistic or have a learning disability. They receive learning assistant support through all stages of their education to deal with anxieties and challenges they face.

This is combined with the essential **"Transition to Adulthood and Work Experience Groups"** outside of the college environment where a variety of life, employability and social skills are learnt. This helps people develop confidence, gain work experience and achieve their full potential.

Activities are run in a variety of ways including, one to one, groups, and tailored work experience placements.

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We are driven to overcome the barriers faced by autistic individuals and people with a learning disability. We want them to embrace new opportunities, lead fulfilling and healthy lives, work and contribute to the community.

Preparing for adulthood

Our programme provides individual learning packages. Our work is all based on a student's personal needs as well as their health and care plan outcomes (EHCP's). In addition to life skills, we look for work experience placements one day a week for those whose EHCP's allow.

We help our students transition from school to college and then from college to university, volunteer work or paid employment or further development programmes with us. We work together with the student, their family and other professionals to create an individual programme for each young person.



The main parts of Equip

Our programme has three essential parts



Education

We work in partnership with local colleges in Bucks but are also becoming involved in colleges in the Home Counties, ensuring young people who are autistic or have a learning disability are keeping up to speed with the curriculum.



Life skills

Individuals learn a wide range of specific and vital life skills to help them gain independence and have a safe space to join in, socialise and form friendships.



Work Experience

Students undertake work experience placements to learn skills required for working life and build the foundations for finding work in the future. From retail, to office work, woodwork skills, mechanics and many others we always try to accommodate their interests to find the right placement for them.

These three parts lead a lot of our students to volunteer placement, supported internships, and paid employment

Our support through education, life skills development and work experience has the ultimate goal of preparing our members for supported internships, paid employment or volunteer work in the future. Members can continue to one of our job clubs and receive ongoing workplace support once they have secured a job if they receive the right funding support. For others they can continue their journey in our **Personal Development and Skills teams**.



Our groups

All the groups we run incorporate fundamental elements of relationship building, enhancing physical and mental wellbeing, travel training and keeping yourself safe. These are the core vital skills to building a more independent future for our members.

Art

Students will explore and reproduce work in a range of art movements including surrealism, impressionism, cubism, urban art, photo montage, cubism, still life, water colour and caricatures.

Building Social Skills: (Entry 2 and 3)

The students will have the opportunity to develop friendships and communication skills via games, sharing news and team building exercises. They will be encouraged to voice their opinions and share common interests and give a presentation on a hobby they have.

The students will be encouraged to express how they feel. They will look at body language and how their behaviour can affect others. They will also access music therapy. The students will learn about personal safety in the home and in the community. They will explore the Safe Places scheme and who to go to for help if they are feeling worried or threatened. The group will practice their cooking skills by planning a recipe, shopping, preparing the food and eating a meal together.

Creative Media

The group will create their own film from a storyboard, flipbook, and script. They will travel to locations to take photographs and learn about camera shots and perspective. The students will study set design and character modelling before creating their own scenery.

The students will create a shot list for their film looking at scenery and camera angles. The group will then set up their scene and characters and begin filming. Postproduction, the students will edit their film. They will explore advertising and promotion. As a group they will design a film poster and create an advertising podcast.

Independent Everyday Living (for any level)

Students will explore topics and learn skills relating to living independently. They will learn how to use a washing machine, tumble dryer and iron as well as buying food and preparing meals. They will undertake basic household tasks and research supported housing options for the future.

The group will cover personal care and including hair and nail care, dental and personal hygiene, and the importance of sleep. They will practice relaxation techniques and examine the benefits of exercise.

The students will have the opportunity to discuss employment options and create their own CV and learn about interviews.

The students will learn about online safety, road safety, community safety and where to find help through the Safe Places scheme. The group will access a 5-week travel training module.



Professional Cookery: (for any level)

This is an exciting new group that has been created in collaboration with a professional chef in a professional kitchen. Our aim is to help the students learn how to create healthy and nutritious meals in the most economical way.

Students will work together to choose recipes. These will be created with a set budget in mind. The students will go to the local supermarket or food hub to source ingredients.

They will learn about food and kitchen hygiene. The students will be taught how to use kitchen equipment safely and effectively.

They will work as a team to create meals. They will then sit together to eat the food they have prepared and then clear down as in a professional kitchen.

Personal and Social Development (Entry 2 and 3)

The group will explore feelings and emotions and what effects these can have on the body. They will develop self-awareness through identifying their own strengths and weaknesses. They will be encouraged to practice mindfulness, breathing techniques and meditation to help manage their feelings and anxieties.

The students will explore different hobbies and leisure activities and examine how they can help to develop self-esteem and positive thinking. They will be encouraged to work together in pairs or small groups to develop team working skills.

The group will look at the importance of a healthy diet, exercise and getting adequate sleep. They will engage in practical cooking exercises including shopping, food preparation and eating a meal together.

The group will also access a 5-week travel training module.

Personal and Social Development (Entry 3, Level 1 and above)

The Group will cover all the areas of the starter group and additionally will build on communication skills and will be encouraged to speak out in front of others. They will learn about the connection between mind and body through exploration of the effect of negative thoughts and physical sensations.

The students will explore body language such as facial expressions and how to identify how other people may be feeling.



