

ANNUAL REVIEW

For the year ended 31 March 2024



CHANGING
THE LIVES OF
PEOPLE WHO
STUTTER



*Ehara taku toa i te toa takitahi,
engari he toa takitini*

Success is not the work of one
but the work of many





OUR BOARD CHAIR AND EXECUTIVE DIRECTOR

The journey of a person who stutters can be challenging and their loved ones often share in these struggles. At START, we regularly hear how transformative our work is, helping people gain confidence and 'soar'. This inspires us to keep at our mahi enabled by the generous support of donors, trusts, and other organisations. Thank you - your support gives the feathers so all can fly.

This year, we introduced new initiatives to better support people who stutter. We launched our first social support days: Come. Be. Do for 7 to 14 year olds and Play & Connect for 3 to 6 year olds and their parents and whānau. Both events have been popular, with enthusiastic feedback on their impact. We also began offering monthly Meet & Eat sessions to support other speech language therapists working with people who stutter.

A highlight of the year was the world premiere of a chamber music composition *_start* by renowned Tāmaki composer and musician Peter Scholes. Commissioned by START supporters to celebrate our 25th anniversary, the event, delayed by COVID, was a special night.

We face financial challenges as our expansion to meet national needs for therapy has outpaced funding. This year, we operated at a deficit to support all who needed us. Before preparing this report in August 2024, we restructured to reduce costs, resulting in the loss of seven days a week of Speech Language Therapist's time. This will unfortunately cause delays and limit our availability to provide therapy to people who stutter. The Board is working hard to identify new funding sources and increase existing ones, but this remains a significant challenge.

We thank all who came to us for support and help over the year. You are the reason we exist, and we acknowledge your courage and wisdom in taking these steps on your journey. Together, we will continue finding and putting on feathers so you can fly where you wish to.

Ngā mihi nui

Eric Allan
Board Chair

Janelle Irvine
Executive Director and Clinical Leader

OUR TEAM

We thank our team of speech language therapists: **Brittney Mackie, John Doleman, Paolo Querubin, Chris Lawson** (who joined us in June 2023), and **Janelle Irvine**, as well as our social worker, **Felix Unger**. You are all committed professionals dedicated to changing lives. Your work, while rewarding, comes with challenges, and you bring your aroha, professionalism, and creativity to make a difference.

Our support team of **Karen Cook, Morgan McGregor, Nikki Draper, and Jacqui Higgins**, is essential in enabling the clinical team to do its mahi. Your generosity and commitment are deeply appreciated.

Special thanks to **Janelle**. You lead START with dedication and commitment, always informed by a warm and generous heart. We are fortunate to have you.



OUR BOARD

We thank our highly committed Board for their unwavering support and leadership of START, and for their sharp focus on the needs of people who stutter. We were saddened to farewell **Declan O'Donnell** in August 2023 after 17 years of dedicated service and support. His particular contributions, warm heart and humility will be greatly missed. At the August Board meeting, we also welcomed **Zheen Abdullazada** as a Shadow Board member. Even in her early months, Zheen brings valuable new perspectives.



Mā te huruhuru,
ka rere te manu
Adorn the bird with
feathers, so it may soar

OUR MAHI

1390

Sessions with
250 people

10 workshops
for 179 SLTs
- upskilling in
working with
people who
stutter

IN THEIR WORDS

I would like to take the opportunity and thank you for your phone call. I was so happy with your advice, which gave us clear guidance to follow and firm reassurance, which, in turn gave us hope - it was instrumental, at least for my mental wellbeing. An absolutely positive experience, for which I'm immensely grateful. And I won't hesitate to refer to you anyone with a similar issue. » Alyona, mum of Anna, aged 3 years (January 2024)

5 MEET & EAT sessions
for 12 SLTs - advice and
guidance sessions

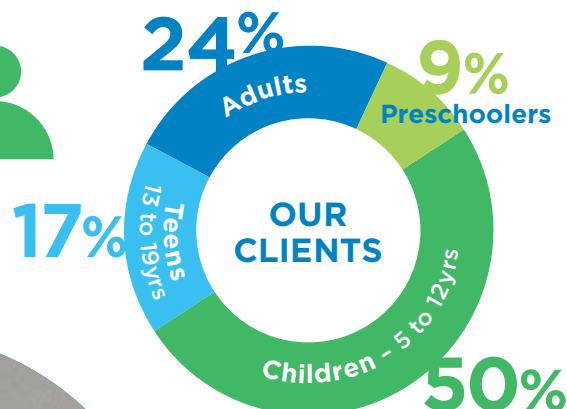
SOCIAL SUPPORT EVENTS

Come. Be. Do

- social support event
for 20 children and
young people aged
7 to 14 years

Play & Connect

- social support
event for 5 children
and their parents
and whānau



66% VIA ZOOM
& 34% in person



IN THEIR WORDS

*It was cool seeing someone who's not me stutter.
» Larry, aged 12 years (October 2023)*

*It was great for Wylie to meet other kids who
know what he is going through. Letting him know
that he is not the only one.*

» Brigid - mum of Wylie, aged 11 years (October 2023)

