

BAS

British Aphasiology Society

BAS Summer Newsletter 2021

An update about what is happening within BAS and the wider aphasia community. We welcome news and information from around the UK and the world.

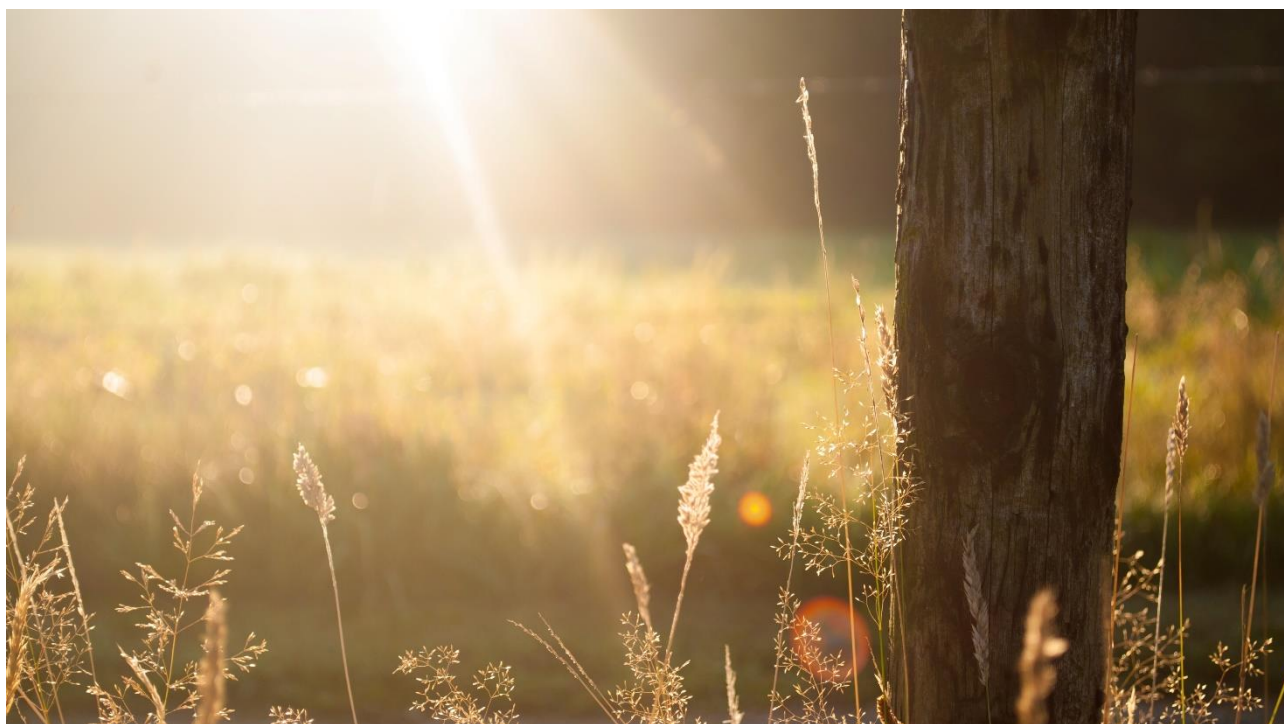


Photo by [Zwaddi](#)

A Message from the Chair

Dear BAS Members,

We hope that you are all keeping well as things finally begin to ease somewhat, and that you are able to have at least some well-earned rest as we head into the summer.

I will keep this message relatively short this time, because - as you will see - this is a 'bumper' edition of the newsletter! This is because so much on is going at the moment for BAS and our members, which is fantastic. Many thanks to everyone who has sent contributions.

Other than this, I would particularly like to draw your attention to our upcoming BAS International Conference, held online, and kindly organised for us by Newcastle University. This promises to be a brilliant event, packed full of the latest aphasia research from around

the world, and also incorporating a special event to celebrate the 20th anniversary of the Tavistock Aphasia Centre. We hope to see you there. Please note that places are limited, so please register early to avoid any disappointment.

We hope that you enjoy this edition of the newsletter and thank you, as always, for your continued support for BAS.

With best wishes,

Rachel.

