

# GROUP COURSES CONTINUED

## The Fluency Trust

Residential courses in Devon for ages 10-17. Courses combine speech and language therapy with outdoor activities. Visit [thefluencytrust.org.uk](http://thefluencytrust.org.uk)

## The Starfish Project

A stammering course for ages 11-16 that teaches speech techniques and works on building confidence. Visit [starfishproject.co.uk](http://starfishproject.co.uk)

## Talking Out

Residential courses combining speech therapy with outdoor activities, plus online courses. For ages 11-18. Visit [talkingout.co.uk](http://talkingout.co.uk)

The main stammering therapies and courses for teenagers in the UK are above. You might come across others online that aren't on our list. To make sure you're getting good support from qualified, experienced providers we recommend choosing a therapy, programme or course which:

- Offers realistic expectations of change and NOT an offer of a cure or a way of 'stopping' stammering.
- Provides clear and straightforward information about what it does, how much it costs, how long it lasts and how much commitment you need to put in.
- Is neutral and unbiased, and does not describe stammering as bad or something you need to 'get rid of'.
- Recognises the need to accept stammering at some level, in order to help speech and/or change in attitude towards stammering.
- Is nationally recognised as empowering people to live well with stammering.

**If you are unsure of anything, get in touch.**

# LINKS

Protect yourself, don't give out personal information online.

## stamma.org

Get information, self-help and tips for school, uni and work. Go to the Your Voice section to read articles from young people who stammer.

**STAMMA - Space for Stammering.** Our Facebook group open to anyone aged 13+.

**youngminds.org.uk** - a useful resource when you are feeling a bit overwhelmed.

**International sites of interest** - [friendswhostutter.org](http://friendswhostutter.org), [say.org](http://say.org) and [stamily.org](http://stamily.org)

**Insta:**@stammauk **X:**@stammer **TikTok:**@stammauk

Talk to us about finding support or practise talking with someone who knows what it's like to stammer. Call our helpline or start a webchat.

**Helpline: 0808 802 0002**

**Webchat: [stamma.org/help](http://stamma.org/help)**

**Email: [help@stamma.org](mailto:help@stamma.org)**

Mon-Thurs 10am-2pm; 4pm-8pm  
Free. Confidential. Anonymous.

Meet others and get involved.  
Membership is free or join our mailing list.  
Go to [stamma.org/join](http://stamma.org/join)

## STAMMA

The British Stammering Association  
Box 140, 43 Bedford St, London WC2E 9HA  
Office tel: 0208 983 1003

**STAMMA.ORG**

Reg. charity nos: 1089967/SC038866



STAMMA

At least 1% of the adult population have a stammer. It isn't caused by nerves, it's a neurological difference which often runs in families.

**As a teenager who stammers, your voice matters and needs to be heard.**

# STAMMA



**Stammering is the way some of us talk. It's nothing more than that.**

You might feel very confident with your voice. Perhaps you feel more comfortable talking on some days or in some situations than others.

Or maybe there are days when you feel like you just want to lay low. It can be quite a roller coaster, but if you do find it tough, there is support available to help you communicate confidently.

Stammering is common. We believe at least 1.5 million adults in the UK stammer. You're in good company.

You'll find people who stammer working in a wide range of careers from teaching to hairdressing, delivery driving to journalism, politics to farming, engineering to TV presenting and more.

## DON'T HOLD BACK

Teenage years are an exciting time, when you're making new friends, going out and finding out what you want to do in the future. If you stammer, this might feel difficult on some days. Sometimes your stammer might feel hard to control, frustrating and unpredictable.

Minding less about stammering, and focusing more on you as a person, can really help.

Your stammer does not define who you are.

If you can accept your stammer, so will others. Sometimes it can be helpful to let people know you stammer and that you just need more time to speak. This shows confidence in who you are.

Sometimes you might want to swap words or speak less. And that's OK. But try and say what you want to say, whether you stammer or not. Congratulate yourself when you do. In the long run it can help you feel more positive. It's what you say that matters, not how you say it.

It's normal for stammering to change day to day. Be kind to yourself on those tougher days and reframe your thinking. Rather than 'bad or good speech days', say "I'm stammering more" or "I'm stammering less".

At school, encourage your teachers to support you. Tell them what helps with your stammer in class and show them our website [stamma.org](http://stamma.org). There might be one teacher you can discuss your concerns with. They can work with you to share what helps with others.

Watch the vlogs on our website and read stories from our members. Go to [stamma.org/your-voice](http://stamma.org/your-voice) and read articles from young people.

Look at the Stambassador videos created by Action for Stammering Children. These feature young people talking about their lives and careers. Visit [actionforstammeringchildren.org](http://actionforstammeringchildren.org).

## GETTING HELP ONE-TO-ONE THERAPY

If you would like some support, think about contacting a speech and language therapist. They'll discuss what you want out of therapy, and together, you can agree a therapy plan tailored to your goals. Therapy can support you in making talking easier and increasing your confidence in communicating.

You can get NHS speech and language therapy. You or your parent (if you're under 16) can contact your local service directly. Find contact details online - search for 'NHS speech therapy in...[add your nearest town]'.

We can help you do this, call our helpline or start a webchat, see our details overleaf. Depending on where you live there may be a waiting list.

You can get a free assessment from **the Michael Palin Centre for Stammering** (funded by Action for Stammering Children). Phone their helpline on 020 3316 8100.

Private therapy is another option, but it isn't free. Go to [asltip.com](http://asltip.com) to find a private therapist. Ask them if they have experience working with teenagers who stammer before booking an appointment.

## GROUP COURSES

Meeting other people who stammer - the realisation that you are not alone - can be life changing. An opportunity to learn more, and make new friends.

Below and overleaf, is a list of group courses available for teenagers who stammer:

### City St George's University, London

Five-day intensive speech and language therapy courses for ages 13-17 during school holidays in London. Email [stammeringintensive@city.ac.uk](mailto:stammeringintensive@city.ac.uk)