



Stammering Intensive Group 2025 for Young People who stammer

Dear parents

I am writing to inform you that we are accepting applications to the **City St George's, University of London Intensive Group for Young People who stammer aged 13-18, where stammering is the main need.**

The group will take place face-to-face, from **Monday 28th July until Friday 1st August.** Sessions with the young people will run **over 5 days, Monday-Friday 10.30am-4pm**, with a number of breaks built-in, including time for lunch. The Parents' session will be on **Wednesday 26th July from 10.30 am- 3.30pm.**

Young people, this group may be for you if you are interested in:

- More spontaneous and enjoyable communication, with less pre-planning of what you want to say.
- Increasing your understanding of communication, speaking and stammering
- Meeting other young people who stammer and learning from each other, through teen-friendly approaches
- Managing anxiety around speaking
- Exploring ways to handle stammering with less struggle and effort
- Practicing communication/speaking goals that are important for you in your life, going at the pace you are ready for.
- Build more confidence and resiliency around communication.
- Helping others understand how to support you.

The Parents' session will focus on:

- Educating parents on supporting the young person's resiliency around speaking and communication
- Tackling specific topics that are important for parents, e.g. managing transitions, teasing/bullying, handling stress, etc.

The group will be led by a Speech and Language Therapist at the University, who is a Specialist in Stammering and also a trained as a Coach and Facilitator of Improvisation. Speech and Language Therapy students from City St George's University of London will also be involved in running the group.

For parents/carers, please use the application form to refer your child. To access the Application form, please email: stammeringintensive@city.ac.uk

Costs and Funding.

The group costs £150 per young person, which is payable once a place is confirmed.

There is a bursary scheme available from the Charity Action for Stammering Children (ASC), to those families within London who would otherwise find it difficult to pay.

Applicants from low-income London families who are approved a place on the course, are entitled to apply for the bursary. This generous ASC scheme covers the full costs of the course and travel for the young person and parent/guardian (Zones 1-6) and also subsistence costs for the YP (£10 a day lunch allowance).

A fully refundable deposit of £50 will be required to secure the funded place, and this will be returned upon attendance at the course.

If you have any questions or wish to request an application form, please email: stammeringintensive@city.ac.uk