

More than one million Aussies estimated to have speech impairment

- *Rod Bennett*
- *Manly Daily*
- *August 25, 2014 12:01AM*



Speech therapist Rebecca Star with 5-year-old Charlie Lovett.

Charlie Lovett is one in a million — and he’s doing something about it.

The five-year-old from Curl Curl is just one of the 1.1 million Australians estimated by Speech Pathology Australia to have some sort of speech or communication impairment.

Speech Pathology Week runs from tomorrow to August 30 and speech pathology practitioners want people to know about it.

“As soon as someone is concerned, be it a mother or a carer or a teacher, that’s the time to contact a speech pathologist,” said Rebecca Star, from Zip In Speech Pathology at Balgowlah.

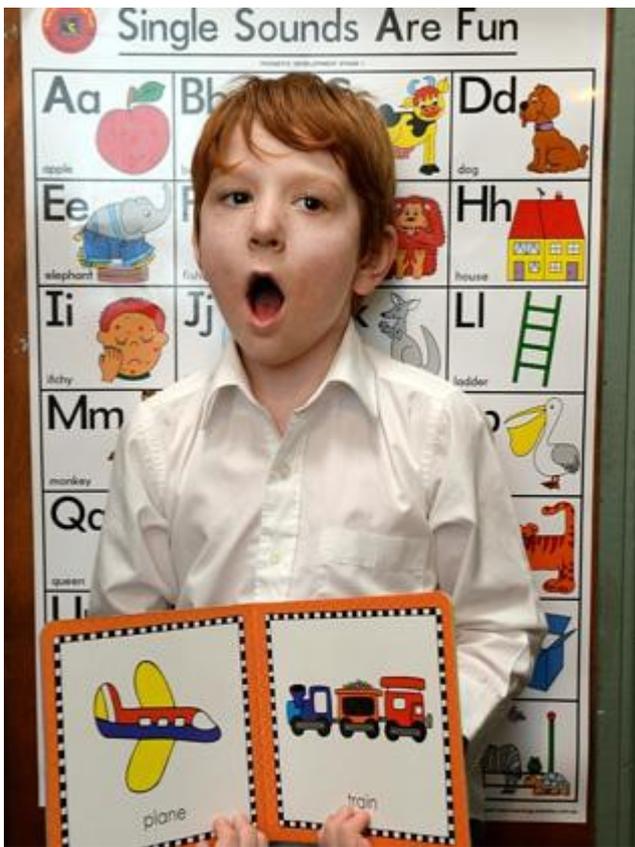
She said she and colleagues dealt with a range of issues — from minor things like a lisp, to stuttering, or following a stroke.

Ms Star said some people affected may have lost hope but the more they knew they were not alone, the more they would seek help.

Berkelouw Books at Balgowlah is doing its part for the week, by hosting a special event on Thursday.

There will be a colouring-in competition for children, as well as prize packs and giveaways.

Ms Star will also be at the store from 9am to 7pm. It’s at Shop 24, 215 Condamine St



Charlie Lovett

Source: News Limited

CURL CURL

Speech pathology world reaches out



Five-year-old Charlie Lovett and speech therapist Rebecca Star.

Picture: SIMON COCKSEGE

Rod Bennett

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Message from the Mayor

Too Good to Waste

Did you know that the four SHOROC Councils collect about 117,000 tonnes of waste and recyclables from 109,000 households each year – the equivalent to 11,700 full garbage trucks? And that this is expected to increase by 24 percent by 2021?

‘Too Good to Waste: A Waste Avoidance and Resource Recovery Strategy’ is a regional waste strategy developed by SHOROC in consultation with Manly, Mosman, Pittwater and Warringah Councils.

SHOROC would like to know what you think about the regional strategy. Comments relating to the strategy will be received up until 12 September 2014.

To find out more or about Too Good to Waste go to SHOROC.com.

‘Cooking Basics’ for Mature Aged Men

A new cooking course emphasizing ‘the basics’ is also serving up fun and friendship for older men at the Manly Seniors Centre, 275 Pittwater Road from 11.00am every Monday for six weeks beginning Monday 25 August 2014.