Dr Rachel Hatchard

BAS Chair

Welcome to new BAS committee member

Meet Sheetal Basi, who has joined the BAS committee as the new Conference Support Fund Coordinator. Welcome!



"I was born and brought up in Glasgow and studied SLT at Strathclyde University – I graduated in 1998. I have always worked in Glasgow hospitals and have a special interest in stroke and aphasia.

I currently work in the Stroke Rehabilitation ward at the Royal Alexandra Hospital in Paisley. I love my job and working with people with Aphasia and their carers to help offer the best communication access possible. I am passionate about raising awareness about Aphasia. I have been a member of BAS since my student days and look forward to being part of the Committee."

BAS Research Update

BAS reviews and summarises recent research that may be of interest to its members, on an ongoing basis. You can find links to up-to-date research articles and summaries of these [here](#).

BAS RUM Success

The BAS Research Update Meeting (RUM) took place in June and was once again a lively event, with talks on a range of topics, from speakers in several countries, and interesting discussion from attendees. We had 93 registrations for the event and attendees from as far afield as Singapore and New Zealand. Thank you to everyone who helped to make this such an enjoyable event.

[BAS Conference registration open – Places limited!](#)



International Biennial Conference

Hosted virtually by Newcastle University, UK

Wednesday 8th to Friday 10th September 2021

Please note that places are limited. Please register early to avoid disappointment. Student rate available.

Keynote speakers

Deborah Hersh, Edith Cowan University, Perth, Australia

David Howard, Newcastle University, UK

Beth Jefferies, York University, UK

Brenda Rapp, Johns Hopkins University, Baltimore, USA

We are delighted to see such an international mix of presenters and such a diversity of research. There is an exciting mix of live presentations, pre-recorded presentations, and poster presentations with lightning talks. There will be live Q & A discussion forums for the pre-recorded talks and posters. The [draft programme](#) provides delegates with suggested allocated time to look at the recordings and posters and these are designed in advance of interactive discussion sessions. However, all the pre-recorded material will also be available throughout the conference for delegates to access.

For enquiries please contact: aphasia@ncl.ac.uk

Please note that all attendees (including presenters) should be members of the British Aphasiology Society. **For membership information**, please visit the [BAS Website](#).

For further information about the conference, visit:

<https://conferences.ncl.ac.uk/basconference2021/>

Clinical academic experiences post-PhD

[Dr Lucy Dyson](#) shares her experience of striving to continue a research career while working clinically:

"Throughout my career I have combined clinical and academic roles through a range of different posts. I currently work full time across two roles: as a Speech and Language Therapist in the Rotherham Stroke Rehabilitation Team, and as a University Teacher in the Division of Human Communication Sciences at the University of Sheffield, a role that is teaching-focused.



Maintaining clinical and academic roles has always been challenging and felt more so after completing my PhD, where the next steps to maintaining a research-active career felt less clear. Clinical-academic posts for Allied Health Professionals (AHPs) are limited. Lectureships are a more traditional route to seek research-protected time but can be difficult to combine with clinical work, and competitive post-docs may still ultimately result in that 'what-next' feeling when funding ends.

The HEE/NIHR post-doc bridging scheme was a stepping-stone to my next research phase. I was awarded funding which bought awardees out of 50% of their clinical time, for me this equated to one day a week for a year, and I also secured training funds. Agreement from my clinical lead was vital to support the time away from clinical work. The scheme was flexible in remit, and applicants could use the time to work towards or prepare a post-doc application.

I benefited from the bridging scheme in that it enabled me to engage with a wonderful team of mentors related to my post-doc proposal: Dr Madeline Cruice, Dr Sarah Northcott, Dr Rebecca Palmer, and Dr Shirley Thomas. Their expertise, guidance and support throughout the year was invaluable. The scheme provided protected time to publish papers from my PhD, essential for post-doc proposals. Alongside this, I was able to undertake training in areas relevant to my proposal e.g. qualitative research methods, Experience-Based Co-Design, Talking Mats, BRIEF Solution Focused Therapy. I also secured a £500 grant from the Research Design Service Yorkshire and Humber Public Involvement Funds to undertake Patient and Public Involvement sessions with people with aphasia and their partners, whose experiences and feedback will shape my post-doc project proposal. The scheme was integral to me continuing a research path in the protected, paid time it provided for research activity.

