

# positive

Healthy Body, Healthy Mind

# CHECK IT OUT!

Paws for Thought...

**"Giving voice to people  
of Nottinghamshire!"**



This week's theme is

## Giving Voice

The Adult Speech and Language Therapy service at the Trust helps adults across Nottinghamshire when they have an illness or condition that causes problems with communication and/or the ability to swallow.

The team sees people that have:

- An abnormal voice quality e.g. husky
- A progressive neurological disorder
- Dementia
- Suffered a head injury causing damage to the brain
- Developed cancer in the head and neck region
- Suffered a stroke
- A stammer

They help people to:

- Achieve clearer speech
- Have a normal voice quality
- Have better fluency
- Express what they want to say more easily
- Use a communication aid
- Understand spoken and written information better
- Eat and drink more easily and safely

### What does the team provide?

The team provides communication and swallowing assessments, communication therapy on a one to one basis and in groups, voice therapy, access to counselling and communication aid trials to help people find the best one for them.

To enable people with a swallowing problem to eat and drink safely (Stopping food and fluids from entering the lungs), the team offers:

- Special x-ray and endoscopic swallowing assessments
- Swallowing therapy
- Safe swallowing strategies
- Advice about the best food and drink textures for safer swallowing
- Training in how to modify food and drink textures
- Information about other routes for food and drink

Visit the team at the Nottinghamshire Healthcare 'Check it Out' campaign stand at tonight's game to find out more or visit [www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)



## The Live Project

Mental Health  
Services for  
Older People

Eating for health

Giving voice

Adult mental  
health services

Depression

Nottinghamshire  
Language for  
Life

Support for  
carers

Nottingham  
Recovery College

Dental services

School aged  
immunisations