

**Action for Stammering Children's Youth Panel and
the National Lottery Heritage Fund present....**

STAMBACK IN TIME



www.stambackintime.co.uk



**Do you know
what all these
famous people
have in common?**



**Action for
Stammering
Children**
changing lives forever



Stamback in Time

The Action for Stammering Children (ASC) Youth Panel are working in partnership with the London Metropolitan Archives (LMA) on a project called 'Stamback in Time', funded by the Heritage Lottery Fund (HLF).

The ASC Youth Panel is a collection of bright young stammerers from across the country with the aims of raising awareness of stammering and celebrating differences.

We want to create a society where having a stammer isn't a barrier to success for young people. As the Youth Panel, we aim to use the support and influence of the education system to further project our voice and presence, and begin our mission to create safer, more natural spaces for young people who stammer.

With your help we can reach wider audiences, resulting in greater change!

Stamback in Time is a two year project that hopes to bring awareness of stammering into the forefront of people's minds. By highlighting a selection of famous people who stammer, and providing tips and advice, we hope to empower, educate and engage young people who stammer and their friends and family. Together, this booklet and the interactive website aims to provide a fun, educational resource for children and young people who stammer and hopes to challenge societal misconceptions.

ASC Youth Panel



The Youth Panel launch their new website with Ed Balls and Colin Firth, the Charity's Vice Presidents.

Want to learn more?

With this booklet, you will get the chance to learn about the great figures of the past and present who stammered. We hope it will prove that there is no limit to what you can achieve.

If you would like to find out more about these famous people who stammered, then check out our fun, interactive website. It has even more fun facts, top tips and games related to each celebrity.

Search for stambackintime.co.uk and get playing! And if you enjoy it, let all your friends and family know, with [#stambackintime](https://twitter.com/stambackintime), so they can learn more about stammering too!



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Sir Winston Churchill



One historical figure who led Britain to victory in the Second World War and was known for his famous speech "Their Finest Hour" was the Prime Minister Sir Winston Churchill.

- He worked on pronunciation and rehearsing phrases such as "The Spanish ships I cannot see they are not in sight".
- There has been some debate whether Sir Winston Churchill had a stammer or a lisp. Churchill had difficulty in pronouncing "s" and "sh".

**FUN
FACT!**

- Sir Winston Churchill served as Prime Minister twice: May 1940 to July 1945 & October 1951 to April 1955.

Aneurin (Nye) Bevan was a Welsh Labour party politician. He is regarded by many as the father of National Health Service (NHS), created in 1948.

- When Nye Bevan was in primary school, he developed a severe stammer. He was shy, quiet and described as a 'lonely chap' by his sister.
- Bevan's creation of the NHS was inspired by the healthcare system in his hometown of Tredegar, Wales. In Tredegar, all residents would pay a small fee, which funded healthcare for everyone in the town.

Nye Bevan



Follow your dreams and goals. Bevan wanted a career in politics and he did not let his stammer stop him from doing that.

**GREAT
ADVICE!**

Ed Sheeran



Ed Sheeran is a world famous musician who had a stammer as a child. Throughout his career he has achieved numerous awards including Grammys, BRITs and MTV music video awards.

- While he was growing up, Ed used rap music, specifically Eminem's quick verses, to help him become more fluent.
- Ed has given the following advice "Don't treat [your stammer] as an issue—work through it and get the treatment that you want to get, but don't ever treat it as an issue, don't see it as a plight on your life, and carry on pushing forward".

**TOP
TIP!**

"Embrace your quirks and weirdness and be yourself. Be the best person you can be".
This is the advice Sheeran gave in a speech at the American Stuttering Institute Gala in 2015.

One of the most recognisable people of all time, Monroe was an accomplished actress and singer. Even today, she continues to be a major cultural icon.

Marilyn Monroe



- Monroe's famous breathy voice came as a result of her childhood stuttering. The actress stuttered as a child, and a speech therapist taught her how deliberate breathing before speaking could help her to become fluent. That soon led to her trademark when acting.
- Though she stammered, for the most part, her stammer didn't affect her when she was acting in films.