Following the end of the scheme, I plan to submit a post-doc proposal regarding psychological support for people with aphasia. Rates of depression and anxiety post-stroke are higher for people with aphasia than those without. I have seen through my clinical work that access to clinical psychology is often limited. This is further compounded by the talk-based nature of psychological therapies that are available, which some people with aphasia are unable to access. I hope to explore this area alongside Clinical Psychologists, individuals with aphasia, and their family and friends, with the aim to develop more accessible

psychological interventions. My application is strengthened due to the bridging scheme, and I am hugely grateful that my interviewers trusted that so much could be achieved in one day a week! In the future, I hope that more AHP clinical academic posts will be created, allowing others to pursue clinical academic ambitions post-PhD and continue to positively influence knowledge, services, and patient care."

[Follow Lucy on Twitter](#)

Promoting spiritual health and wellbeing via 'WELLHEAD' videoconferencing during the COVID-19 pandemic.

Research into spiritual health of people with aphasia was presented to a multidisciplinary international audience at the International Network for the Study of Spirituality (INSS) online conference on 8th June 2021.



Katharyn Mumby reported on her telehealth work with the WELLHEAD Toolkit - aphasia-friendly resources for supporting spiritual health assessment, goal setting and outcome measurement, which grew out of a collaborative research program with people with aphasia. During the pandemic the resources were modified for online use.

The WELLHEAD Toolkit is being published early next year in hard copy and digital versions with J&R Press: <https://www.jr-press.co.uk/wellhead-toolkit.html>

Contact Katharyn directly for access to the presentation and related peer-reviewed publications:

Web: <http://wellhead.org.uk> & www.new-pathways.co.uk
Email: kath@new-pathways.co.uk

References (accessible [here](#)):

Mumby, K. (2019) A single case narrative of spirituality following aphasia from traumatic brain injury: findings about forgiveness and freedom using WELLHEAD and SHALOM. *Religions*, 10(5), 301. <https://doi.org/10.3390/rel10050301>

Mumby, K. and Grace, D. (2019) WELLHEAD: a collaborative approach to spiritual assessment and intervention, developed with people with aphasia. *Health and Social Care Chaplaincy*, vol 7, issue 2, pp216-240, DOI: <http://dx.doi.org/10.1558/hsc.37004>

Katharyn Mumby & Hazel Roddam (2020) Aphasia and Spirituality: the feasibility of assessment and intervention using WELLHEAD and SHALOM, *Aphasiology*, DOI: [10.1080/02687038.2020.1752907](https://doi.org/10.1080/02687038.2020.1752907)

[Language Underpins Narrative in Aphasia \(LUNA\) project - summer update](#)

LUNA is an innovative, creative, and empowering approach to supporting people with aphasia to tell personal narratives. It involves an integrated, personalised therapy targeted at word, sentence, and discourse levels. LUNA provides flexible tools for improving people's confidence and ability to express themselves through narratives that reflect who they really are. [Dr Madeline Cruice](#) gives a project update:



"We are into our 3rd year and our final stretch on phase 5 of the [LUNA research project](#). Since the Spring update, we've hit some big milestones - participants have completed all remaining assessment sessions and individual interviews; our speech and language therapy students have finished their placements; we have our feasibility data already spreadsheeted and ready to start analysis; and four research project students have completed the treatment fidelity evaluation of LUNA sessions. Dr Kate Swinburn, our project manager, has led all of the closure interviews with participants, and also engineered ongoing peer-led group meetups for many participants who are committing to meeting up regularly (online) now their LUNA project involvement has finished.

Sadly, we've said goodbye to our marvellous LUNA therapists Sarah Johnston, Gabriella Procida, and Richard Talbot, and now also to Dr Kate Swinburn - sadly because we've had a lot of fun and miss their weekly presence in our lives, and sadly because research funding is finite and time-limited. We've also said goodbye to all our placement students now - Tarisa Tan, Sarah Ajrullah, Rosie Sweetman, Harry Smithson, Cemaliye Birdane, Ann Mason, Rosie Flynn, Molly Garfoot, Anamaria Otalora-Garcia, Hanka Al Saidova, Taru Launianinen, Zain Alabbasi - they have been nothing short of completely committed and amazing. We've also had the pleasure of working with 10 research project students for the past year - Ceri Read, Katie Hall, Sarah Ajrullah and Tarisa Tan have undertaken our treatment fidelity evaluation - and Marcus Truin, Eavan Goodman, Kirsty Harris, Jennifer Chun, Susan Gooch, and Alicja Pietkiewicz have studied the value of automatic speech recognition for transcribing the personal narratives told by participants in LUNA.

