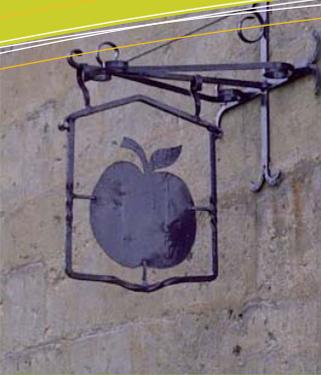


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2015

The Stammerer Trust

Charity Commission No. 265938

NEWSLETTER



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EDITORIAL

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EDITOR'S WELCOME

Welcome to our Autumn newsletter. I read an interesting article on the internet 'Chasing the Fluency Gods' by Katherine Preston which started me thinking about the adage 'If I knew then what I knew now' (*to see article open this link in a web browser <http://ow.ly/TzqAD>*). Growing up with a stammer I was always battling through plosives and became a master of avoidance techniques. I had some speech therapy as a child but none that changed my outlook and confidence more than my intensive course at the Apple House.

At the Fun Day talking to some of the young people, who have attended speech therapy at the Apple House, I was touched to see them brimming with confidence and applying techniques to enjoy fluent conversation.

This year I turned fifty and to celebrate I set myself some physical challenges, the most recent, running in the Oxford Half Marathon. I was confident with the running but was more anxious about my speech with the registration process and talking to some of the other 7,500 runners. However, on the day I was relaxed and started many conversations with numerous nervous runners. Perhaps it's an age thing but, on reflection, I am more relaxed about my stammer and can't think when I was really that stressed about it. It seems I am now a contented quinquagenarian.

Happy reading.

Andrew Barnes

Our new website: www.stammertrust.co.uk

Notices:

Volunteer opportunity at the Stammer Trust AGM on 7th November. Several University of Reading students are looking for volunteers for their speech fluency related projects. 10 minutes per person to perform as yet to be revealed tasks. They would quite like to come to our AGM. If you are potentially interested in participating, please email me, andy.mccabe@tiscali.co.uk. I will then forward you the one page project descriptions. Absolutely no commitment – if after reading the description you would rather not participate, absolutely no problem. Somehow I think some of you will be intrigued enough to say yes!

Andy McCabe

Find us on Facebook: www.facebook.com/StammerTrust

FOREWORD FROM THE CHAIR



W elcome to another newsletter.

The Kings Speech play, starring Raymond Coulthard and Jason Donovan, has been touring the UK during 2015. A number of us went to see the play during its week long run at the Oxford Playhouse. It was enjoyable, humorous, challenging and a very convincing King. If you didn't realise how challenged some peoples speech can be, you might have thought the King was over acting.

Our Annual Rounders Match & Fun Day was held on Sunday 28 June. An enjoyable time was had by all. Two delightful groups of people (adults and children alike) fought a closely contested rounders match. Congratulations to both teams for showing the usual level of competitive sportsmanship we have come to expect at the highlight of the years social calendar. Tea was accompanied by a tombola, cake sale, plant sale and a washing line challenge. Many thanks to all who participated.

The University of Reading (Dept Psychology and Clinical Language Sciences) have assembled a group of volunteers who have speech challenges (for example recovering after a stroke or who have a long-term stammer or their parents). This 'Experts by Experience' panel have been meeting termly and are now assisting in university Open Days and interviews for the RCSLT accredited BSc and MSc courses. This assists the clinicians to discuss with some of very academically capable course applicants whether they are suited for these courses which have a very high clinical content. More volunteers are welcome. Speak to myself if you are interested – I find it a very worthwhile group to participate in.

Our AGM will take place on Saturday 7th November at 12 noon in the Apple House. We will start with a light lunch, progress with the business of the Trust (not too prolonged) then finish with a seminar and discussion.

I hope you enjoy reading the reports from the recipients of last year's Terence Barry Grant Award Scheme, and look forward to seeing you at the AGM.

Andy

Andy McCabe October 2015

The Stammer Trust

Charity Commission No. 265938

March 2015

Dear Bryan,

I am writing on behalf of the Stammer Trust committee to thank you for all your help over the years now that you have decided to step down as Trustee and as a member of the committee.

