

Swindon Packs



About the Packs

The Swindon Packs are detailed therapy programmes for children and young people who stammer. Separate packs are included for age ranges 7 -17. The packs can be used for individual or group therapy.

Our award winning Swindon Packs were developed by the highly specialist Swindon Stammering Service who have run courses for children and young people who stammer for over thirty years. We know that group therapy is particularly valuable for young people who stammer.

The Swindon Packs were developed to support therapists in setting up and running group therapy courses for children who stammer. However, the Packs' materials can also be used for individual therapy. The ideas in the Packs come from a variety of resources built up over time that we have found work well for us.

The packs can be used by Speech and Language Therapists who have carried out the two-day training and should not be passed on to others. The packs were awarded the Sternberg Award for Clinical Innovation in 2004. Over the years and following feedback from children and young people who stammer and their families, as well as feedback from Speech and Language Therapists, the Packs have been modified to reflect the views of what works in therapy.

We hope you find the Packs useful and are always looking to develop the work further. We appreciate your feedback.

Course Aims

The Swindon Packs are a holistic and stammer-affirming approach to therapy. To ensure the packs are used to their full potential, we recommend that you attend our training before using them.

Our approach aims

- To develop confidence in communicating
- To feel more positive about speaking and less bothered about stammering
- To develop strategies to be able to manage stammering
- To build resilience to be able to manage challenging situations
- To develop flexible thinking skills



Opportunities for Speech and Language Therapists

Swindon Packs Training	Visiting Therapist	Supporting Therapist
<p>Our two day course covers</p> <ul style="list-style-type: none">● Information on the Fluency Trust Charity and courses● Detailed information on the packs including assessment, therapy and outcomes● Working with groups● Using Solution Focused Practice with parents and young people● Working with parents● Using direct therapy approaches with children● Introducing ACT to develop flexible thinking for young people. <p>Full access to the packs</p> <p>Bespoke training courses for your local area will be considered, please contact us for availability and costings.</p> <p>Complete our application form to secure your place.</p>	<p>Each year there is an opportunity for a therapist to fully immerse themselves in our approach and join us in running the course.</p> <p>In the role of visiting therapist you will need to commit to all elements of the course and will be a core member of staff, supported by the Swindon team.</p> <p>Visiting therapists will also be able to bring up to 3 young people from their local area free of charge.</p> <p>Full access to the packs</p> <p>For more details contact aford@swindon.gov.uk</p>	<p>Fully immerse yourself in our approach and join us as a supporting therapist.</p> <p>Final year students will also be considered.</p> <p>In the role of supporting therapist you will commit to agreed elements of the course supported by the Swindon Team.</p> <p>A supporting therapist will need to commit to raising a minimum of £250 for the charity.</p> <p>Full access to the packs</p> <p>For more details contact aford@swindon.gov.uk</p>

I am a speech and Language therapist. Can I get involved?

Yes, there are opportunities to participate and we welcome those who are interested to contact us.

Therapists can become involved as either a visiting or as a supporting therapist. Visiting therapists are a vital part of the success of our courses. As a visiting therapist you can bring up to three young people from your locality.

Visiting therapists are required to attend all elements of the course and will need to be involved in:

1. Carrying out solution focused interviews at the introduction day.
2. The running of the course with one of the Swindon team, including leading some sessions, writing up notes, planning as the course progresses and writing some children's reports following the course.
3. Completing outcome measures at the follow up day and completing feedback following the course.

We do appreciate visiting/ supporting staff doing some fundraising for The Fluency Trust big or small during the year, this helps raise our profile and build funds for the following year.

All therapists must meet professional standards, including current HCPC registration, RCSLT membership, safeguarding training, and provide references from their current employer to be suitable to attend the courses.

Do you offer training for Speech and Language Therapists?

Yes, training for the Swindon Packs is available. Please complete an application form to secure your place

Bespoke training will be considered. (Including Solution Focused Practice, Acceptance & Commitment Therapy) Please contact us for details.

Are there opportunities for students?

We welcome final year students to support us and have the opportunity to see how the courses run. Students will need to commit to attend agreed elements of the course, commit to a fundraising activity for the charity and provide a short follow up account of their experience.

I have a young person who would like to attend the course, what do I do?

Complete our **referral form** and send it to us. You will need to confirm with your finance team funding for the therapy element of the course or agree with parents to self-fund.

If the young person has questions or is unsure, get in touch, we are happy to talk with parents or young people about the course.



SWINDON
BOROUGH COUNCIL