



Life Story Group

Philippa Cottam Communication Clinic



Join us on Wednesday afternoons, 2:00pm - 4:00pm

Autumn Dates

Weds 12th October – Weds 14th December 2016

**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

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



Jane McKeown

I am a senior nurse at Sheffield Health and Social Care NHS Trust and a lecturer in the School of Nursing and Midwifery at the University of Sheffield

When do we meet?

The group meets every Wednesday afternoon during university term time. The group starts from 2pm, but some people arrive after this and finishes at 4pm. We meet every Wednesday but individual members do not need to come every week of the term if they do not wish to, or find weekly sessions too much.

Why do we meet?

The main purpose of this clinic is to carry out Life Story Work with individuals with dementia and their families and/or carers. Life Story Work has been a positive way to interact with individuals with dementia (among others) since the 1990s. Its focus is on valuing the person with dementia and providing a way of communicating with them about their life and finding out what is important to them. All the information is recorded in the Life Story, which can then be used to help in everyday communication in a range of settings. It also helps our students increase their skills and confidence when communicating with individuals with dementia and their families and/or carers.

What we do?

For the first hour of the group students who are studying to become speech and language therapists and nurses work in pairs with an individual and their family and/or carers. Over the course of the term these students get to know

the individual and help create their Life Story. Each person's life story is unique to them and is recorded in different ways - some take the form of a book, others prefer a box of pictures and items the person feels reflects their life. At the end of the term each individual has a Life Story they can take with them to use to help with communication and interactions with others.

Some individuals come and work on a communication aid or come for a chat rather than make a full life story and this is ok too. We aim to be as flexible as possible to meet the specific needs of the individual with dementia and their family/carers.

Each week after spending time working individually with their student partners everyone meets for tea/coffee/biscuits to socialise. Some weeks we will do group activities other weeks we can just talk.

Who comes to the group?

Individuals with dementia or memory problems their family and/or carers come to the group. Catherine, Jane and the students that are working with the individuals to develop the Life Story, will also be in the group.

How does someone join the group?

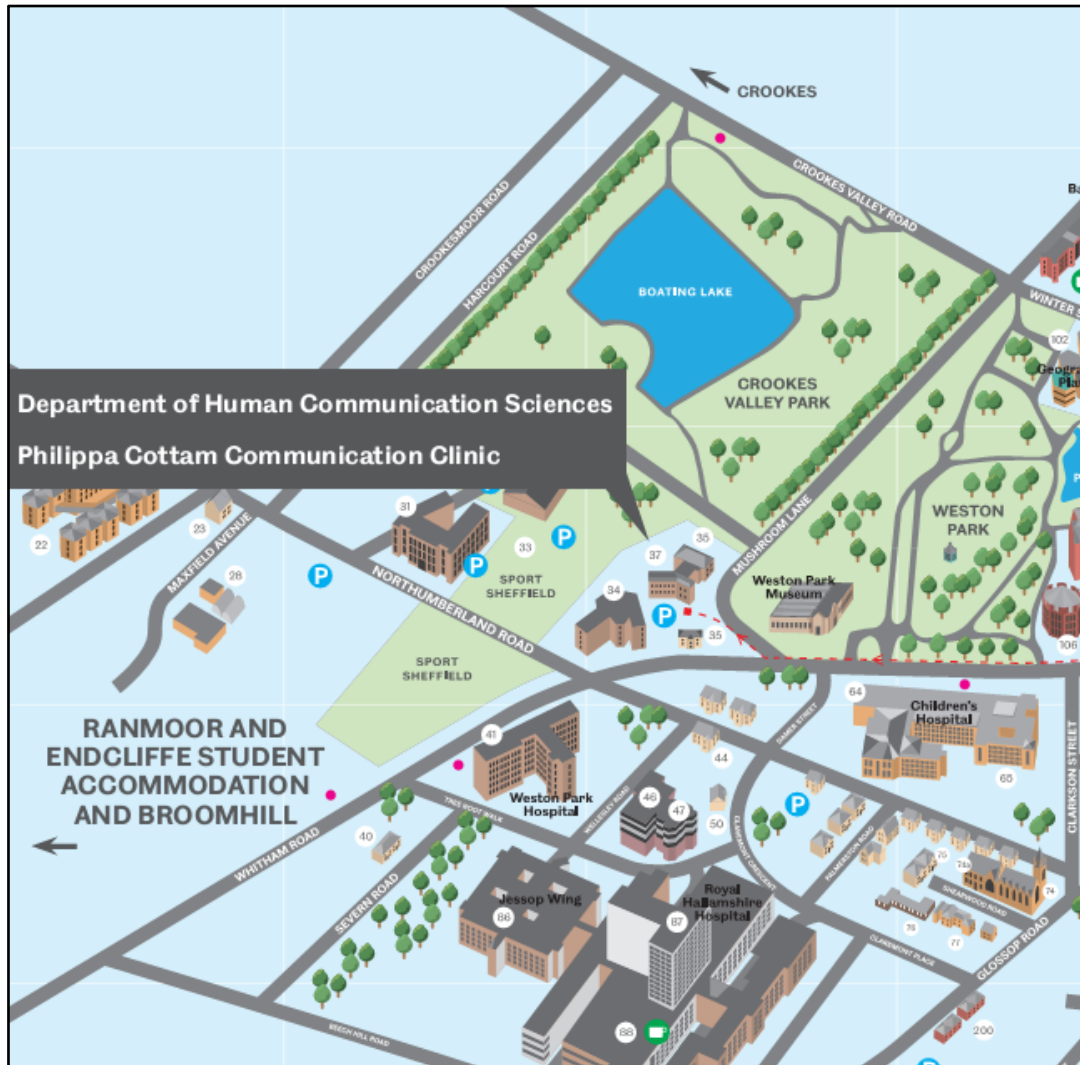
People who come to the group are usually referred to us by a speech and language therapist, their GP, the Alzheimer's Society or other organisation and some have referred themselves. If you feel the group may be right for you or someone you know please contact us using the details at the end of this 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. You need to pay Community Transport directly for this service.



How to contact us

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

Catherine: (0114) 222 2446 email: c.tattersall@sheffield.ac.uk

Reception on: (0114) 222 2418

We look forward to hearing from you.

Catherine, Jane and Students