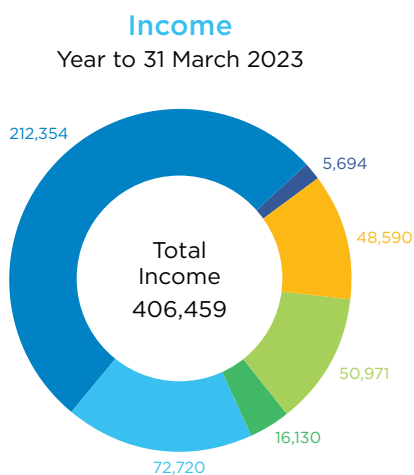
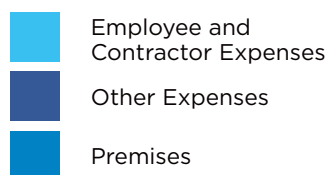
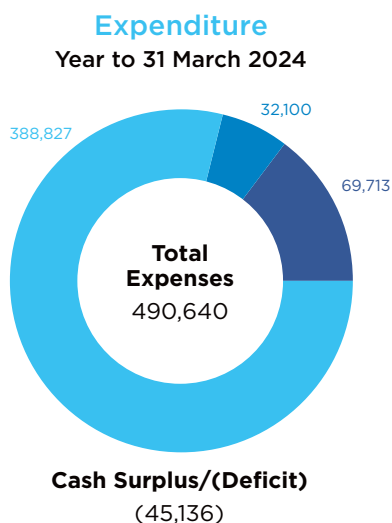
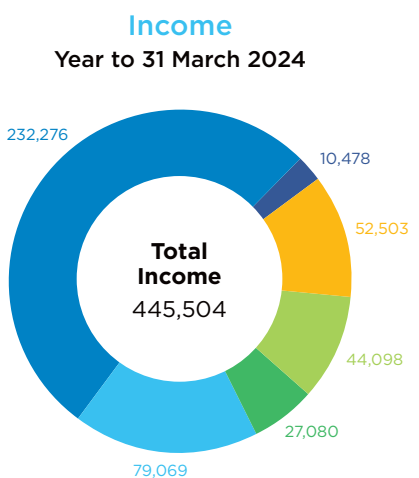
*Finn was absolutely
delighted to hear that other
kids also stutter and that
he could play with them.*

*» Frane - mum of Finn,
aged 7 years (October 2023)*

START has helped me find acceptance of my stutter, and to not look at it as a negative thing I need to get rid of. The therapists are very patient and they create a comfortable environment for you to be who you are at any stage you're at. What was also great is that they offered me the support of their social worker as well as working with a speech language therapist which worked for me personally. I highly recommend seeking START. » Matariki, aged 28 years (March 2024)

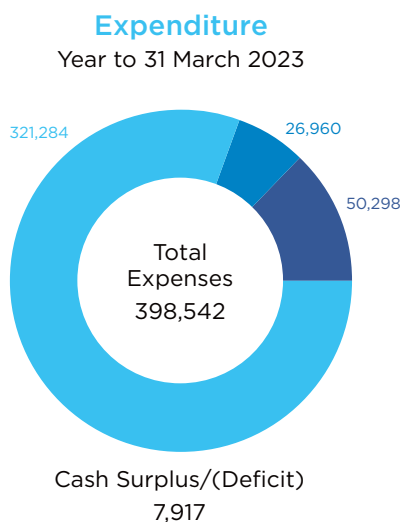
Nāku te rourou, nāu te rourou, ka ora ai te iwi
With your basket, and my basket, the people will live

OUR FINANCIAL ACCOUNTS



Stuttering Treatment and Research Trust (START)

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www.stuttering.co.nz



YOUR SUPPORT IS VITAL

Please consider supporting us financially if you're not already doing so.

As you will have read earlier, our dedicated team is too small to meet all the needs across our country.

We deeply appreciate every donation but regular monthly donations give us essential confidence and security. Your support makes a real difference.

Please consider leaving us a gift in your will. That way your legacy will live on.

Visit the Support Us page on our website to find out more.

OUR THANKS

Lives are changed because of the ways we all come together to enable this – baskets varied and plentiful. We thank each and every one of you who support us.

We also thank all the trusts and foundations – your support makes so much of our work possible.

Trusts and Foundations are a key part of our income. We thank the Lindsay Foundation, Foundation North, NZ Lottery Grants Board, Four Winds Foundation, Raye Blumenthal Freedman Trust, COGS (Auckland, Papakura/Franklin, Manukau, Rodney/North Shore, Kirikiriroa/Hamilton City), T G McCarthy Trust, Dragon Community Trust, Pub Charity, Lion Foundation, Kiwi Gaming, Aotearoa Gaming Trust, Blue Waters Community Trust, Blue Sky Community Trust, ARA Lodge No 348 IC Charitable Trust, Invercargill Licensing Trust, Milestone Foundation, Trust Waikato and Community Trust South.

We especially want to acknowledge the Lindsay Foundation, who have changed the lives of many people who stutter through their support of START. Additionally, we are immensely grateful to Ricoh, Xero, Marketing Impact and Pixi for their generous in-kind support.