We are continuing data analysis in earnest at LUNA HQ. Carla Magdalani and Lin Cockayne are leading on the discourse analysis of participants' narratives, and Dr Rachel Barnard is leading on analysis of participants' individual interviews exploring how acceptable LUNA was to people. We expect to be doing this for some months still. In areas where data is complete, we are starting to share findings. We're delighted to be giving three presentations at BAS, and one at RCSLT in October. We also hope to present a fringe session at UKSF in December, follow us on @LUNA_Aphasia to hear if this is confirmed. We'll also be running some events at City, University of London - hopefully in person but also online to reach across the UK -

for the next 6-9 months or so as we analyse all our data. Follow us on twitter or subscribe to [our blog](#) to hear when and where we will be sharing in the future.”

New film about Aphasia in production

A person with aphasia has won an award from the Tavistock Trust for Aphasia to make a film about the condition. The purpose is to raise awareness of what a devastating condition it can be and what can be done to make lives easier for those living with this language disorder.

“On the tip of my tongue - living with Aphasia” is based on Jonathan Hirons' story that started in January 2019 while he was attending in a meeting in London and suddenly found that he couldn't make changes to a document he was working on. What happened was that he had a bleed on the brain. Jonathan found that speaking and writing became difficult. Interestingly, he could read perfectly well in his head but not out loud.

The film sets out to show that Aphasia, for many of the 350,000 plus people in the UK who are living with the condition, is a hidden disability. Most people haven't heard of it. Furthermore, there is a lack of support once the rehabilitation is over. Most of the slack is taken by charities but in most cases, by the families of the person with the problem

As well as Jonathan, there are two other key characters in the body of the story that follows a 29-year-old woman who had a stroke at 24 and had to learn to walk and talk again and a 35-year-old man who was hit by a cyclist whilst leaving a cricket match in London. He is now left with significant aphasia.

The story charts how Aphasia can create numerous quality-of-life problems because communication is a necessary part of everyday life. Difficulty with communication affects:

- Jobs
- Relationships
- Day-to-day functioning
- Language barriers may lead to social isolation and depression

The carers are often overlooked and carry the brunt of any lasting problems. The story looks at the problems from their side.

This film also looks at charities who are often run by either ex-professionals or by someone affected by Aphasia. These are usually small, local, and underfunded.

Pre-production of the film has started, and Jonathan Hirons would like to hear for anyone who can help with further information or PR contacts who could help with promoting the project.

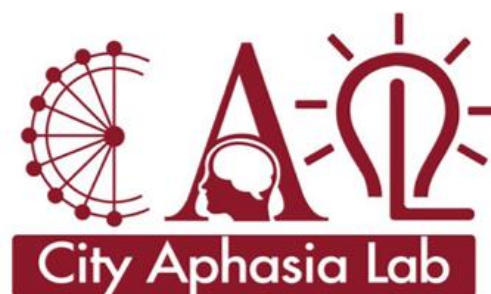
Contact: Jonathan Hirons, Buffalo Lounge Studios
email: jhirons@buffalolounge.co.uk
phone: 07800 725957

