

# Dyscover groups and times 2016

## Dyscover welcomes people who...

- have acquired aphasia as their main communication difficulty (without significant additional cognitive problems). We support people with progressive aphasia through a couples' course.
- are ready to move on to a group setting with specialist facilitation, peer support, and opportunities for family/carer involvement.
- are independent in personal care (or whose continence is managed sufficiently well to cope with a 2-3 hour session).
- are able to access transport to enable them to come to Dyscover.

**Weekly groups** We now run 8 weekly groups - Monday to Friday at Walton on the Hill and Tuesdays at The Quaker Centre, Kingston. Groups cater for different stages of recovery and adjustment. All are led or overseen by a Speech and Language Therapist and supported by additional staff and volunteers.

Day	Time	Location	Group
Mon	10 – 12.30	Walton on the Hill	Conversation and Support
Tue	10 – 12.30	Walton on the Hill	Learning to Live with Aphasia
Tue	10 - 12.30	Kingston Quaker Centre	Conversation and Support
Tue	2 – 4pm	Kingston Quaker Centre	<b>Growing our 2 parallel groups</b> Conversation and Support Learning to Live with Aphasia
Wed	10 – 12.30	Walton on the Hill	Moving On
Thur	10 – 12.30	Walton on the Hill	Conversation and Support
Fri	10.30 – 12.30	Walton on the Hill	Social conversation- a shorter session for those with less stamina

'**Learning to live with Aphasia**' helps people who have recently acquired aphasia to adjust to living with their disability. We offer a high level of emotional and family support and provide a structured programme with individual goal plans. Participants learn to use strategies to improve their communication and through small group conversation, they gain confidence.

'**Conversation and Support**' is designed for those who have become more accustomed to living with aphasia, but still need help to develop their communication skills within a supportive environment. We offer 4 of these groups, each with its own character.

'**Moving on**' groups suit people who are successfully using a range of communication skills and have made a good psychosocial adjustment. There is more emphasis on self-support and providing greater challenges and responsibility in order to promote independence.

**We welcome referrals and enquiries at [rtownsend@dyscover.org.uk](mailto:rtownsend@dyscover.org.uk) or on 01737 819419**

# What's on at Dyscover – Autumn 2016

See over for details of our 8 regular weekly groups.

## Extra activities programme

We continue to complement our regular groups with an innovative programme of accessible opportunities for people with aphasia which run in term time and the Dyscover breaks.



Opportunities this term include a weekly swimming course, sailing with Sailability or singing with the Dyscover choir, as well as taster sessions at Bookham Rifle range and Patchesham Golf Course.

## Conversation Partners' Course for couples living with aphasia after stroke – refer now for Autumn course in Walton and Spring 2017 course in Kingston.



Our popular 6 week course is led by two of our Speech and Language Therapists, and is focussed on providing practical help and encouragement to couples who are learning to live with aphasia.

The aim is for participants to understand more about aphasia and how to improve the success and enjoyment of conversation.

## Course for couples living with PPA (Primary Progressive Aphasia)

We are providing follow up support for 4 couples on a 2 monthly basis. **Refer now for our next 6 week couples' course for people living with PPA, to run in Jan 2017.**

## Visit us this term – Open sessions at Dyscover

If you, or your new staff haven't yet visited Dyscover, book a place at one of our open mornings

**At Walton on the Hill** – Weds 5<sup>th</sup> October - 10.00am – 12.00pm

**At Kingston** – Tuesday 11<sup>th</sup> October 10.00am – 12.00pm

## Can we visit your team?

We would like to explain what we do at Dyscover, and raise awareness of aphasia amongst your colleagues. Our group members are very effective in helping us do this, and benefit from their role as Aphasia Ambassadors. Please contact us to discuss your needs on **01737 819419** or email [aag@dyscover.org.uk](mailto:aag@dyscover.org.uk)

**Thank you for passing on our leaflets to people affected by aphasia.**

