



Northamptonshire Local Offer

Quick Guide:

Speech and Language Therapy (SALT / SLT)

What Do Speech and Language Therapists Do?*

Speech and language therapists (SALTs/SLTs) provide life-improving treatment, support and care for children and adults who have difficulties with communication, eating, drinking, or swallowing.

SLTs assess and treat speech, language and communication needs (SLCN) in people of all ages to help them communicate better. They also assess, treat and develop personalised plans to support people who have eating and swallowing problems.

Using specialist skills, SLTs work directly with clients and their carers and provide them with tailored support. They also work closely with teachers and other health professionals, such as doctors, nurses, other allied health professionals, and psychologists to develop treatment programmes.

Who Benefits From Speech and Language Therapy?*

Infants: SLTs support premature babies and infants with conditions such as cerebral palsy, cleft palate and Down syndrome from very early in life who have difficulties with drinking, swallowing and early play and communication skills.

Children: SLTs support children with primary speech, language and communication difficulties, such as stammering, as well as speech, language and communication difficulties that are secondary to other conditions such as learning disabilities and hearing problems.

Adults with Congenital Needs: SLTs support adults who have developmental conditions such as learning disabilities, autism, and Down syndrome.

Adults with Acquired SLCN: SLTs support adults with communication and/or swallowing difficulties as a result of medical conditions, such as stroke, head and neck cancer, Parkinson's disease, and dementia.

Speech and Language Therapy Providers

If you think a child or young person might have speech, language and communication needs (SLCN), you should speak to their GP in the first instance. The NHS provides comprehensive speech and language services for both children and adults at several locations across Northamptonshire. SENCos and social workers can also signpost you to relevant services and make referrals.



- **NHFT: Children's Speech and Language Therapy Services** (www.nhft.nhs.uk/childrens-salt)
Who It's For: Children and young people (aged 0-19 years) with speech, language and communication needs (SLCN) or eating and drinking difficulties.
How To Access: Your child's GP, SENCo, or social worker can make a referral.
A **Talking Success** course is available for primary schools and enables mainstream teaching staff to identify and support children with speech, language and communication needs. This is run by the NHS staff.
- **NHFT Adults' Speech and Language Therapy Services** (www.nhft.nhs.uk/salt)
Who It's For: Adults (aged 16+) with an acquired problem with speech, language, dysfluency (the flow of speech), and/or swallowing.
How To Access: Your GP can make a referral.

Other Speech and Language Services:

- **Afasic** (www.afasic.org.uk).
A national charity for children and young people with SLCN. Parents' Helpline: 0300 666 9410 (Mon & Wed, 10.30am-4pm).
- **British Stammering Association** (<https://stamma.org>)
A national charity offering advice, support, and information to people who stammer (of all ages), plus their friends and families.
Free helpline: 0808 802 0002. Web-chat available weekdays (10am-12noon & 6pm-8pm).
- **I CAN** (<https://ican.org.uk>)
A national charity dedicated to children and young people's speech, language and communication needs (SLCN).
I CAN Help Enquiry Service for Parents: Book a free call back-from a speech and language therapist here: <https://ican.org.uk/i-can-s-enquiry-service/>
- **Magic Words Therapy Ltd** (www.magicwordstherapy.co.uk)
Offers private speech and language therapy for both children and adults.
- **Speech Link Multimedia Ltd - Parent Portal** (<https://speechandlanguage.info/parents>)
A website for families of children with SLCN. It is regularly updated with new games, activities, and tips for parents and school staff to access for free.

Learn More:

The charity I CAN runs a free half-day online course. It looks at how you can support the development of these skills on a day-to-day basis, and how to spot children and young people who might be struggling to develop these skills. To sign up, visit <https://ican.org.uk/i-cans-talking-point/cpd-short-course/>.

*Information reproduced here is courtesy of the Royal College of Speech and Language Therapists (RCSLT). For more information about speech and language therapy, please visit www.rcslt.org.