Technology in Aphasia

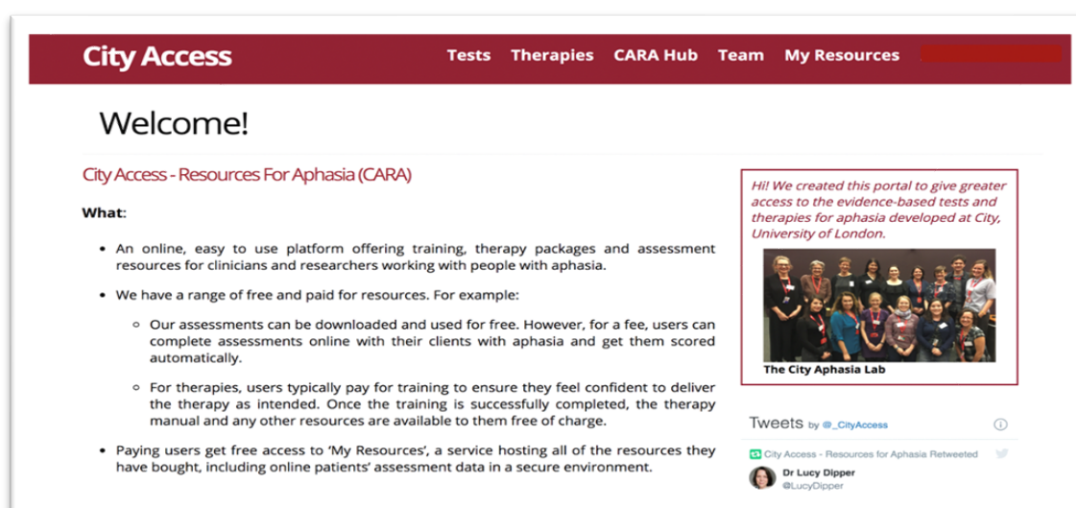
Many thanks for all the wonderful contributions from BAS members, clinicians, and researchers in this edition's technology section. Please [contact us](#) if you have any resources, technology news, reviews, case studies, tips or successes using technology that you would like to disseminate in this section of the BAS newsletter.

City Access - Resources for Aphasia (CARA)

City Access – Resources for Aphasia (CARA) is a website (www.cityaccess.org) developed to provide clinicians with easy access to high-quality clinical resources for people with aphasia. All resources are based on strong research evidence published by the City Aphasia Lab at City, University of London. The website additionally hosts training packages to increase quality and fidelity of treatment administration



The CARA team is led by Dr Katerina Hilari, a Professor of Acquired Communication Disorders. Other members of the team include Professor Jane Marshall, Dr Abi Roper, Dr Celia Woolf and Niamh Devane from the City Aphasia Lab and Professor Stephanie Wilson, from the Centre for Human-Computer Interaction Design. CARA has been funded by The Tavistock Trust for Aphasia, The Stroke Association and City, University of London



CARA website and resources

City Aphasia Lab research explores therapies for language and communication in aphasia, technological advances in aphasia therapy, interventions to improve emotional and social wellbeing, and assessment, outcome measurement and the self-reported experience of aphasia. In this last area, measures developed at City, e.g. the stroke and aphasia quality

of life scale (SAQOL-39g), have become an international gold standard and are recommended for use in all aphasia trials and intervention studies (see [Core Outcome Set for Aphasia](#)).

On the [CARA](#) website you will find aphasia assessments and treatment packages, including training and manuals for specific aphasia therapies and products:

- [SAQOL-39g](#): self-reported quality of life measure for people with stroke and aphasia
- [Stroke Social Network Scale](#): patient-reported measure which assesses a person's social network following a stroke
- [Technology Enhanced Writing Therapy](#): a therapy package for people with aphasia to use technology to address functional writing goals
- [Technology Enhanced Reading Therapy](#): a therapy package for people with aphasia to address functional reading goals using compensatory technology

Free [resources](#) on the [CARA hub](#) include:

- Scenario Test UK training: a free training package that will teach you how to administer the Scenario Test UK
- The LUNA resources: A PowerPoint slide deck summarising the two LUNA journal articles, and a toolkit with resources to support discourse assessment & treatment
- City Gesture Checklist: is a 'quick and dirty' printable free resource for gesture analysis in aphasia
- EVA Park Therapy Manuals: 6 manuals available for download on functional conversation, noun naming, verb treatment, sentence mapping, storytelling, and social support groups
- 'How to' videos: Two videos that take you through the steps to use videoconferencing technologies to deliver assessments remotely.

The future plan is for the [CARA](#) website will continue to be updated as resources are developed in the City Aphasia Lab research studies. For updates sign up to CARA and [follow on Twitter](#).