**TOP
TIP!**

Monroe used a variety of coping mechanisms for her stammer – *Don't be afraid to reach out and seek help from a speech therapist to support your stammer!*

Emily Blunt



Emily Blunt is an English-American actress, who famously starred in 'Mary Poppins Returns'. She has starred in a wide range of films including 'The Girl on the Train', 'Into the Woods' and most recently 'A Quiet Place'.

- Emily had a stutter while at school, between the ages of 7-14. She described herself as being a “smart kid with a lot to say”. But she was held back by her stutter.
- Her drama teacher suggested that she try out for the school play. She refused at first and he pointed out that when she does accents or silly voices, she doesn't stutter. With that push, she tried it out and used a “really bad” northern England accent. This was a lightbulb moment for her.

**GREAT
ADVICE!**

Emily's advice for stammerers is to *'be confident in yourself, your stutter is not something to be ashamed of'.*

King from 1936 to 1947, George VI was world-famous. He became the Monarch when his brother Edward VIII abdicated from the throne and was King during World War II.

King George VI



- 'The Kings Speech' is a movie all about George VI's stuttering and his relationship with Lionel Logue, an Australian speech therapist. There have been many films featuring characters who stutter, however this is the first film to focus on the lead character's stuttering and speech therapy.
- King George was hesitant to get help from a speech therapist, but his life changed for the better and his stammer improved when he reached out. Be confident to reach out!

**TOP
TIP!**

Be confident! King George gave countless radio speeches to millions of people – *don't let your stammer hold you back – the sky is the limit!*



Stormzy

Stormzy (born Michael Omari Owuo Jr.) is a British Grime and Hip Hop artist. Stormzy was born in Croydon, South London. He started rapping when he was only 11 years old!



- Stormzy has been recognised for his outstanding rap ability and has won many awards, headlined Glastonbury festival in 2019, and collaborated with stars, like Ed Sheeran.
- Stormzy has also used his fame to give back to the community. In 2018 and 2019, Stormzy announced he would cover the full tuition fees of two Cambridge undergraduate students.

**FUN
FACT!**

In January 2020, Stormzy tweeted that he has a stutter. His post was positively received and gained over 100k likes and 13.6k retweets! Many of his fans replied, detailing their own personal experiences with stuttering.



**DON'T
FORGET**

If you want to learn more about these famous people then visit our interactive website!



www.stambackintime.co.uk



If you've enjoyed reading about our Stamback in Time project, please donate to our JustGiving page. Every donation is greatly appreciated.

**SUPPORT
US**



justgiving.com/actionforstammeringchildren

'People in general who don't know about stammering will try and finish your sentences for you. The majority of people want to finish their own sentences.'

'Sometimes people do try and hurry me up. It's worse when I'm put on the spot because it makes it feel like everyone's watching me.'

'People make me happier and more confident if they encourage me. They can encourage me by saying nice things, saying things that I can do.'

Are you looking for some tips on how to manage your stammer? Or do you need advice supporting your child or a young person?

There are many common misconceptions about stammering that you might face in daily life and it's often tricky to understand how to tackle them. Here are some tips about managing your stammer, or how to support someone you know who stammers.

TOP TIPS



For more tips, visit our website at www.actionforstammeringchildren.org

- 1.** Remember it's okay to stammer. People are more interested in what you have to say than how you are saying it.
- 2.** Notice the colour of people's eyes when you talk to them. This will help you to maintain eye contact.
- 3.** Try to go down a gear. Use pauses to give yourself time. Slowing down gives all the systems in your brain and mouth time to synch up.
- 4.** Do you go over things in your mind afterwards – maybe for longer than is helpful? Try training your brain to notice the things you're pleased with or that have gone well. Keep a "pleased to notice" diary where you write down one thing a day.
- 5.** Work on your mindset. If you buy into the idea that you have to be fluent this puts you under more pressure. Another option is to explore the idea of letting yourself stammer and being ok with it - this can be liberating! Find the balance that is right for you between stammering less and deciding that it's ok to stammer.

8%

of all **children** will have a stammer at some point as they are growing up.

1%

of all **adults** live with a persistent stammer.

4

boys, for every 1 **girl**, has a stammer.

> 150,000

children and young people across the UK have a stammer.



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