



**Our Time**  
All Ability Youth Forum

OUR TIME ALL ABILITY YOUTH FORUM  
TOWER HAMLETS

We are run for and by young people, 14 – 25, with special educational needs and disabilities



We have achieved the following:

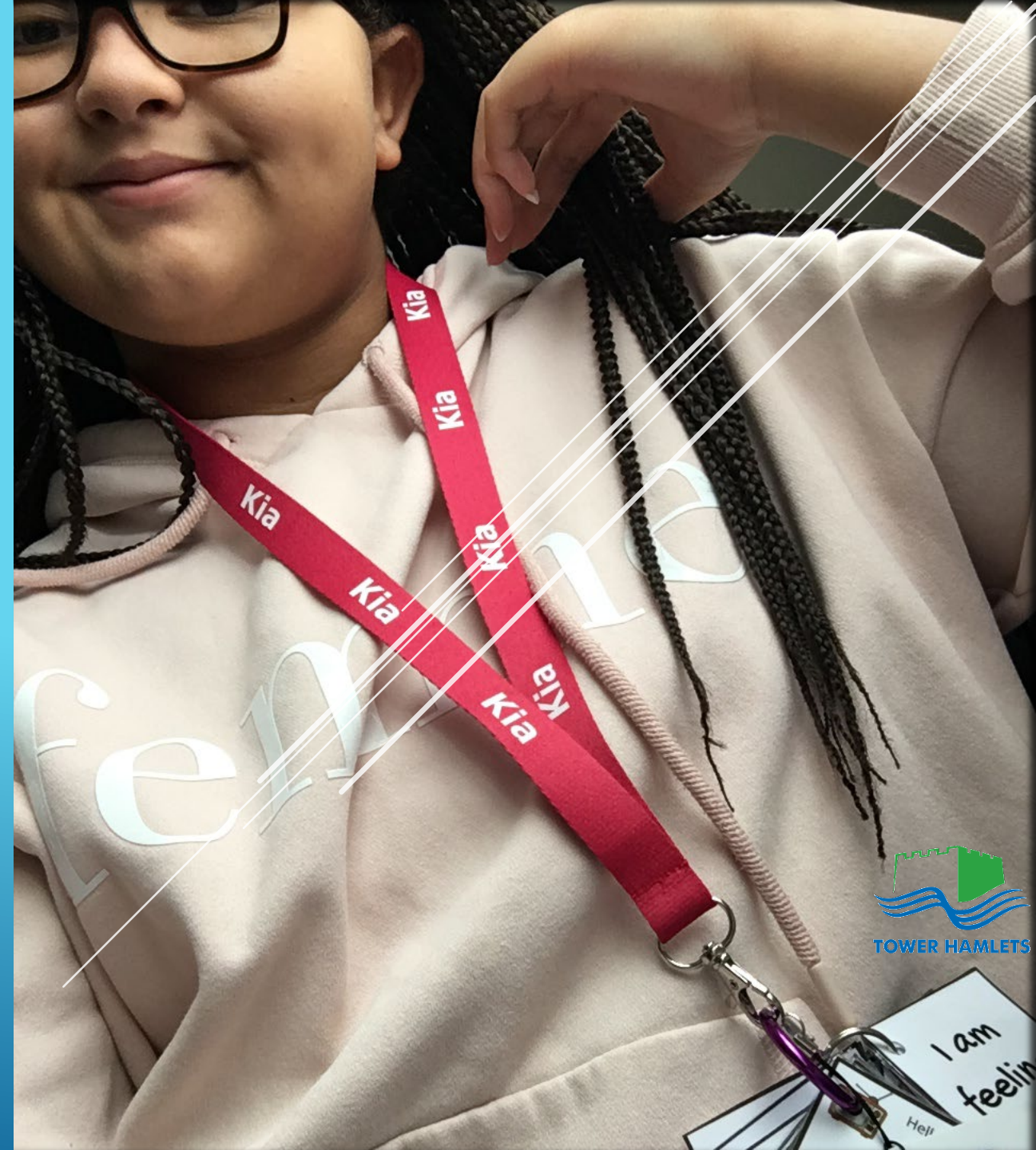
- Run a peer research project
- Participated in National SEND Conferences
- Completed ASDAN Leadership Course
- Given presentations at staff events
- Made art and poems with the A-Team Arts Service
- Organised Events for young people and Community
- Taken part in Local Consultations
- Run our kitchen cooking club

