



# **Philippa Cottam Communication Clinic**

## **Friday Dysarthria Group**



**Friday mornings 10 am – 12 noon**

Autumn Dates: 7<sup>th</sup> October – 9<sup>th</sup> December 2016

Spring Dates: 17<sup>th</sup> February – 31<sup>st</sup> March then 28<sup>th</sup> April – 12<sup>th</sup> May 2017

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

**University of Sheffield**

**362 Mushroom Lane, Sheffield, S10 2TS**

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



Catherine Tattersall



Kate Trott

We are speech and language therapists and clinical educators in the Human Communication Sciences Department at the University of Sheffield.

The group meets every Friday during the university term.

The group was originally set up by our colleague, Margaret Freeman, and it runs for two main reasons:

1. The therapists in Sheffield thought it would be helpful to provide some extra support to people who have concerns or problems with their speech
2. We wanted to give our students the chance to meet and learn to help people who have this sort of concern.

The group has been running for a few years now.

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 some people decide to leave at the end of term. We often have about 8 people (sometimes a few more) and a similar number of students.

## What we do

We start at 10am, and finish at 12 noon.

Some students will be assigned to you, to make sure you get any help you need. In the first week, we usually start by getting to know each other for a while. You will meet the students who will be helping you in the group. Then we have tea/coffee. To finish off, we tend to do some sort of group activity (which may be just a chat or something a little more organised, like a quiz or speech exercises).

Most weeks, you will probably spend around an hour with your assigned student supporters during the morning. They will help you work on aspects of your speech that you find difficult. You may also be in a 'mini group' with other people who either have similar speech problems or similar interests.

After this we have a coffee/tea/biscuits break. If you have special needs (such as a special cup, thickener, etc.), it is a big help if you can bring these with you.

Once everyone has their tea and biscuits we all join in the larger group activity. We do a range of activities over the semester all are aimed at improving speech.

We aim to be informal, supportive and helpful. Although we obviously plan to help you with your speech, the students work hard to make the group activities interesting, useful and fun.

## 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: (0114) 222 2452

Catherine can be contacted on (0114) 222 2446

Kate can be contacted on (0114) 222 2454 (Tuesday to Friday)

Catherine and Kate

Speech and Language Therapists