Running Virtual Groups

The Swindon Stammering Service
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Pre-Considerations

- IT- software you will be using
- Practise- know it's functions
- Engage your IT and Information governance colleagues to support you in making sure it is safe and adheres to GDPR and privacy policies.
- Age groups, language barriers and digital access.
- Therapist availability
- Watch RCSLT on delivering effective telehealth

https://www.rcslt.org/members/delivering-quality-services/telehealth/telehealth-guidance

Getting Started

- Identify group members
- Email parents/group members with group intentions and link to privacy policy
- https://www.swindon.gov.uk/directory_record/23539/speech_and_language_therapy_virtual_groups_privacy_notice
- Once parents and/or young people, service users have agreed they would like to attend and have access to the privacy policy, you can create your group distribution list in your contacts within outlook.
- Via your outlook calendar select the date and time you wish your group to run, then click on teams meeting.
- Click on To: and add contacts into your resources tab (this ensures other participants can't see eachother's emails) Contacts must be in your address book to be recognised.
- When asked if you want to update the location to……. Select **No**
- Add your subject for the group e.g. 'Smoothies Group' and any details you wish to provide in the main body of the email (above or below the TEAMS link) and send.
- Your group has been created
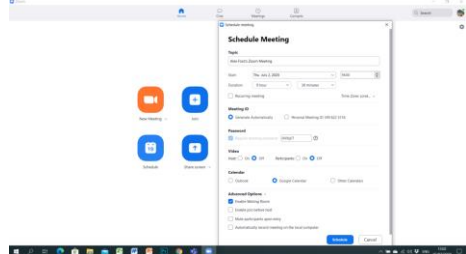
Getting Started
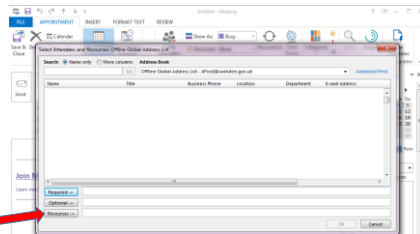
For Parents or Service Users

- Once they have received the email- click on the link and download the TEAMS APP (not required if they already have this APP.
- Do not select to sign-in or sign-up. Select- Sign in as a guest
- This then gives the option of using just your first name or nickname that other group members will see.
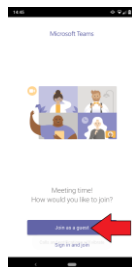

Zoom

Quick Tips for virtual groups

- Group Rules e.g. Listening, toilet breaks, using chat appropriately
- Mute Function
- Chat Function- emoji's, use to ask questions and raise concerns
(remains for 30 days on TEAMS)
- Whiteboard Function (not outside the organisation)
- Share Screen
- Be Flexible
- Wave to me
- Thumbs Up
- Scales using hands
- Try moving in the middle
- Resources ready

Swindon Packs

Format
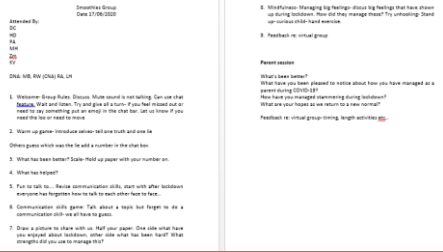
Games

- Truth and a lie
- Role Plays
- Riddles
- Quick talking games
- I went to the moon in a big red balloon
- Charades, acting out poor communication skills

Touch and Return

- Sit in a space.
- Touch something red / green/ yellow
- Return to space

Open the box

- Children mime opening a box and taking something out, others guess what it is

Melting and Freezing Snowmen

The group are instructed to stand and make themselves look like snowmen – as if they are frozen stiff, made of tightly packed ice, and standing out in the cold. The group leader then describes the sun coming out and beginning to melt the snowmen, so they gradually begin to get wet and drip, then thaw and melt into a puddle. The snowmen may start to freeze again and then melt, contrasting the two states.

The Message of Happiness

Write a message to each person in the group saying what it is you like best about that person or how they make you happier.

- Try to make each message something which could only apply to that person.
- The message should be as specific as possible.
- Begin each message with the person's name.

Miming Emotions

- Mime an emotion for others to guess

Thoughtful

Excited

Fed-up

Angry

Bored

Happy

Confused

Sad

Open ended stories

- Tom was in the kitchen making the tea. She went in to see how he was getting on, but found the kitchen empty, with the door wide open…

5 things you would take…

A trip to Las Vegas	A sailing trip around the world
On a trip to the moon	A camping trip
On a mountain trek	A skiing trip
On a trek through the jungle	For a month on a desert island
Disney land	To an exotic beach

You have won…
What 5 things you would buy?

£1	£10
£100	£75
£500	£1000
£6000	1 Million
£100,000	20 Million
£500,000	£20

Feedback

- 'It was brilliant and nice to see so many taking part!'
- 'It was great for X to have the interaction as I know he has missed the group'
- 'Helped Y to relax and nice to see his stutter buddy friends as he hasn't seen any of his friends during lockdown'.
- 'Z was so excited and happy to take part which is a big step for Z as usually doesn't like face time much. Thank you'

Thank you for listening…

- If you would like more information please contact
  aford@swindon.gov.uk

- Appreciate feedback on this session or let us know what has worked well for you whilst running virtual groups.