

SIGNPOST

Communication News & Resources



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Welcome to Signpost! Communication news & resources for the month ahead.

This month celebrates skills for all seasons. So let's move, sign, cook up a storm, and then have a haircut!



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KEY-WORD SIGNS

The poster features several illustrations of people performing activities with corresponding hand signs:

- SKIPPING:** Hands at side of body circle although skipping.
- DANCING:** Relaxed arms move alternately forwards and back.
- FOOTBALL:** Index hands (palm back, pointing down), working index flicks forwards.
- RUN:** Flats (palm in, pointing as though running).
- REBOUND THERAPY:** Supporting flat hand (palm up, pointing forwards); then working "T" hand (palm back, pointing down) on supporting palm bounces up and down several times; then blade of working flat rests on supporting palm, formation moves up/forwards.
- HYDROTHERAPY:** Working cupped hand (palm forward, pointing in) backs of fingers roll up and down against cheek; then blade of working flat rests on supporting palm, formation moves up forwards.
- BOCCIA:** Illustration of two people playing bocce.
- EXERCISE:** Illustration of two people exercising.

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Don't be tempted to sit still this summer. Why not choose, discuss & plan some fun activities with this free Signalong poster?

Whether you prefer a leisurely walk, invigorating run, or simply reminiscing about your old hula hoop and skipping rope, it's a great opportunity to speak and sign about ways to get moving.

Prefer to learn from a tutor? Registered Speech and Language Therapists will be teaching a Key-Word Signing class in Yeovil starting Tuesday 21st September.

AND COURSES





HEARING LOSS SIMULATION



RNID estimates that 20% of adults have some form of hearing loss, rising to 70% in people over 70. If you're not sure what that's like, this video provides a vivid example of how difficult it can be to hear and understand speech. Top tip: click here for subtitles.



SKILLS FOR ALL SEASONS

Cooking can be difficult if you struggle to read recipes, but there are resources that can help. The CookABILITY video recipes feature hearty main meals like cottage pie and chow mein. And for literate individuals who prefer the 'easy read' format, there's the free 'Dinners and Puddings' book from Mencap. Yum!



COOK UP A STORM

HAIRCUT HARMONY



As the weather gets hotter, maybe it's time to feel cooler with a haircut. Or perhaps get a trim before the new school year?

If you know a young person who feels anxious about haircuts (or needs some support to understand the situation) you might like this thorough and immersive multisensory story from Storytelling Through the Senses. Complete with fun and creative extension activities.

