

Colin and Georgina Communicating

Colin

First I noticed was, I was actually teaching and frightened the hell out of me. Yeah, very nasal. And so I basically kept on teaching and that you speak from your diaphragm. So that's helped me. I do A, E, I, O, U in Welsh. I do facial and do that regularly in order that I don't lose.

I know I've got palsy on this side, but and keep on using muscles, exercising muscles specifically for my speech. I know that it is crucial to keep talking because otherwise you are totally isolated.

Georgina

I think it's been very slow with his voice and I think from the teaching, as he said, you learn to really project your voice from here, which I think is has been very, very beneficial.

And I don't actually see his voice deteriorating a huge amount more, to be quite honest. Yes, occasionally there are words that somehow get swallowed, but it's not, it's not something that is, it's all that. It's not all the time. I don't think it's really made a huge impact on your speech.

Colin

It is nasal.

Georgina

It is nasal –

Colin

Even I can –

Georgina

But, you can still hear, understand what you're saying.

Colin

You can't give a flippant comment. You have to form the words and think about forming the words rather. And you think you've said something, you haven't. So just keep using it. Keep exercising all the facial muscles and the tongue.

I've tried to avoid situations. We had one last week where we went to a Macmillan afternoon. It was outside. I can't project my voice as I used to. My voice is slurring, especially when I'm tired. And I was utterly isolated and I came away from that so depressed.

These are all friends you can't call over there because you can't. And people – sorry, what did you say? So I try to avoid situations that make me feel bad. Unfortunately, that's most things.

So if we're having a party, it's for four or six people, no more, because then you don't have to push your voice and so forth.

Georgina

Again, recently we had friends around here and there were eight of us sitting in the garden having a barbecue. And that was great. That was good because we could, you know, you could split off into small groups and have a chat.

We could all talk together. But it does, and we have – it very much depends on individual situations.