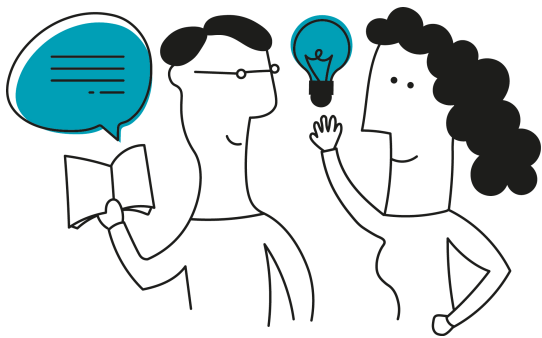




Some handy information for your first session

We fully understand that deciding to seek speech and language therapy support is a big decision, and one which is full of the 'unknown'. This leaflet should answer some of the early questions you might have but we are always happy to help with any others.

You might also like to visit our website and social media to see more about us and get a feel for who we are and how we work. We also regularly post new events and activity ideas there.

Before the Session

These are some helpful tips when preparing to come to us:

- Complete payment and forms in advance of the session.
- Write down any questions you have so that we can fully support you.
- Share any recent reports from other professionals with us.
- Consider bringing videos to show us more typical, relaxed communication.
- Be aware of our T&Cs: email the therapist in advance to cancel the session should you need to.

Our Clinic

If your appointment is in our clinic, please consider the following:

- If you get lost or an emergency arises, please call 07746 721619 (avoid using this number for other purposes)
- Our building has a waiting room which we can buzz you into, or you can remain in your car until the appointment time.
- If you need to bring other young children it may be useful to bring another adult with you.
- There is a toilet once inside the building for you to use if needed.

The First Session

- This will take up to an hour unless you have been told otherwise, or booked in for a Complex Assessment.
- Your therapist will want to know the concerns you have, and will also ask about other areas of your life. They will also make time to answer any questions you have.
- Your therapist will have a general conversation (or play if we are working with your child) to create a relaxed environment. This will also help your therapist to see communication in a more natural scenario.
- It is likely that, where possible, more formal assessment activities will also take place to assess in more detail.

After the Session

Your therapist will share their thoughts and talk with you at the time about their suggested best way forward. This may include:

- Advice and activities to follow up at home
- A written report (provided within 2 weeks)
- A follow-up session in a few weeks.
- Regular therapy with activities to do at home
- Reassurance that all is well and no further sessions needed.

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