

WRITING FOR YOUR VOICE

Thank you for thinking about writing for STAMMA, the British Stammering Association. Articles from people who stammer can make others feel like they're not alone. Sharing your experiences or artistic projects can offer comfort, encouragement and inspiration. Submissions are hugely appreciated.

Here are some pointers on the tone and language we like to use. If you're not sure of anything, or if you would like to discuss article ideas, email editor@stamma.org

WRITING GUIDELINES

- Use a conversational tone. Write informally as if you were chatting with your friends or writing for social media. Tell your story in your own words, in the first person. By all means add humour and realism.
- Avoid what others might perceive as lecturing or telling them what to do. Different therapies, approaches and tools work for different people. We're looking for articles about *your* life and experiences, eg, "This is what I did and this is what helped for me".
- Try not to use language that puts a judgement on stammering. For example, "I had a really bad stammer" or "My speech got better". Instead, go for words like "I stammered a lot" or "I started to stammer less". Having said that, we don't want to deny your experiences, so don't be afraid to share how you feel or how you felt.
- Don't write anything that others might perceive as offensive, defamatory or bullying. We will not accept this.
- It's OK to say if a particular course helped you but avoid making the piece read like an advertisement.
- Avoid criticising or making libellous statements about particular stammering course providers.
- Make it clear, if offering your opinion, that your views and ideas are your own and not those of STAMMA. STAMMA is a charity with a clear remit and responsibilities to our service and supporters.

SENDING AN ARTICLE

1. Write no more than 800 words and send it in a text format (Word, DocX).
2. Supply at least one hi-res image of yourself to accompany the article. Ideally in landscape mode. If you've got any artwork, send over images or pdfs of that too.
3. Send to editor@stamma.org

Please note:

- By submitting articles to STAMMA, you agree to allow a third party permission to sub-edit your work to ensure that its length and tone are appropriate.
- Once an article is published, we like to share it on our Twitter (or X), Instagram and Facebook channels. If you are not OK with this, let us know.
- Once an article has been submitted, we will aim to get back to you within a few working days, depending on annual leave.