The course aims to give older men who have taken on a carer’s role, an opportunity to learn culinary skills. Bookings can be made on 9976 1500 or by email to records@manly.nsw.gov.au. Cost is \$5 per session.

NSW Volunteer of the Year Awards

I am impressed by the contribution that volunteers make to all aspects of our community life. The NSW Volunteer of the Year Awards are organised by The Centre for Volunteering, the peak body for volunteering in NSW. There are five main categories for nomination. Nominate your dedicated volunteers or volunteer team online or download a nomination form to complete at www.volunteering.com.au/2014-awards/

Jean Hay AM

Mayor of Manly

What's On / Notices



Manly council would like to invite residents to join in our upcoming workshops aimed at helping households to reduce the amount of waste being produced. Bookings are essential. Call 9976 1652 or visit www.manly.nsw.gov.au for more info.

Upcoming Workshops

MODERN REUSABLE CLOTH NAPPIES WORKSHOP

Date: Thursday 4 September
Time: 6.30pm - 7.30pm

REPAIRING SMALL APPLIANCES WORKSHOP

Date: Thursday 6 September
Time: 2pm - 4pm

MANLY COUNCIL - BALGOWLAH AND PITTWATER ROADS PEDESTRIAN ACCESS AND MOBILITY PLAN (PAMP) PUBLIC EXHIBITION. COUNCIL INVITES PUBLIC COMMENT ON THIS DOCUMENT.

The PAMP is a comprehensive strategic and action plan to develop pedestrian policies and build pedestrian facilities. It aims to improve the safety, connectivity and accessibility of pedestrian routes around the shopping strip at Pittwater Road and surrounding streets near Harris Farm Market, Stella Maris College, Manly Swim Centre and Manly Seniors’ Centre.

The PAMP will be exhibited from 25 August 2014 to 1 October 2014 at:

- Manly Council Chambers, 1 Belgrave Street, Manly (Monday to Friday 8.30am - 5pm);
- Manly Library, Level 1, Market Lane, Manly (during Library’s operating hours); and
- Council’s webpage (www.manly.nsw.gov.au).

Community members are invited to review and comment on the PAMP report.

The recommendations made are found on pages 44 to 62 of the document.

Please forward your submission either by email or mail to Bitzios Consulting’s project manager on:

- ManlyWalking@bitziosconsulting.com.au; or
- Bitzios Consulting, Studio 203, 3 Gladstone Street, Newtown NSW 2042

DA's DEVELOPMENT APPLICATIONS LODGED - 12/08/2014 – 19/08/2014

DA No.	Address/Proposal	154/2014	30 Balgowlah Road, Fairlight
150/2014	27 Eurobin Avenue, Manly Construction of an in-ground spa with a lockable lid at the rear of the existing dwelling	154/2014	Alterations and additions to an existing semi-detached dwelling including the demolition of internal walls, new first floor addition and a front fence
151/2014	16 Quinton Road, Manly Alterations and additions to an existing duplex including a rear extension with a deck, garage, fence and landscaping	164/2010	38 Alma Street, Clontarf Section 96 to modify approved Alterations and additions to dwelling house, including second storey addition, extension of basement level, swimming pool, double garage and landscaping works– involving external and internal modifications and relocation of the swimming pool to within the front setback – Part 2
152/2014	71 Seaforth Crescent, Seaforth Alterations and additions to an existing dwelling including addition of a new timber deck at the rear, widening of the driveway at the front, internal alterations, changes to the windows and doors		
153/2014	37 Pittwater Road, Manly Alterations and additions to an existing attached dwelling including a rear extension with a pergola		

For information concerning the Development Applications please refer to www.manly.nsw.gov.au or contact Landuse & Sustainability Division on records@manly.nsw.gov.au or by telephoning 9976 1500 and select option 1. Any written submissions that are made regarding a Development Application will be available for the public to access on Council’s website to the full extent permitted at law. If you consider that all or part of your submission contains information that should remain confidential, the onus is on you to advise Council accordingly by including the word ‘Confidential’ in your submission title.