Using remote technology to support people with aphasia back into work or volunteering

The Covid19 pandemic and subsequent restrictions caused fundamental challenges for Dyscover; a charity which provides long-term in-person group support for people with aphasia



A successful move onto Zoom provided an opportunity to connect people who previously could not have met due to geographical constraints. We devised a 12-week programme and

introduced eight people with aphasia who had expressed common concerns about the impact of aphasia and their ability to return to work.

The group was facilitated by Rhona Palmer, Specialist Speech and Language Therapist, supported by a SALTA and a Volunteer.

The 4 men and 4 women ranged in age from 42-70 and had strokes between 6 months and 4 years ago. None had been able to successfully return to their previous role in the workplace. None were receiving individual therapeutic or practical support from other agencies, and in many cases had been told that their aphasic impairment had largely resolved or was too 'mild' to benefit from further rehabilitation.

All participants stated that they wanted to return to meaningful work or participation in their communities. They were open to new challenges but were unsure how to negotiate the first steps.

The team devised a 12-week programme for eight participants with aphasia who met weekly on zoom for one hour. Breakout rooms were used for small group conversation. Members were encouraged to prepare for discussion topics, and summary notes were circulated after sessions to aid reflection and learning.

The programme was discussion based and was shaped by participants. Themes included 'motivation', 'managing fatigue' and 'what makes a satisfying job?' and incorporated 3 main objectives:

- 1) Fostering and developing supportive relationships between participants
- 2) Promoting positive self-esteem, and willingness to embrace new challenges
- 3) Problem solving future options and exploring adjusted goals.



The remote Dyscover group in action

Thematic analysis of our final discussion session highlighted participants' perceptions of the benefits of our approach. Key themes to emerge were the value of shared experiences and learning from others. They described the positivity of all participants as encouraging and inspiring. Group members described finding the challenge of delivering a Power Point Presentation to the group daunting but described feedback on their individual communicative strengths as confidence building.

The team at Dyscover demonstrated that bringing together people with aphasia in a supported online environment, with a structured programme, can promote growth in confidence and self-esteem. This allowed participants to reassess options for a return to the workplace, to consider potential for new challenges and to set positive goals for the future.

A review session three months after the conclusion of the 12-week programme revealed that all eight participants had either returned to a modified role within their workplace, had taken on new volunteering roles, or had identified a training course with a view to pursuing a change of career.

One participant's comment, in relation to a session led by an ex Dyscover member who had successfully navigated a return to work, summed up what we achieved during our 12 weeks together.

" He gave me confidence to change, and that, for me, is what this group has done"

For more information on Dyscover's in person and online services for people with aphasia:

- Contact: Rosemary Townsend, Director of Service, Dyscover
- Visit: www.dyscover.org.uk
- Telephone: 01737 819419
- email: info@dyscover.org.uk

Inspirational new website helps those with communications difficulties get online more easily, and reaches the finals of the Exeter Living Awards

A revolutionary new website has been launched by the Devon-based charity Living with Aphasia. The charity supports people with Aphasia, who have difficulties communicating because of a stroke or brain injury. It helps people in Exeter, East and Mid Devon to express themselves and rediscover confidence in communication.



A stroke or brain injury can have a devastating impact on the ability to use words. When someone finds they are unable to say the name of their loved one, use the phone or even read a newspaper, the effect is immediately isolating and terrifying. This also covers the ability to use computers, as problems with reading, complicated navigation tabs, distraction

of advertisements and the sheer number of words makes it an overwhelming experience. Many people simply give up on ever being able to access information online again.

“During lockdown it became clear that it was even more crucial for people to be able to use the internet to access our support and stay connected” says Barbara Chalk, Chair of Living with Aphasia. “We successfully gained a National Lottery grant to create a new Aphasia-friendly website, something that’s pretty unique in the public domain”.

The site was led with advice from UK researchers in the field and designed by local marketing agency Chalk + Ward, with input from the local aphasia community.

It has very simple navigation, minimal writing, voice activation for text, clear and sizable tabs to work with, in addition to helpful, informative, and inspirational video content and links to Aphasia-friendly websites. It also provides support for friends, family and carers, a place where members’ stories can be shared and where members’ artwork created during the charity’s online art sessions can be displayed.

The site has very much gained the thumbs-up from the aphasia community and has now been chosen as a finalist in the Exeter Living Awards.