Skills Needed for Adult Life (Entry 3, Level 1 and above)

The group will explore money management including budgeting, applying for a bank account, handling credit, and debit cards and avoiding debts. They will examine the cost of electricity, gas, council tax and water rates. The students will be tasked to research expenses for decorating their own bedroom.

They will learn to cook a meal on a budget and how to wash their clothes. We will discuss how to access GP services and the students will role-play booking an appointment. Driving theory will be delivered over two terms. The students will learn how to apply for a provisional licence, access practise tests and learn about the costs and responsibilities of owning their own car.

The Employability module comprises identifying relevant personal skills, job searching, online applications, writing a CV and Personal Statement, interview techniques and a practice interview session.



Travel Training

We start with an assessment of the level of skills and knowledge of the group. Students will identify their aspirations and consider one journey they would like to achieve independently. If required, the students will be encouraged to apply for a bus pass.

Prior to undertaking journeys, the students will learn about personal and community safety. They will explore the local environment and practice road safety. They will develop their money skills and learn to calculate the cost of their travel and estimate the expected change they may need. The students will learn to use both analogue and digital clocks before learning to understand a bus timetable.

As a group we will look at planning a journey, what we need to take, what do we do if something goes wrong, how do we get help if required. The students will be encouraged to participate in role play to reinforce their learning and practice their communication skills. Time will be spent exploring each personal route selected by students. These routes will be practised to enable the student to feel confident about travelling independently.

We are Women

We have formed this groups so young women can be in a learning environment with other young women. The students will explore healthy living including diet, exercise, sleep, emotional well-being and the negative effects of smoking, alcohol, and drugs. They will examine fashion and the media and how pressure is put on young people to present a 'perfect' image.

The group will cover our bespoke relationship course, covering all aspects of relationships including familial, friendships and intimate. The content of the course will reflect the needs and experiences of the participants. We will be encouraging self-care when the students focus on personal health including hygiene, accessing health screenings, and booking GP appointments.

The students will explore personal safety both in the community and online. They will learn to cook on a budget by sourcing a recipe, shopping, preparing the food and eating a meal together. The group will also access a 5-week travel training module.



We are Men

This group gives young men an opportunity to socialise and learn together in a safe space. The students will explore healthy living including diet, exercise, sleep, emotional well-being and the negative effects of smoking, alcohol, and drugs. They will examine fashion and the media and how pressure is put on young people to present a 'perfect' image.

The group will undertake our bespoke relationship course, exploring family, friendships and intimate relationships. The content of the course will reflect the needs and experiences of the participants. The students will learn about health and self-care including hygiene, accessing health screening, and booking GP appointments.

The group will also access a 5-week travel training module. The students will explore personal safety both in the community and online. They will learn to cook on a budget by sourcing a recipe, shopping, preparing the food and eating a meal together.

Our work experience groups

We put a huge amount of emphasis on helping members into the world of work. With the right support, every young person can find and reap the rewards of a job they love.

Our work experience scheme gets you a head start into the career of your choice. Tell us what you're interested in and we'll find you a great opportunity, help you connect with your colleagues and get you ready for a job you'll thrive in. At the end of each day students complete an experience pack to reflect on what's been learned through exposure to professional environments. Here's some examples of how we've connected our previous Equip students.

The Accessible Workshop (High Wycombe and Aylesbury)

A professional woodwork workshop environment allows our members to learn work skills to increase their employability. Individuals work 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. We recognise that everyone operates at a different pace and have developed our approach to incorporate the following stages of progression:

Development

- Gain basic awareness of woodworking and DIY skills that can be used in everyday life.

Core Skills

- Develop the skills which will enable you to undertake a range of DIY tasks.
- Be able to use a range of basic hand and power tools.

Upcycle

- Develop awareness of upcycling and how to turn junk into profit.
- Learn skills relating to budgeting, marketing and selling a product.

Create

- Develop the skills to plan a project and construct items for home and garden use.
- Use more advanced power tools and machinery.

Employ

- Develop essential employment skills.
- Plan, construct and market products, while gaining the confidence and skills to work independently.



Other Example Work Experience Opportunities



Hogshaw Farm, Aylesbury and Road Farm, Missenden

- Feed and care for the animals
- Muck in to help look after the farm
- Learn how to work to a schedule
- Socialise with colleagues



Sainsbury's, Aylesbury

- Take your first steps in customer service
- Understand the disciplines of work
- Enjoy interacting with customers appropriately
- Understand workplace health and safety instructions
- Work independently and in a team to organise and replenish stock



Charity Shops and Cafés

- Build confidence through speaking to members of the public
- Learn barista skills
- Learn Customer service skills
- Replenish stock and put tags on different items



Walled Gardens, Great Missenden and Braywick Heath Nurseries Maidenhead

- Complete horticultural tasks with your team - clear leaves, trim hedges and learn about plants and vegetables.
- Use equipment, such as lawn mowers, hedge trimmers and cleaning equipment safely.

We're always adding further work experience opportunities in retail, offices, sports clubs and more. Tell us what industry excites you and we'll be happy to find something that fits!

Talkback

DEVELOPING A WORLD OF POSSIBILITIES

We look forward to welcoming you as a Talkback member, and helping you on your journey to gaining education, life skills, employment and independence.

Contact us



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