Treat early before it's a king-size issue

Wendy Kay

THE movie on everyone's lips as a must-see this summer is undoubtedly *The King's Speech*, an unassuming tale of an English monarch crippled by a debilitating stutter.

Apart from the accolades, which include 12 Oscar nominations, the movie about King George VI (Colin Firth) and his Australian speech pathologist Lionel Logue (Geoffrey Rush) has lifted the lid on a disability suffered by more than 300,000 Australians.

Speech Pathology Australia president Chris Stone said the film has highlighted the daily challenges faced by people with a stutter and other communication difficulties.

"It's wonderful to see stuttering portrayed in such a positive way and draw attention to the serious impact this type of disorder has on people's lives," Ms Stone said.

"The stereotype of people who stutter having psychological or mental deficiency is unfair and damaging, so *The King's Speech* will help people understand the true distress and anxiety felt by people who stutter."

Balgowlah speech pathologist

Rebecca Star said that one in seven Australians have some form of communication problem.

At Speech Pathology Service for Adults and Children, Ms Star treats adults and children who have difficulties with speech, using and understanding language, voice, fluency, hearing, or reading and writing.

"These problems can be mild or severe, temporary or permanent, present from birth or acquired later in life," she said.

Previously known as speech therapists and differing from speech and drama teachers, speech pathologists carry out communication assessments, make recommendations and treat communication problems.

"Most people with a communication problem look like anyone else," Ms Star said.

"It may be an adult who stutters severely, or a child who can't say words or sentences the right way."

Ms Star said it's never too early, nor too late to have a communication assessment.

"We don't talk about cures in stuttering, we talk about management," she said. "The problem is

something they have to manage all their lives with good therapy techniques."

Typical speech problems for children include speech sounds, language, understanding what words mean, hearing problems, fluency and swallowing disorders.

"About 5 per cent of children between two and five years of years age stutter, and 50 per cent of those recover naturally," Ms Star said.

"We define a communication disability as anything that attracts attention to itself.

"I get referrals for young children from dentists and childcare centres. If it hasn't been addressed by school, it becomes a problem."

Ms Star described the treatment for speech disorders of children as young as two as "conservative".

"We ask the parents to observe and chart the behaviour, record it when it happens," she said.

"It gives us an idea of the severity of the problem. If we chart it for a few months it may just go away, or it may get more severe.

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"A communication disorder, which continues into the teenage years, can ruin confidence, the child will evade certain situations, become introverted and isolated.

It can develop into serious psychological problems which can affect work opportunities."

Ms Star said chronic conditions such as cerebral palsy or lisping needed long-term treatment, but occasionally there was an instant fix.

"I have a friend who is a speech pathologist who had a voice disorder in that her voice wasn't very strong and she kept losing

it," Ms Star said.

"I went to a lecture on asthma and voice and discovered medication can affect it. She changed her medication and the problem was solved.

"Being able to communicate effectively is something most Australians take for granted, we consider it a basic human right," Ms Star said. "Few of us can ever imagine what it would be like not to communicate effectively."

■ Speech Pathology Service for Adults and Children is at the Balgowlah Counselling Centre, 185 Condamine St. For an appointment, call 0403 970 440.



Alexandra Wright, 8, gets treatment from speech pathologist Rebecca Star at a clinic in Balgowlah.

Picture: BRADEN FASTIER -FP430732



Colin Firth and Geoffrey Rush in a scene from *The King's Speech*.



COMMUNICATION PROBLEM SIGNS

- Tripping or stumbling over words
- Occasionally losing one's voice
- Finding it difficult to follow a conversation in a group or at a party
- Not quite understanding jokes
- Being reluctant to speak to new people
- Acting aggressively because of frustration
- Repeatedly needing directions on how to do something
- Difficulty understanding written material
- Underperforming at school or work