Finalists of the Exeter Living Awards 2021

As a charity, Living with Aphasia aims to provide support and friendship to those with Aphasia, through group meetings, Drop-In, Singing and Creative Art sessions which offer opportunities to socialise and inspire confidence.

- Contact: Barbara Chalk, Chair of Trustees
- Telephone: 07912320372
- Visit: www.livingwithaphasia.org.uk
- Email: barbara@livingwithaphasia.org

Being a Part of the Creative Digital Landscape: City, University of London's INCA project



This summer marks the end of a four-year research project exploring tools to promote the inclusion of people with aphasia within digital content creation and consumption. The [INCA](#) project (**IN**clusive digital **C**ontent for people with **A**phasia) has investigated, co-designed and trialled digital content creation and curation tools for people with aphasia using a blend of interdisciplinary techniques drawn from speech and language therapy ([SLT](#)) research and human-computer interaction design ([HCID](#)).

The INCA research team comprises experts from both SLT and HCID, working alongside experts through experience with aphasia. The project was funded by the Engineering and Physical Sciences Research Council with supplementary funding from City, University of London. It received additional invaluable support and input from aphasia and stroke charities Dyscover and the Stroke Association.

Beginning with an initial set of usability testing sessions to explore the acceptability and accessibility of existing social media tools such as Facebook, Twitter and Pinterest, researchers used the insights gained to embark upon the co-design of a series of novel technologies to enable accessible and novel content creation.

Novel Technologies

Across two sets of six co-design sessions, project members worked together to develop four novel technologies which aimed to address a range of abilities and modes of expression. The outcomes were:

- 1) [MakeWrite](#) – a creative writing app
- 2) [Comic Spin](#) – a comic strip creation app
- 3) [CreaTable](#) – a “tangible” digital media sequencer which allows physical objects to be organised on a unique tabletop platform in order to generate multimedia digital sequences
- 4) [Inker](#) – a web-based image creation app

Exploring the Technologies

The four tools were explored in a set of (pre-pandemic) in-person creative community workshops with 10 group members from Dyscover. Over the course of the workshop series, participants used each of the tools to create new digital pieces either individually or collaboratively, sharing and reflecting with one another and researchers on their experience with each tool and with being a part of the workshop series. A subsequent in-person

workshop series was unable to precede as planned due to covid restrictions and was instead replaced by an online workshop series with four participants who worked with MakeWrite and Comic Spin in more detail over a four-week period.

Outcomes

Several articles have so far been published about this work. Keep an eye on the [@INCAProject](#) Twitter account for more of these coming soon. In addition, as with so many things over the preceding year and a half, proposed plans and methods have been adapted and amended to accommodate the limitations of face-to-face contact. Exciting plans for in person dissemination were re-imagined to conjure an online celebration event. The positive consequence of this shift was that the digital format attracted attendees from all parts of the UK as well as India, the USA and Canada. A recording of the celebration event, plus open access to INCA research publications, a showcase of the curated work and download links for the apps can be found here: <https://blogs.city.ac.uk/inca/links-from-the-inca-celebration/>



Workshop members from Dyscover explore the Comic Spin app

A Novel Reading Intervention for People with Aphasia: City, University of London

City's READ IT project ends in September 2021. Developed from our previous CommuniCATE work (see Caute et al, 2019) this project further explored the use of compensatory digital technologies to support reading in aphasia. As an addition, therapy was enhanced by a weekly book club, in which participants shared reading strategies and discussed what they had read. The project was funded by the Sir Halley Stewart Trust and donors to City, University of London.

READ IT was conceived with a waitlist-controlled design, enabling us to compare two cohorts of participants who were treated immediately or after a delay. We aimed to explore the

feasibility and acceptability of the READ IT protocol and collect indicative outcome data. However, the arrival of COVID 19 halfway through the project necessitated a radical re-think. The READ IT therapy was modified for online delivery and all data collection became remote.

As a result of the pandemic, we will be reporting two phases of READ IT. In the first, therapy was delivered face to face, in the second it was delivered online. Although numbers are small (N = 19), our findings point to good feasibility and acceptability for both phases. Indeed, post therapy interviews have elicited many moving comments from our participants, for example, about re-engaging with literature and accessing reading independently for the first time since the stroke. Data from our outcome measures are still to be fully analysed.

