



The
University
Of
Sheffield.

Welcome to The Parkinson's Voice Volume Group



Held on Friday afternoons, 2pm-3.30pm

Autumn dates: Friday 9 October – Friday 11 December 2015

**At the Philippa Cottam Communication Clinic
Human Communication Sciences Building
362 Mushroom Lane, Sheffield S10 2TS**

Hello! We run the group... along with some of our students



Carla Rohde



Kate Trott

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

The Parkinson's Voice Volume Group meets every Friday afternoon during the university term, starting again in October 2015.

People in the group are usually referred to us from local NHS Speech and Language Therapists for regular support and practice with their voice.



- Some people in the group have previously completed the Lee Silverman Voice Treatment (LSVT) programme. They can benefit from our *weekly* ongoing support and activities, to help maintain their new loud voice.
- Other people in the group have not completed the LSVT programme but benefit from learning techniques for maintaining a good voice.
- Our students are keen to meet and learn to support people with Parkinson's who want to maintain their best voice. Some students are training to be Speech and Language Therapists. Some are qualified but are looking for additional experience in new aspects of therapy.

About the group

The basic plan for the group is:

2pm – 3pm	Welcome, voice 'warm up' and Group Activities
3pm – 3.30pm	Tea/coffee/biscuits, etc.* and a chance to socialise
3.30pm	Close

*If you have special requirements (e.g. special cup, thickener, etc.), it's a big help if you can bring these with you. Please let us know if there's anything you shouldn't eat.



First we all 'warm up' our voices. Then we move on to using our best, 'warmed-up' voices in group activities and conversation. Activities involve:

- practising talking with people who are less familiar with our voices
- talking in both quiet and noisier conditions
- having turns to talk but also joining in spontaneous conversation where we can practise 'getting a turn'
- moving further towards making our 'best voices' our everyday voices!



We aim to be informal and supportive. Although we obviously plan to help you with your voice, we also hope you will find the group activities interesting, useful and fun. There will be opportunities to choose or suggest activities as the weeks progress. Many of the activities are planned and led by our students; something that group members particularly value and enjoy.

What people say about the group

"I like it very much – the exercises and the quizzes!"

"Very helpful and encouraging – the work is helping my volume."

"It's helped me work on my communication skills and it's an incentive to practice."



"The clients are wonderful to work with!"

"I gained new skills."

(Student SLTs)

"The group gave me the opportunity to learn more about Parkinson's and the difficulties people face on a daily basis."

(Student SLT)

"I like working with different generations, and getting a wiser and wider perspective on my voice. My student partner was kind and considerate!"

Running costs

We would like to ask for a contribution of £3.50 per week to help with running costs. Your contributions help sustain the group, and the opportunities it allows for supporting students and newly-qualified speech and language therapists with clinical experience. The weekly contributions are voluntary so please do contact us if you would have difficulties making the amount we suggest.



Dates for Autumn 2015 2pm – 3.30pm on...

Week 1	Friday 9 th October
Week 2	Friday 16 th October
Week 3	Friday 23 rd October
Week 4	Friday 30 th October
Week 5	Friday 6 th November
Week 6	Friday 13 th November
Week 7	Friday 20 th November
Week 8	Friday 27 th November
Week 9	Friday 4 th December
Week 10	Friday 11 th December *

*You are welcome to bring a partner or friend to this session.

Where are we based?

Our building is on **Mushroom Lane**, off Western Bank. It is just above Weston Park Museum and a short way from the Children's Hospital.



How to get there

If you come by car, we can usually book 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 use **buses**, you can catch numbers **52** (First or Stagecoach) or **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 building on your left.

If you live in or near Sheffield, we can arrange **Community Transport**, which is especially useful if you need help with walking or use a wheelchair. You need to let us know you would like transport and also register with Sheffield Community Transport (phone 0114 2766148 for a form) if you are not already registered with them.

How to contact us

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

Reception on (0114) 2222418 or

Tanya Berresford, our Clerical Assistant, can be contacted on 0117 222 2424.

Carla can be contacted via email on c.c.rohde@sheffield.ac.uk

Kate can be contacted on (0114) 2222454

For more information on this clinic, and other clinic groups in The Department of Human Communication Sciences, you can also visit our webpages at:

<http://cottoncommunicationclinic.group.shef.ac.uk/services.html>

We hope you will join us and enjoy the group!