- Mental Health Champions
- Run workshops and given talks in schools and colleges
- Attended and are members of Stakeholder groups e.g. SEND Improvement Board
- Workshop at National CDC (Council for Disabled Children) participation conference
- Working with Spotlight SEND Superheroes to represent younger voices
- Presentation to LA Children and Culture staff
- Representation on the CDC National Steering Group
- Made films based on Autism, EHCP, personal budgets and training education psychologists

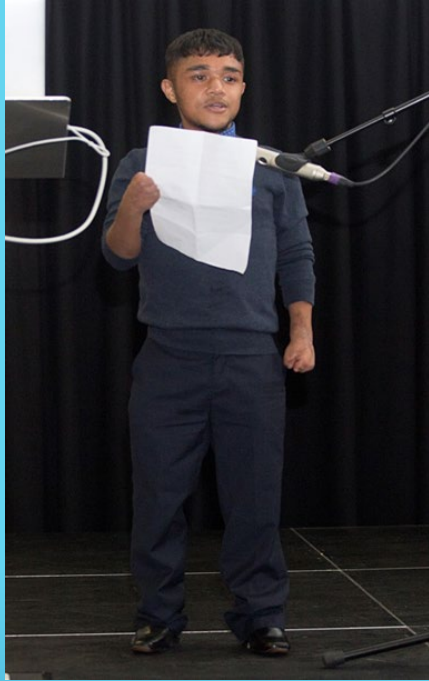


WE EMPOWER  
AND INSPIRE

WE SUPPORT  
OTHERS TO GROW



# Abadur Rahman



If you come to the youth forum you will feel welcome, you won't feel left out, and you'll get your voice heard.

We all understand the same feelings that we're all going through. We know we're not the only young people with additional needs. There are lots of people like us all over the country. So you are not alone.

# Aklakur Rahman





## Lydia Anderson



We do lots of things at the forum. We make films, we plan what to do, we do all different projects and we have events. We tell people what we want and what will help us.

The youth forum is a great opportunity. Use this opportunity while you can. Come and get involved in all the different activities that we do.

## Ruhul Amin





WE:

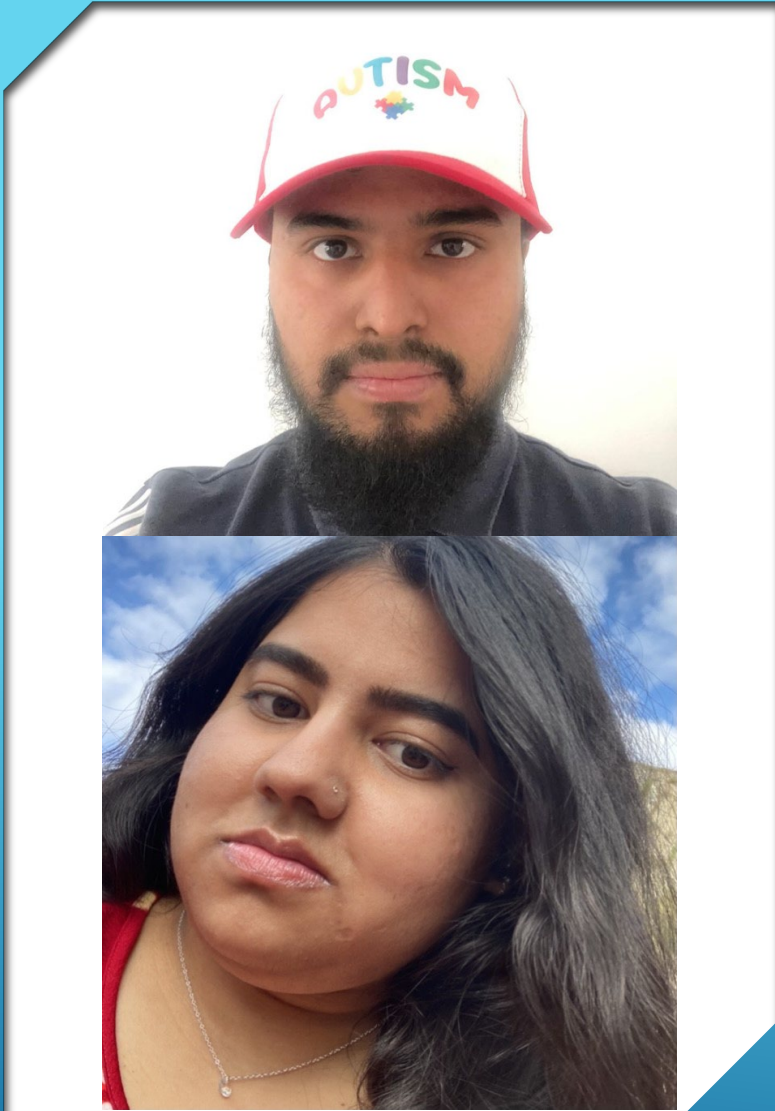
- COOK
- CAMPAIGN
- FUNDRAISE
- MAKE FILMS



WE:

- WRITE POEMS
- MAKE ART
- WORK WITH PROFESSIONALS
- REPRESENT YOUNG PEOPLE
- CONSULT





WE GIVE A VOICE TO  
YOUNG PEOPLE

## NEXT STEPS FOR OUR TIME ARE:

- We would like to develop a Pan London group to represent voice of YP with SEND at regional level
- Secure funding to develop the scope and reach of the group
- Visit the Houses of Parliament
- Further develop the Young People Zone on the Local Offer
- Mystery Shopping Services
- Further promote Independence for SEND with parents and professionals
- Continue to recruit new members and spread SEND awareness
- Support to promote anti-bullying in order to increase inclusion rates
- Work in the community to promote inclusion
- Work with younger groups to help achieve their potential



Front



Back



ASD Cards  
designed  
by Our Time  
members



## Young People's SEND Ambassador Programme



SEND Ambassadors are young people with additional needs who want to keep all young people with SEND:  
**Informed, Consulted and Included**

**If you are interested in YP Ambassadors running a session or becoming a Young Person's SEND Ambassador yourself then please contact us**

**Email: [ypambassadors@gmail.com](mailto:ypambassadors@gmail.com)  
[pac@towerhamlets.gov.uk](mailto:pac@towerhamlets.gov.uk)  
Tel: 020 7364 6481**

YP SEND Ambassadors working together to make changes for young people in Tower Hamlets are supported by Parent and Family Support Service (PFSS)



**Our Time**  
All Ability Youth Forum

Your guide to information and services for families in Tower Hamlets

**LOCAL OFFER**  
@thlocaloffer localoffertowerhamlets.co.uk



Tower Hamlets and City  
**SEND IASS**

# What support does Our Time need?

- Others to support promoting Our Time for recruiting more young people with SEND
- Funding for Young People's Forum work
- More employment opportunities for young people with SEND
- Finding possible funding options to employ young people with SEND as in working with developing Forums across London
- Funding to support mentoring project run by YP with SEND for other YP with SEND



▶ Please get in touch and come along to meetings

▶ 020 7364 6489

▶ [https://www.localoffertowerhamlets.co.uk/young\\_peoples\\_zone](https://www.localoffertowerhamlets.co.uk/young_peoples_zone)

▶ Ourtime.yf@gmail.com

▶ Facebook.com/ourtime.yf

▶ Twitter.com/ourtime14

▶ Instagram

Our  
Time

Every star is different