Thank you is rather minimalist vocabulary to convey the huge debt of gratitude for your work and time for the Stammer Trust.

From the start of the formation of the Stammer Trust over 40 years ago you have been a constant support. You encouraged the early vision of having somewhere special for Speech therapy to work and help people who stammer. The Apple House – the original scruffy building spotted lonely in a field (virtually) - was transformed into an unusual, charming, unique environment where people who stammer and their families found help.

With your clear, calm thinking as part of the founding committee you helped and enabled the charity to thrive. As you know the Stammer Trust has been able to support the Speech and Language Therapists with resources and training costs. Additionally following the setting up of the biannual Grant Award scheme we now offer help to Speech and Language therapists more widely.

The Stammer Trust has continued to update and modernise the interior of the Apple House and you will know that the upper treatment room has been named in honour of Gerda to whom you gave such loyal support.

The work goes on with different clinicians but the same high standard of help. The committee remains a committed group.

We are deeply grateful for your help and commitment.

Thank you, Bryan.

Chris Charles

TRUSTEES:

Professor B.L.H. Wilson, OBE, MA, F Inst, P, Ch Phys;
Mrs. C. Charles, MRCSLT; Mr. G. Forward

THERAPISTS REPORT

Children's Service report to the Stammer Trust Autumn 2015

It has been another busy twelve months for the Children's Dysfluency Service at the Apple House. Our core work, in the form of the intensive groups and 1:1 therapy, has continued steadily, enhanced by the new toys and books generously given by the Stammer Trust earlier this year. They have made therapy so much more fun for both the children and the therapists. Thank you once again.

It was a great pleasure to welcome Chris Charles from the Stammer Trust to our summer intensive group for 8 to 12 year old children one warm afternoon in July. Chris spoke movingly about the Stammer Trust to the children and their parents, all of whom were really interested to hear about the Trust's work and its commitment to the Apple House. We received a donation and several requests for invitations to the next Fun Day! The children may have changed over the years but the groups – started by Chris – are still going strong, delivering effective therapy, and are enjoyed as much as Polly's Apple House chocolate cake, still served on the last afternoon of each group.

Referrals numbers have remained level over the past year, for both individual and group therapy. The number of requests for second opinion visits has also remained steady. We have continued to receive referrals for each area of the county, reflecting a good equity of service.

It has been interesting to note that referrals to the Apple House for Lidcombe Programme have reduced in recent years. This reflects the large number of Lidcombe-trained therapists working within the community, meaning that children who require Lidcombe Programme are able to access this therapy locally. This is excellent for them and for their families. Emma and I continue to see children for Lidcombe Programme, often where there is not yet a Lidcombe-trained therapist working locally. As I write I am about to start a course of Lidcombe Programme with a slightly older child with learning difficulties who has a significant stammer. The family and I are hopeful that this approach may be helpful where other therapies have been less effective owing to the child's cognitive difficulties. It will be interesting to see.

Training remains an important part of our work. Emma and I delivered two training sessions over the past year, in May and in July. Our May session was tailored to support staff from both Oxfordshire and Buckinghamshire. The audience included Speech and Language Therapy Assistants and Technical Instructors, Nursery Managers and other support staff. The training gave an introduction to our work at the Apple House, information on risk factors for persistent stammering and ways to help a child in your setting who stammers. There was also information on how to refer a child for a specialist assessment. The July training was for Speech and Language Therapists in our team. This was a training session which we aim to deliver annually, to keep therapists' skills, knowledge (and confidence) up-to-date. The training was well-attended, by both newly-qualified therapists and more experienced

practitioners. Pleasingly, the feedback forms we received indicated that all had found the training a worthwhile and interesting, even an 'outstanding' session.

As well as keeping the team up to date, Emma and I have also attended training and study sessions ourselves this year. We were both inspired by the summer London SIG (Special Interest Group) which included a fascinating and very practical session on the Camperdown Programme. The day also provided an excellent opportunity for networking with other stammering specialists: it is always interesting to learn how other teams approach and manage their caseloads. The lunch was also delicious!

Emma and I are currently devising and hoping to run a short, intensive group for teenagers as there is currently an increasing demand for therapy within this age group. I hope to report back on this in a later article.

