

## Fundraising

Grants, Fundraising events and donations help fund the weekly groups. You could add your support by:

- Fundraising as a "TALK Supporter"
- Making a monthly donation
- Taking part in a sponsorship event such as cycling, running or walking?
- Nominating us as "Charity of the Year" in your workplace or local business?
- Holding a fundraising event
- Leaving a gift to TALK in your will

For Fundraising and Donation Enquiries Phone: 07718 425952 E: fundraising@talksurrey.org.uk



## Volunteering

The volunteers are essential to TALK. Their exceptional work allows the charity to function effectively and without them we could not exist. By volunteering you will make an enormous difference to the lives of people with aphasia. In return you will find it a hugely rewarding, fun and experience an increased sense of community.



To join a TALK group please contact the Operations Manager Phone 07718 425953 E: info@talksurrey.org.uk

To find out more about volunteering at TALK Phone 07718 425953 E: info@talksurrey.org.uk



"I was really impressed with the group and the fact that training is provided to the volunteers (both before attending the groups but also the refresher training)."   
Speech & Language Therapist

# TALK



"I love the opportunity to engage with others and it gives me confidence to do so when I am out and about"



"The social interaction has helped my confidence."   
TALK Member



"He has developed independence in being away from me. I have nothing but praise for the group leader and volunteers. They show immense patience and understanding."   
Wife of TALK Member



TALK Surrey CIO is a small volunteer-led charity that offers long term communication and social support for people and their families in Surrey and neighbouring locations. Established in 1998 in Guildford, we now run four groups in North West Surrey: Guildford, Woking, Knaphill and Walton-On-Thames. The volunteers' achievements were recognised in 2005 when TALK awarded the highly prestigious Queen's Golden Jubilee Award for Voluntary Service in the Community.

## Why TALK?

**Our mission** is to support and empower people to live positively with aphasia, through engagement with their local peer network and the wider community.

**Aphasia is a language and communication disorder.** It's usually caused by damage to the left side of the brain. There are currently 35000 people living with aphasia in the UK. The most common cause of aphasia is stroke.

**Aphasia affects each person differently.** This depends on the cause and severity of the brain damage. Aphasia has a sudden and profound effect on a person's life, making many everyday tasks difficult. Reading a newspaper, making a phone-call, using the internet, talking to family and friends, sending a text message – almost everything we do relies on language and communication.

Aphasia **impacts on confidence**, personal relationships, employment and social life. It can lead to frustration, isolation and depression.



## TALK - what we do?

- Our groups provide a **friendly and supportive environment** where people with aphasia can practise their communication skills and build their social confidence. This in turn improves wellbeing and promotes increased participation and independence in the local community.
- **Meeting once a week** during school term time, the groups are run by our team of dedicated and trained volunteers
- Our **varied programme** of activities enables members to practise strategies to help conversation. Each session has a different theme, focusing on promoting good communication in all its forms. Sessions may include: general discussion, arts and crafts, music, word games, quizzes. Everyone is encouraged to participate in whatever way they can.
- All our **volunteers receive training** from speech and language therapists to enable them to provide the most appropriate support for all our group members. They also complete **safeguarding training** and an enhanced DBS check.

