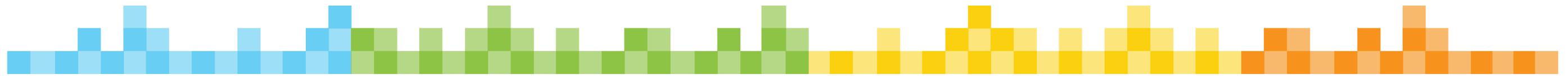


# Activities and your time

The following are some ideas of activities you could carry out and the time commitment involved.



## 5–15 minutes

- **Talk!** Start a conversation with someone you know (or don't) about communication disorders, their impact on people's lives and the difference access to the right services makes
- Ask colleagues and friends to **sign up to the communication pledge**
- Encourage someone you know to **share their story**
- **Suggest five minutes 'without words' at a meeting**, event or presentation, to highlight alternative communication and how speaking is relied on in most professions and activities
- **Tell your colleagues in other countries about ICP 2014** and what's going on. Encourage them to sign the communication pledge and get their local colleagues and professional body involved – let the RCSLT know if you've made contact
- **Post about communication and your ICP 2014 activities on social media** using the hashtag #ICP2014, add a ribbon to your profile pictures, share or retweet campaign posts/tweets, upload a video to YouTube or a photo to Instagram, use Vine to make a video about communication, or blog!
- **Sign the communication pledge** and share via your social media channels
- **Sign up to the Giving Voice champion/ ICP 2014 newsletter** via [www.givingvoiceuk.org](http://www.givingvoiceuk.org). Read the newsletter and forward it to your colleagues
- **Take a photo of yourself with a speech bubble**, and share it via twitter or instagram using the hashtag #ICP2014

## 1–2 hours

- **Build a paper chain of stories** about communication or words that mean the most to you. Use the chain to decorate your classroom, clinic or meeting place
- **Host a morning tea or lunch 'without words'** inviting colleagues, managers, politicians and clients to communicate with augmentative and alternative communication (AAC)
- **Encourage interest in the technical aspects of your work** – film or showcase live your FEES assessments, use of iPads etc
- Contact the communications team at your local council to see if they are interested in **how your community can become more communication accessible**
- **Plan activities and fun events for children and families during the holidays**, including conversation games for long journeys, speech bubble drawing, and party games
- **Host a balloon release (with messages tied to the strings)** or send a message in a bottle, to highlight the importance of communication. Check with the Civil Aviation Authority to make sure you can do this first.
- **Write to your local politicians** (both Westminster and devolved governments) telling them about the campaign and asking them to endorse ICP 2014
- **Write to your local paper** and tell them about the needs of people with communication disorders in your community

## Half a day

- **Make a display or stand at your workplace**, providing information about communication disorders, inviting people to sign the communication pledge and even inviting people to communicate via augmentative and alternative communication (AAC)
- Work with your place of employment to **find ways to be more communication accessible**
- **Look for powerful case studies** amongst the different client populations with which you work. Plan how to get this in the local media or send it to the RCSLT for consideration as a national story
- **Develop a training session for colleagues** about communication disorders and the role of speech and language therapists
- Get to know your community groups, organisations and charities, service user organisations, childcare centres, libraries etc) and **provide information about communication disorders and speech and language therapy**
- **Organise a human communication chain** – pass a message on using different methods of communication around a park, across a bridge, down the school corridor or between schools. Ask a VIP to start or end the chain
- **Host a pub quiz with a difference**, with rounds using different communication methods or on communication-related topics such as famous first lines from speeches. Why not raise funds for a local communication charity on the night?
- **Meet with your local decision makers** to talk about communication disorders and ICP 2014

## A day or more

- **Create a short film** about communication disorders
- **Host an event!** It could be a trivia night, morning tea, library story time or competition – anything that you think would get people to come along and raise awareness about communication disorders
- **Invite your local politicians to visit your workplace** and learn more about communication disorders in your community, as well as your work as a speech and language therapist. Make sure there are clients available to meet with them and share their stories
- **Plan a town centre 'flash mob'**. Even though they are designed to be spontaneous gatherings in public places, we recommend that you share your plans with the relevant office of the local council out of courtesy
- **Give your clients' talents a platform** – are they musicians, artists, chefs or poets? Organise a concert, exhibition or event including a short speech about the life-transforming work of speech and language therapists
- **Get your workplace to take part in existing community events**, like festivals, fun days, shows and markets with a stall or being part of the programme
- **Get in touch with speech and language therapy teams around the world**, and plan a collaborative event. 'Twin' your SLT team, and hold virtual meetings for your service users