The Children's Service remains ever grateful to the support of the Stammer Trust which does so much to enhance our working environment and resources, to the huge benefit of us all.

Rachel Kennell

*Highly Specialist Speech and Language Therapist
Clinical Lead for Dysfluency*

APPLE HOUSE FUN DAY

This year's Apple House Fun Day was held at the end of June with the sun trying very hard to push through the clouds. Again, this was held after the committee meeting so when I arrived the tea tables and stalls were being erected. Everything seem well organised so I set off with tape measure in hand to carefully mark out the pitch for the Rounders match. On my return everything was in full flow (it takes time to accurately position the bases), teas and squash being served, tombola prizes won, plants sold and challenges undertaken. Thankfully I was just in time to secure a slice of Polly's 'Apple House' chocolate cake, which was in popular demand.



Laila's in-laws, Sandra & Richard, again put on a delightful plant stall to include peppers, chilli's, lavender and herbs. Polly and Chris assumed positions in the kitchen and ensured a regular supply of tea and cakes were served. The cake stall was very popular. Andy brought back an old favourite with the 'peg' challenge divided into adults and children washing lines, while the Ellett family provided excellent prizes for the Tombola (with Lisa's

children winning much of the prizes back).

With Geoff unavailable to captain a Rounders team to challenge me this year, Matthew Ellett stepped up to the mark. Batting first, Matthew's team got off to a flying start, racking up the runs and scored a healthy 33 runs. The pressure on, my team went into bat and looked to be scoring well. A time check from the umpire gave us a minute and a half with scores equal. My team dug deep and scored two extra runs to give victory yet again to the A-Team. Matthew 33 - Andrew 35.



A great day was had by all and a big thank you to all those involved. **Andrew Barnes**

TERENCE BARRY GRANT AWARD SCHEME

We continue with the reports received from successful applicants of the Terence Barry Grant Award Scheme that awarded a total of £1600 for applications of up to £ 250 and £ 500 at last year's AGM.

Harry Dhillon - *Equipment for Kings Speakers Toastmasters*

Anais Nin said "The quality of our lives shrinks and expands in direct proportion to our courage". For a person who stutters (PWS), having a simple conversation can be an act of courage. Standing on stage and giving a public speech requires courage. Immense courage. And the rewards are equally immense. The beautiful thing is that doing public speaking is one of THE best ways for PWS's to come to terms with their stutter and to un-leash the enormous potential, which is often lying hidden just beneath the surface.



My life has been, and continues to be, transformed by Toastmasters. So I wanted to "pay it forward", and share the benefits with others. With this in mind, in 2012, I founded the Kings Speakers Toastmasters club in London – a public speaking club for people with a stutter. It's a special place. It's where first timers usually walk in hesitant and nervous, unsure if they are

doing the right thing. But after attending just a handful of meetings, many have experienced positive changes that surprise them. Within three months, many of them are hooked, and after six, you cannot get some of them off the stage! There is no magic formula that produces this result. A gardener knows that to create beautiful flowers, they simply have to supply the right soil conditions for the plant, the appropriate amount of sun-shine and feed it regularly. Nature does the rest. Every one of us has the potential to blossom. It's just a case of creating the right environment – a place where people are supported and understood, where they are helped and mentored, where they can laugh, have fun, and at the same time grow at their own pace and in their own unique way. Human spirit does the rest.

Kings Speakers provides this environment. We do more than just regular public speaking. We have a social scene, too. And we take part in official speech contests, competing with non-PWS's from other clubs. And we do pretty well - last year, one of our members reached all the way to the UK & Ireland finals. Our members are pushing themselves in all sorts of ways, and exploring un-chartered territories. Their confidence levels have risen, their self-esteem levels have risen, and their belief systems are changing. They are seeing speaking situations in a new light. And they are seeing their wonderful personalities come to the surface.

With the help of organisations like The Stammer Trust, we can help PWS's not just in the UK, but overseas too. In our first April meeting we will have 9 stammerers visit Kings, from countries like Iceland, Finland, Holland, Estonia and Israel. They will take back with them a unique experience and leave with a spark of inspiration. Maybe one day, they too can think of starting something similar in their home countries.

