



stammering network



## Stammering Organisations congratulate ITV on raising awareness of stammering but highlights that there are a range of therapies available

The Stammering Network, which consists of organisations from across the voluntary and public sector who work to help those people in the UK who stammer including Action for Stammering Children, British Stammering Association, Employers Stammering Network, Michael Palin Centre, City Lit and the National CEN in Disorders of Fluency are delighted that ITV have chosen to raise awareness of Stammering in School for Stammerers. It's through programmes like this that the general public can truly understand the impact that stammering has on people's lives.

A spokesperson from the Stammering Network commented, *"The Stammering Network would like to congratulate ITV for raising awareness of stammering. Whilst 'School for Stammerers' highlights the McGuire programme, it's important that people are made aware that there are other effective therapies available, both on/within the NHS, adult education and independently, for adults and children. Evidence shows that there is no one size that fits all. By contacting the members of the Stammering Network directly they will be able to discuss the different therapies available."*

### For media enquiries please contact:

- Norbert Lieckfeldt, British Stammering Association on [nl@stammering.org](mailto:nl@stammering.org) or call 020 8983 1003 or 07908 685 215
- Phil Pyatt, Action for Stammering Children on [phil.pyatt@stammeringchildren.org](mailto:phil.pyatt@stammeringchildren.org) or call 020 3316 8113
- Elaine Kelman, Head of the Michael Palin Centre for Stammering Children on [elainekelman@nhs.net](mailto:elainekelman@nhs.net) or call 020 3316 8100
- Rachel Everard, Head of Speech Therapy, City Lit, on [rachel.everard@citylit.ac.uk](mailto:rachel.everard@citylit.ac.uk) or call 020 7492 2579

### Notes to Editors:

- 1) The Stammering Network is made up of a number of organisations including:  
**Action for Stammering Children (ASC)** is a UK charity which supports children, young people and their parents who stammer, through funding and undertaking a range of programmes and initiatives.  
**The British Stammering Association (BSA)** offers support to all whose lives are affected by stammering.

**Employers Stammering Network (ESN)** is committed to creating a culture where people who stammer can achieve their full career potential. We do this by working with employers and people who stammer.

**City Lit** is an adult education college in Covent Garden, central London; its speech therapy department offers group therapy to adults who stammer, as well as professional training courses for speech and language therapists

**The Michael Palin Centre (MPC)** based in London offers specialist assessment and therapy service in stammering.

**The National Clinical Excellence Network in Disorders of Fluency** is a group of UK Speech & Language Therapists interested in sharing information about fluency disorders.

For further information, contact:

British Stammering Association – [www.stammering.org](http://www.stammering.org)

Action for Stammering Children – [www.actionforstammeringchildren.org](http://www.actionforstammeringchildren.org)

Michael Palin Centre – <http://whittington.nhs.uk/mpc>

City Lit – <https://www.citylit.ac.uk/courses/specialist-learning/speech-therapy>

National CEN in Disorders of Fluency - [www.fluencysig.org.uk](http://www.fluencysig.org.uk)

- 2. Stammering is a severe communication disability which impairs social, emotional and educational development.**
- 3. It's estimated that 5% of children will stammer at some point in their lives, and 1% will continue to stammer into adulthood, affecting c 720,000 children and adults in the UK. Stammering is 3 to 4 times more common in boys than in girls**
- 4. Stammering is outwardly characterised by repetitions, prolongations and blocking of sounds, these core behaviours can be accompanied by feelings of isolation, frustration and embarrassment. Almost 180,000 children and young people in the UK have a persistent stammer**
- 5. For basic information about stammering, please contact the members of the Stammering Network.**
- 6. Evidence of no one therapy being the most effective**

Conclusions: Although much of the evidence we identified was from studies at risk of bias, it is suggested that most available interventions for stuttering may be of benefit to at least some people who stutter. There is a requirement for greater clarity regarding what the core outcomes following stuttering intervention should be and also enhanced understanding of the process whereby interventions effect change. Further analysis of those for whom interventions have not produced a significant benefit may provide additional insights into the complex intervention–outcomes pathway.

***Baxter S, Johnson, M, Blank L, Cantrell A, Brumfitt S, Enderby P, et al. Non-pharmacological treatments for stuttering in children and adults: a systematic review and evaluation of clinical effectiveness, and exploration of barriers to successful outcomes. Health Technol Assess 2016;20(2).***