The READ IT team is planning an online dissemination event for September 2021. So please keep an eye out for this.

The READ IT Team: Celia Woolf, Morganie Naidoo, Jayne Lindsay, Madeline Cruice, Stephanie Wilson, and Jane Marshall.

Reference

Caute, A., Woolf, C., Wilson, S., Stokes, C., Monnelly, K., Cruice, M., Bacon, K., & Marshall, J. (2019) Technology-Enhanced Reading Therapy for People with Aphasia: Findings from a Quasi-randomised Waitlist Controlled Study. *Journal of Speech Language and Hearing Research*, 62 (12), 4382-4416. DOI: [10.1044/2019_JSLHR-L-18-0484](https://doi.org/10.1044/2019_JSLHR-L-18-0484). PMID: 31765277.

Announcements

If you would like to make an announcement in the BAS newsletter, please [contact us](#).

Student Prize winners

Watch this space for an announcement of our student prize winners. We are really pleased to say that we've had an exceptionally high number of entries this year. The standard is, once again, very high. Thank you to everyone who took the trouble to send in an entry. You have given our judges a very tough (but enjoyable!) task.

Belinda Walker

Student Prize Co-ordinator

Research project investigating the impact of physical exercise and social isolation on wellbeing outcomes for people with Aphasia

Matthew Brewster, a Masters student at Leeds University, is conducting a research project investigating the impact of physical exercise and social isolation on wellbeing outcomes for people with Aphasia. This study will consist of a 40-minute interview over Zoom that will ask questions regarding aphasia severity, physical exercise, wellbeing, and social isolation.



The aims of this study are to find out how physical exercise and social isolation effect wellbeing for people with Aphasia and also how this is affected by the severity of a person's Aphasia. The hope is that this study will be able to point towards possible ways to improve the quality of life for people with Aphasia.

This study would like to recruit participants who have Aphasia. However, participants need to be at least 1 year post stroke, and not have any other neurological disorders such as dementia to be able to participate. Participants also need to be able to understand the questions so anyone who will be unable to understand basic questions even with the help of a carer will not be able to participate in this study. All participants will be given the opportunity to be entered into a prize draw for a £50 Amazon voucher which will go to one of the people that participate in this study.

To accommodate for participants that may struggle with reading, participants will be allowed to have carers present to help them with the questions. Alternatively, I will be able to read the information sheet and consent form aloud to them at the beginning of the zoom meeting.

The project has received ethical approval from the University of Leeds ethics committee. Ethics code PYSC-261.

Contact: Matthew Brewster
Telephone: 07391997681
Email: ps20mb2@leeds.ac.uk

Upcoming book November 2021: Using the Systems Approach for Aphasia An Introduction for Speech and Language Therapists by Susie Hayden

[*Using the Systems Approach for Aphasia*](#) introduces therapists to systems theory, exploring the way in which a holistic method that is already a key part of other health and social care settings can be employed in aphasia therapy.

Detailed case studies from the author's own extensive experience demonstrate how systemic tools can be incorporated into practice offering practical suggestions for service delivery and caseload management in frequently overloaded community health services. Exploring the treatment process from first encounters, through the management of goals and attainments,

to caring for patients after therapy has ended, the book demonstrates a method of delivering therapy in a way that will better serve the people who live with aphasia and their families, as well as the clinician themselves.

Key features of this book include:

- An accessible overview of systems theory and its use in aphasia therapy
- Consideration of how current popular ideas such as self-management, holistic rehabilitation and compassion focussed therapy can be incorporated to provide the best treatment
- Guidance on when and how to involve families based on case studies
- Case studies throughout to fully illustrate systemic approaches

An essential resource for both students and seasoned clinicians, the theory explored in this book will provide a fresh approach to therapy and new skills for working with people with aphasia and their families.

ISBN 9781032014371 / November 26, 2021

Forthcoming by Routledge / 184 Pages



Read previous newsletters and find out more about the British Aphasiology Society at www.bas.org.uk

If you have any items for future newsletters, please contact us on newsletter@bas.org.uk

To get updates on research and events follow on:

