



CHANT Group intervention summary

CHANT (Communication Hub for Aphasia in North Tyneside) was a community-based health intervention designed for people with **long-term aphasia** (language impairment following neurological damage, in this case post stroke) with their collaboration. Part of the intervention involved **'What Next?' groups**, each comprising between 6 and 10 people with aphasia, led by a SLT, with a Stroke support worker from the Stroke Association and at least one volunteer trained in supporting communication in aphasia. Each group met weekly for 7 weeks. A clear structure was used, based on increasing the awareness of aphasia in the areas of: Impairment, Personal, Participation (Relationship), Environment. These are categories taken from a modified version of the A-FROM adapted from Kagan et al. (2008) (reported in Mumby & Whitworth, 2012, p401) used as framework for patient reported outcome measures (self-scoring, goal setting and evaluation).

The rolling program of What Next groups served to welcome people into the service, offer them peer support, and a mechanism for embarking on a new activity or further course in a supportive way. Each group had the following structure, using an introductory session followed by four weeks focusing on a different dimension each week, and culminating in an overview finalising goal-setting in week six. A follow-up reunion after 3-6 months was found helpful for checking whether goals had been achieved, evaluating the need for additional support, setting new goals, and gently loosening the close relationships that built up during the initial course.

Summary of CHANT What Next Group Sessions

1. Introductory session
2. Impairment – what has gone before – your story.
3. Personal 'self' – who you truly are.
4. Participation – relating to others.
5. Environment – adjusting, accepting, and transforming the community. Physical, psychological, emotional, and spiritual environment.
6. Round-up of goal setting – put in place mechanisms for carrying out action plan.
Carers' session to run in parallel.
7. Follow-up reunion 3-6 months later.

A range of other groups was included focusing on **Art, Music, Drama** and **IT basics** for example.

The full details of the program and the week by week resources are available from Dr Katharyn Mumby on request: kath@new-pathways.co.uk