

## Words from the Gavel Club

*"I have gone from 'I'll see' to 'I can'."*

*- Gavel Club Member*

*"We have more conversations and chit-chat at home."*

*- Spouse of Gavel Club Member*

*"It is perfect for improving your speech and boosting your self-confidence."*

*"Gavel Club gives you a purpose."*

*"Delivering a speech gives you a tremendous sense of achievement."*

*"Everybody understands and inspires each other."*

*"Speeches are stories waiting to be told. Come along and share yours."*

*"Even if you have severe aphasia, the Gavel Club can help."*



### Where we meet:

The University of Auckland Tāmaki Innovation Campus  
Level 3, Building 721, 261 Morrin Road, St Johns, Auckland

### When we meet:

Gavel Club will meet weekly over three terms.  
Meetings are every Friday 10am to 12noon.

### Contact us:

Phone: 09 923 6886 or 09 923 6852

Email: [cbrgavelclub@auckland.ac.nz](mailto:cbrgavelclub@auckland.ac.nz)

## Supporters



AM Toastmasters, Club #4594, District 72.  
*The First Breakfast Club in Australasia.*



Speech Science, School of Psychology  
The University of Auckland  
*Leading psychological science, scholarship and practice*

THE TAVISTOCK TRUST  
FOR APHASIA

## More Than Words

The Centre for Brain Research Gavel Club  
for people with aphasia



# Communicating with confidence

Gavel Clubs are affiliated with *Toastmasters International*, the world's largest organisation devoted to individuals achieving success through communication and leadership development.

The Centre for Brain Research Gavel Club is called *More Than Words* and is designed for the needs of adults with aphasia. It gives members a unique opportunity to improve their speech, build confidence, gain leadership skills, make friends and support each other in their everyday communication challenges.



## How will Gavel Club help?

The Centre for Brain Research Gavel Club provides a mutually supportive and encouraging environment where people like you can meet others who share and understand your feelings associated with aphasia and public speaking.

You will learn to communicate more effectively by completing 10 speech assignments designed to develop your speaking skills, one step at a time. You can work through the programme at your own pace – there is no pressure.

Using a learning-by-doing approach, the *More Than Words* Aphasia programme will help you:

- Become a better speaker by improving your communication skills
- Learn and practice impromptu speaking
- Increase your self-confidence
- Improve your listening skills
- Sharpen your thinking skills
- Develop your leadership skills

## What does the research on public speaking show?

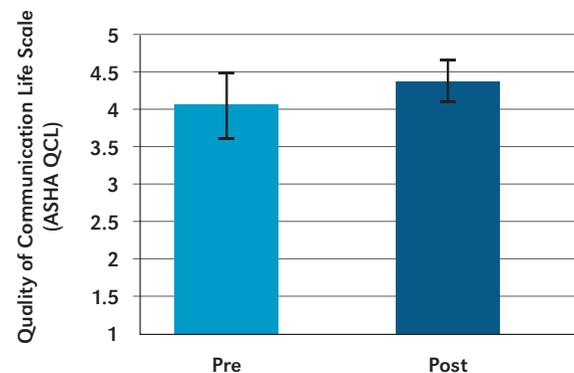
Research tells us that if we want to improve our talking skills we need to talk (Raymer et al., 2008).

The Gavel Club provides communication opportunities for all members.

The University of Auckland is currently looking into the benefits of The Gavel Club.

Data on the quality of communication life of members has been collected and initial analysis shows positive results (see graph below).

Average QCL ratings before vs. after Gavel Club, showing statistically significant improvement [ $t(9)=2.81, p=.020$ ]. Error bars show standard deviations.



We are also pleased to see that The Gavel Club meets the social needs of people living with aphasia (Holland, 2006).

The Gavel Club gives people a sense of achievement, supports them to do new things and encourages people back into pre stroke activities. All these aspects help people to live well with aphasia.



## Who's at Gavel Club?

- People with aphasia
- Toastmasters International Volunteers
- A speech language therapist
- Master of Speech Language Therapy Practice students
- Community and student volunteers