

# Progress report

(September 2015)

## *The Online Course*

This is the first full year for which the online course has been available for people to access freely over the internet. In total 52 people completed the initial questionnaire (prior to commencing the course), 34 of whom categorized themselves as speaking English as their first language.

Unfortunately, of these 52 respondents, only three went on to complete the subsequent questionnaires providing details of their use of Orchestral Speech, two completed the questionnaire for the Jump, and only one completed the final questionnaire (which provided OASES data to enable us to assess their progress).

In August 2015 we emailed the people who had failed to complete the subsequent questionnaires, and asked them for feedback. Specifically we reminded them of the feedback questionnaires and also additionally invited them to respond by email with any comments or suggestions they have regarding the course. Only two respondents wrote back - both to explain that (due to pressure of work) they had not been able to start the course.

Feedback from the one participant who did complete all questionnaires (including OASES self-assessments before starting and after completing the course) was very positive. However, the lack of feedback from other participants means that we cannot know to what extent other participants have benefitted from the course. Consequently we are currently reviewing how we collect follow-up data to see if there is any way of increasing the level of feedback participants provide.

## *New Materials*

In July 2015 we added a recent StutterTalk podcast interview in which Paul Brocklehurst and Tom Weidig discussed the pros and cons of mindfulness/meditation for people who stammer. However, due to a major change personal circumstances, Paul Brocklehurst was unable to contribute any other new materials to the website in the year ending

September 2015. In the coming year we expect to return to our previous level of activity and to add more articles and slide shows and also make some substantial changes to the online course web-pages that introduce the Jump, as these appear to have proven the most difficult for participants to follow.

### *2016 Pyrenees Mountain Retreats*

Paul is currently in the process of arranging a week long retreat in the French Pyrenees for up to 10 people who stammer. This will take place in June 2016. The purpose of the retreat is simply to bring people who stammer together to enjoy walking, talking and eating good food. We are not planning to do any therapy, but hope that participants will find the experience therapeutic in itself. If the retreat proves to be successful we will make this a regular event, possibly holding a second one in September. Details are available [here](#).