

The Fluency Trust Residential Courses

For young people who stammer

Referral Information

Why refer to The Fluency Trust Course?

Founded in 1995, The Fluency Trust in partnership with our local children's provider service (currently Swindon Borough Council) provides intensive residential courses for young people who stammer. These courses are unique in combining outdoor adventure activities and intensive group speech therapy.

Young people who stammer often underachieve in school by avoiding speaking situations. Bullying can be a major problem which leads to truanting. The course addresses these issues.

Working with this age group decreases the need for longer courses of therapy in adult life, hence there is a cost benefit.

These courses have been specifically designed with young people in mind and our therapy developed over the past 25 years in line with current evidence and research and the feedback young people and their families share with us.

The course enables young people to:

- Take responsibility for their stammer and learn how to manage it. This fits well with young people developing independence.
- Meet others who stammer. A peer group in this age range is very important, this decreases feelings of isolation.
- Work intensively. The intensive course enables the young people to focus on what they need to do and make changes. The courses are in the holidays and therefore do not interfere with school work.
- Work on flexible thinking and building resilience. This leads to maintenance of progress. Feedback from young people indicates that this area of the course helps greatly not only with speech but also with other difficulties they may be experiencing e.g. bullying, learning difficulties etc.
- Build confidence through the therapy and the challenges of the physical activities.
- Develop skills to enable the individual to build solutions and move towards their best hopes. .

We have two separate groups running during our residential course

- **The Blockbuster group (ages 10-13 years)**
- **The Teens Challenge Group (ages 13-17 years)**

The aims of the course are:

1. To gain confidence in communicating.
2. Feel more positive about speaking and less bothered about stammering.
3. To develop strategies to be able to manage stammering.
4. Build resilience to manage challenging situations
5. To develop flexible thinking skills.

We have collected outcomes that reflect positive changes for young people as a result of attending one of our courses. Details are available on request.

An independent audit showed positive changes in confidence, willingness to communicate, control of stammering and reduced sensitivity to stammering.

The Swindon Stammering Service was rated as 'Outstanding' in a 2017 CQC inspection (Care Quality Commission) for services for young people who stammer.

Why groups?

Group intervention is effective when working with this client group. (Turrell et al 2016) report young people benefit from the learning that takes place in groups through experiential exercises and peer sharing. People who stammer have also reported a preference for intensive group therapy (Liddle., et al, 2011).

Our residential courses are specifically designed to address the developmental changes of young people. The course encourages independence, development of a positive self image and a positive future focus. The group environment provides the best opportunities for developing relationships, learning from others as well as supporting others and preventing feelings of isolation.

Why a specialist service?

Group therapy is cost effective. Group participants receive over 30 hours of group therapy with Speech and Language Therapists who specialise in working with young people who stammer. A detailed report following the course supports the referring therapist with future management of the case. Some students who attend do not need ongoing therapy in their local area.

Our courses remain cost effective, due to the support of The Fluency Trust Charity funding the transport and outdoor pursuit aspect of the course.

Combining speech and language therapy and outdoor adventure activities increases positive outcomes, in confidence and self-esteem.

How do I refer to The Fluency Trust course?

The courses run annually, details of next available dates and referral information can be found on our website, please visit www.thefluencytrust.org.uk

The Speech Therapy cost of the course is in the region of £350. The Fluency Trust Charity funds the remaining costs. Details of who will be funding the Speech and Language Therapy input needs to be completed on the form.

Who can fund the course?

Speech and Language Therapists will need to speak with their manager to agree NHS funding. If you are unable to secure NHS funding consider the following possibilities;

- Self funding
- The young person's school
- Grants via the Local Authority
- Local charities
- Youth schemes
- Fundraising/ sponsorship (sponsorship form is included)

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Specialist Speech & Language Therapists