Harry Dhillon

Founder of Kings Speakers Toastmasters club, London

Hannah Clark - 'Acceptance and Commitment Therapy' course

Acceptance and Commitment Therapy is a mindfulness based therapy approach. The research and evidence base has shown ACT can be effective in treating a range of conditions including stammering. As Russell Harris defines 'ACT assumes that the psychological processes of a normal human mind are often destructive and create psychological suffering'. ACT does not aim to eradicate symptoms but instead to approach life more mindfully. The core principles of ACT are: defusion, acceptance, contact with the present moment, the observing self, values and committed action.

The aims of ACT therapy is to increase flexibility of thinking, living in the present moment, being open to experiences, changing the impact of thoughts and being consistent with your values in life. Language plays a fundamental role in ACT. Language is seen as being helpful and destructive. Language

enables us to make sense of the world around us but it also causes us to see our thoughts as reality. For a person who stammers they may have negative connotations attached to stammering and begin to avoid certain speaking and or social situations because of their stammer. ACT strives to enable the individual to increase their tolerance of experiences, observing the internal experience and changing the impact of their experience. I am particularly interested in the psychology of stammering and the growing evidence base for mindfulness based therapy approaches. ACT does not aim to change the individual's stammer directly but rather to increase their acceptance of their stammer and reduce the impact that their stammer has on their life.

As a therapist I always consider what is important to the individual I am working with and ACT emphasises the importance of our values in life and whether our behaviour is consistent with these and whether our choices in life move us closer to our values or further away from them. I work predominantly with teenagers who stammer and the principles of ACT can be embedded into my work and therapy approaches.

Russel Harris believes ACT enables therapists to develop the essential qualities of compassion, acceptance, empathy, respect, and the ability to stay psychologically present. Harris believes it places the therapist in the same position as the patient. 'I don't want you to think I've got my life completely in order. It's more as if you're climbing your mountain over there and I'm climbing my mountain over here. It's not as if I've reached the top and I'm having a rest. It's just that from where I am on my mountain, I can see obstacles on your mountain that you can't see. So I can point those out to you, and maybe show you some alternative routes around them.'

I strongly believe that as a therapist my role is to facilitate the therapy process but not lead it, as the patient is the expert in their stammer. I would like to thank the Stammer Trust for this wonderful opportunity to continue my professional development and follow my passion.

Hannah Clark

Speech and Language Therapist, Spalding

Rachel Pagnam - Equipment for parent/child interaction therapy

Thank you to the The Stammer Trust. Last autumn, we applied to the Stammer Trust for a grant to allow us to improve our service to children who stammer in Stockport. We have a team of Specialist Therapists working with children and their families but desperately needed some new equipment to improve and expand our services to pre-school children. We were delighted to be awarded £250 to purchase iPads to use for Parent Child Interaction Therapy. Although the process of purchasing took a while, we were able to get two iPads and started using these in February 2015.

Previously we had old video recording equipment which could only be used

at one clinic. Now, we are able to provide the Interaction therapy in 2 of our centres and also others when needed. This has meant all the families are able to access therapy more easily rather than having to travel to the one centre. The ease of recording and deleting has also improved patient confidentiality. Parent feedback has been positive, saying that they find it much less stressful being recorded as the camera is small and discreet. Children are now so familiar with being recorded on phones and tablets, that they hardly notice them during therapy and there is now no plugs and wires to distract them! They love pressing the playback button and watching themselves on the screen, just as they do at home. This more relaxed approach means we see a much more realistic view of the usual parent and children interaction. As Therapists it has allowed us to offer Parent Child Interaction Therapy in a much more effective and flexible way.

We have now started to use the iPads in the various children and teenagers group we run. The group members again report that they are much happier being recorded with the new equipment. We are now looking into apps that maybe appropriate for use within therapy too.

The Stockport Speech and Language Dysfluency Service and the children and families we work with in Stockport would like to say a huge Thank You to the Stammer Trust for the money they gave us and also for their continuing work in supporting children who stammer and their families across the UK.

Rachel Pagnam

*Speech and Language Therapist, Dysfluency Team Lead
Children's Therapy Services, Stockport*

Jayne Bulbeck - 'Acceptance and Commitment Therapy' course

After attending the two day Acceptance and Commitment Therapy (ACT) course at the City Lit in London I have started to apply elements of this therapy approach to group intervention with adolescents that stammer.

