

Introducing Kayleigh Sparkes and Roshan George, specialist SLTs and RCSLT research champions working at St Catherine's special school on the Isle of Wight.



We are passionate about sharing good practice and enjoy being able to shout about the work we do on a day to day basis. We are not academics and do not have research backgrounds, just a strong interest in clinically based therapists sharing work to improve evidence based practice.



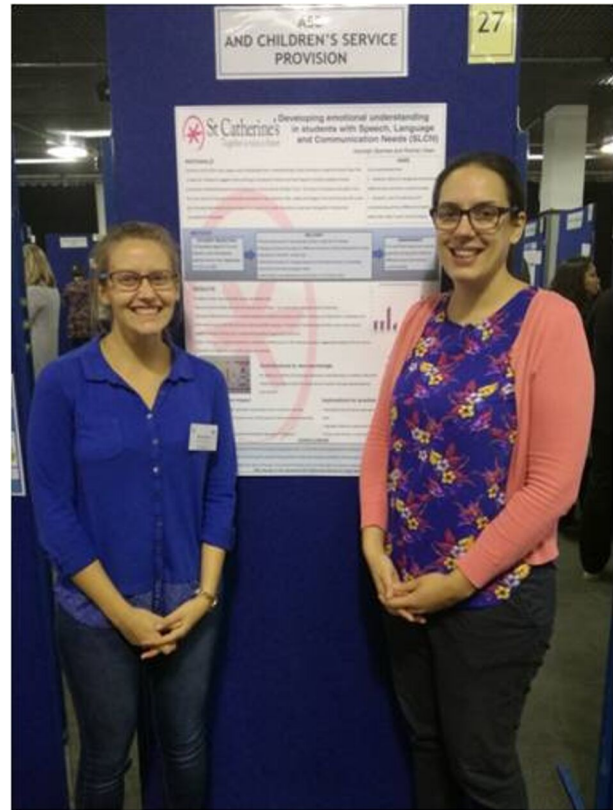
We have produced several pieces of work, mainly focusing on our work with Key Stage 2 and 3 students and looked at emotional understanding and developing early communication skills. They have been small studies which detail the success of our specialist group intervention.



Every project will have challenges and successes. Our greatest challenges have been securing time to complete projects and then funding to be able to share them with others. We found that these can be overcome by sharing your work and results with managers and also applying for financial grants through the RCSLT.



Our greatest successes have definitely been being able to share our work at RCSLT events such as the 2017 RCSLT Conference in Glasgow.



If you'd like to find out more about Kayleigh and Roshan's work you're welcome to get in touch!

sparkesk@stcatherines.org.uk
deanr@stcatherines.org.uk

Top tips for carrying out a practice-based project

1. Negotiate time

Projects take up a lot of additional time, particularly when writing them up. Make sure you have negotiated time within your day to day work to be able to complete some of this.

2. High interest

Pick something which is of great interest to you. It takes a lot of work to refine your project, so make sure it is something you are happy to discuss at great length.

3. Simple is best

Our research has always come from what we are already doing in therapy; we just tighten up our pre- and post- measures and write it up for people to read.

4. Find a buddy

Coming from a clinical rather than research background, there are many new skills to learn along the way. Completing this journey with a friend makes it far more enjoyable!

5. Be brave

It can be daunting to think about sharing your work but trust us, people want to hear about it! Be brave and share what great work you are doing. This could be at a research champion event, a conference or for the bulletin.