

Speech and Language Therapy (SaLT)



What is Speech and Language Therapy (SaLT) and how can it help?

Speech and Language therapy, SaLT as its often referred to, is an area of health that help people with their communication, talking, eating, drinking and swallowing. Most people learn and manage these everyday activities easily. Some children will struggle with these physical things and will need extra help to learn these skill. Some may need extra equipment or practice to help to make things easier. Some children who benefit from SaLT have short-term needs that, with help and support, will fade with time. Other children may have long-term or lifelong needs and SaLT may be part of their longer term support . This is a free NHS Service. There are private Speech and Language Therapists who charge for the same services.

How do I request Speech and Language Therapy?

Pre- school children: You can get help from the service at their drop in sessions <https://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire/specialist-services/childrens-speech-and-language-therapy/my-child/drop-in-to-see-us>:

School Age children: can be referred by their school or GP
<https://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire/specialist-services/childrens-speech-and-language-therapy/at-school/how-to-refer>

Who can help?

- Start with your child's teacher, SENCo, GP or health visitor and tell them what is worrying you. They can check a number of things to see if they can work out what your child finds difficult. They may seek further help from a Speech and Language Therapist or make a referral.
- You can find things that will help you develop your child's skills and videos to help you on Cambridgeshire's Speech and Language Therapy pages:
<https://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire/specialist-services/childrens-speech-and-language-therapy>
- The best thing you can do is to talk to the professionals and work together to help your child learn and develop.

Where to find out more on website:

[hwww.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk) and look under Useful Information