ACT is a mindfulness based therapy approach from the third wave of cognitive and behavioural therapies. The key aim is to 'accept what is out of our control and commit to taking action that will enrich our life'. ACT presents the elements of this therapy approach as a 'Hexaflex', and explains that when these six principles are combined together they create 'psychological flexibility'. The six elements are:

1. Acceptance ('open up')
2. Defusion ('watch your thinking')
3. Self as context ('observing self')
4. Committed action ('do what it takes')
5. Values ('know what matters')
6. Contact the present moment (or 'be here now')

The 'self as context' and 'contact with the present moment' elements of the Hexaflex are heavily based on Mindfulness principles, therefore, the other elements have been the first and most practical components from the two day course that I have tried to implement within a group intervention environment with adolescents that stammer.

ACT suggests that we are more likely to be able to lead rich and meaningful lives if we are in tune with our values, therefore, working with adolescents to help them identify the things they value most in life has been my initial starting point. I used the framework suggested to us during the course which breaks our values into the four areas of: work/education, relationships, personal growth/health, leisure/recreation. The group therapy environment was helpful for this activity as it allowed the teenagers a safe environment to discuss and reflect upon the things that they like to do in their own time and how they like to live their lives in order to help them identify what in particular they value. Once each adolescent had identified what values were important to them they each set specific goals to help them take 'committed action' to live by their values.

At this point it was useful to introduce another of the Hexaflex principles by teaching the adolescents 'defusion'. This provided useful strategies for them to apply when they were struggling with any thoughts that were preventing them from living true to their values. Defusion helps you to learn to notice these thoughts when they occur and to simply let them be, without passing judgement on them, in order to create a different relationship with them. As well as teaching practical defusion techniques to the adolescents within our group, the two day course also taught me how to subtly consider my use of language when working with clients as another way of 'defusing' from the power that our thoughts create.

Before attending the two day course I read Carolyn Cheasman and Rachel Everard's chapter on ACT from the book 'Stammering Therapy from the Inside', which I thoroughly recommend to anyone that is interested in learning more about ACT and how it can help people who stammer. Since returning from the course I have also discovered a book called 'I Just Want to be Me!' by Timothy and Sandra Bowden which has been particularly helpful for working with teenagers as it is set out as a cartoon strip which explains the principles of ACT in a fun and relevant way.

I would like to say a huge thank you to The Stammer Trust for allowing me to attend this course, and I look forward to continuing to apply my new skills and also sharing this knowledge with colleagues.

Jayne Bulbeck

Speech and Language Therapist,

Cornwall Partnership NHS Foundation Trust

ANNUAL GENERAL MEETING

The Thirty Eighth Annual General Meeting of The Stammer Trust will be held after lunch served at 12.00 midday on Saturday 7th November 2015 in The Apple House, The Warneford Hospital, Oxford. The Committee Meeting and AGM will run concurrently and aim to finish by 3.00pm.

All Trust Members and Trustees are invited to attend (including lunch). Members can take the opportunity to raise matters and issues, ask any questions and propose new Committee members.

Please note that nominations for new members of the Committee should reach the Secretary 7 days before the meeting. The form below should be used for the purpose of any nomination.

Current Agenda

1. Lunch
2. Apologies for absence
3. Chairman's opening remarks
4. Minutes of previous meeting (A.G.M)
5. Election of Trust Members as Officials / Committee Members
6. Secretary's Report
7. Treasurer's Report
8. Membership Secretary's Report
9. Report from the Speech Therapists
10. Seminar & discussion
11. Dates of next year's meetings & Fun Day
12. Any Other Business

Please copy and return to: The Secretary, Yew Tree Cottage, Northmoor OX29 5SX or email: ellettfamily@btinternet.com

NOMINATIONS FOR OFFICIALS & NEW COMMITTEE MEMBERS

I propose that (Name)

of (Address)

an existing Member of the Trust, be elected to serve as an Official / Committee Member at the forthcoming AGM. I confirm that he/she is willing to stand.

Proposer (Signed) (Name)

of (Address)

Seconded by (Name)

of (Address)