



Philippa Cottam Communication Clinic

Wednesday Dysarthria Group



Wednesday mornings 10:30 – 12pm noon

Autumn dates: 5th October – 7th December 2016

Spring Dates: 15th February – 29th March then 26th April – 10th May 2017

**At the Philippa Cottam Communication Clinic
Department of Human Communication Sciences
University of Sheffield**

362 Mushroom Lane, Sheffield, S10 2TS

Hello, I run the group, with help from our students.



Catherine Tattersall

I am speech and language therapist and a university tutor in the Human Communication Sciences Department at the University of Sheffield.

The group meets every Wednesday afternoon during university term time.

The group was originally set up when the Friday morning group became too big for us to have everyone come at the same time. It was decided to split the group and those individuals that no longer needed or wanted one-to-one sessions with a student moved to this Wednesday group. Here the focus is on practising speech skills in a group setting. The group is now in its second year.

Usually, we have some people who keep coming back because they enjoy talking to each other and to the students. But new people join us at the start of each term and sometimes people decide to leave at the end of a term.

What we do?

The group starts at 2pm, and finishes at 3:30pm. It meets every Wednesday but individual members do not need to come every week of the term if they do not wish or find weekly sessions too much.

There are a number of students who volunteer in the group. Some of these students help with the management but the majority concentrate on planning activities and providing strategies to people in the group aimed at improving the clarity of speech. All activities are aimed at encouraging members to practise their speech and use their strategies. The group is a supportive and friendly environment and members are very good at encouraging others and sharing their experiences.

After the group activity we have tea/coffee/other drink and cakes and biscuits and a more informal chat before finishing.

Who comes to the group?

There are always students on hand to help with speech and give advice on how to make speech clearer. Group members come from a wide variety of backgrounds and although at the moment most have had a stroke causing their difficulties others have Parkinson's disease and some have had surgery resulting in speech difficulties. The door is open to individuals experiencing a speech difficulty.

How does someone join the group?

People who come to the group are usually referred to us by a speech and language therapist or their GP and some have referred themselves. If you feel the group may be right for you or someone you know please contact us using the details at the end of this leaflet.

How to get here

If you come by car, we can often book you a **parking space** if you ask in advance. If you want to use a disabled space, you will need to display your blue badge.

If you come by **public transport**, you can catch bus number 52 (First or Stagecoach) or the number 51 (First) from town to outside the Children's Hospital. Our building is about 150 yards away from the bus stop. You need to cross the road at the pedestrian crossing, walk up past the museum and turn right along Mushroom Lane (the road to the left of the Museum and park). You will see our new building on your left (no. 37 on the enclosed map).

We can arrange **Community Transport**, which is especially useful if you need help with mobility or a wheelchair. You need to let us know you would like transport

and also register with them (phone 2766148 for a form) if you are not already registered. We ask you for a donation of £5.50 per week towards the costs of this transport.

How to contact us

If you have any queries or would like to discuss the group further:

Call our Reception on (0114) 2222418

Jacqui Watson, our secretary: contact Weds-Friday on (0114) 222 2452

Catherine can be contacted on (0114) 222 2446

Catherine

Speech and Language Therapist