



Press Release – For Immediate Release

RACHEL PECK FROM PETERBOROUGH HONORED AT SHINE A LIGHT AWARDS FOR HER COMMITMENT TO DEVELOPING CHILDREN'S COMMUNICATION

Rachel Peck from Peterborough has been highly commended in the **Katie Rough Memorial Award** category at an awards ceremony in London for her sheer dedication and determination in helping children and young people with selective mutism (SM) improve their communication skills. The **2018 Shine a Light Awards**, run by Pearson in partnership with The Communication Trust, took place on 22nd March 2018 and were hosted by stand-up comedian, actor and TV writer, Adam Hess.

The Shine a Light Awards is a national awards scheme that celebrates innovative work and excellent practice in supporting children and young people's communication development. 17 individuals and teams across 10 award categories were recognised, as well as children and young people with speech, language and communication needs (SLCN).

Mental Health Practitioner, Rachel, aged 34 from Cambridge and Peterborough Foundation Trust (CPFT) was nominated for the award by a parent, whose 25-year old daughter has suffered from SM, social anxiety and depression for over a decade. Throughout 2017, Rachel's support has enabled the young woman to transition from secondary mental health services back to the care of her GP.

Rachel recognised that more time was needed to make a real impact on the young woman's progress than is typically given under NHS guidelines, and persuaded her manager to extend her treatment to a year. Rachel provided support in a variety of non-office-based settings in order to lessen potential anxiety for the woman, creating individualised and graduated tasks to help improve her verbal communication. Rachel also helped her enrol and attend at the local Recovery College, and personally supported her in applications for benefits and housing.

The young woman's parent praised Rachel for her patience, calmness and empathy. She shared that, before Rachel's input, her daughter was unable to go out alone, use public transport, speak consistently to anyone other than close family members, or live independently. She is now able to speak to other people in a limited way, and is gaining confidence with strangers.

Rachel said: "I'm delighted to have received this award. Having never heard of selective mutism until I met this young lady, I feel confident and hopeful that I will be able to support other young people who are experiencing or have challenges with their communication. I'm so grateful for being nominated and for being part of these fantastic awards."

Stand-up comedian and actor, Adam Hess, host of the 2018 Shine a Light Awards, said: “Rachel’s dedication is outstanding. As a child, I struggled greatly with dyslexia and an immense fear of public speaking, if it wasn’t for the support I received when I was younger I wouldn’t be in the position I am today.

“It is fantastic to know that people like Rachel are supporting young people, enabling them to thrive and achieve their goals. Rachel should be very proud of her success.”

Sharon Hague, Senior Vice President, Schools, Pearson, says: “Our warmest congratulations to Rachel for her success in the Katie Rough Memorial Award category. Through our innovative clinical assessments, Pearson is committed to supporting those working to help people overcome challenges in speech and language. For six years we have run these awards as we believe it is so important to recognise and celebrate the incredible, but often unsung, work being done across the country to change the lives of children and young people by helping them to develop their communications skills.”

Octavia Holland, Director of The Communication Trust, said: “Congratulations to Rachel and everyone who triumphed at the 2018 Shine a Light Awards. They have shown what can be achieved when expertise, enthusiasm and dedication is given to children and young people who struggle to communicate. These awards highlight the very best practice that is taking place in settings across the country.”

The Katie Rough Memorial Award is in memory of Katie Rough, who had SM and sadly died in 2017.

The **Shine a Light Awards** have grown in popularity since their launch during the National Year of Communication in 2011 (known as the *Hello* campaign). To date, the awards have celebrated the work of over 140 teams and a wide range of individuals, including young people with severe and complex speech, language and communication needs (SLCN).

For further information about the Shine a Light winners and highly-commended finalists, visit www.shinealightawards.co.uk and follow us on Twitter #awards_SAL

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For further Information

For more information, or to arrange interviews, please contact Lisa Church and Laura Smith at Consilium Communications by contacting lchurch@consiliumcommunications.co.uk / 07467 945661 or lsmith@consiliumcommunications.co.uk / 07467 945848.

Notes to editors

The full list of winners and highly commended finalists is as follows:

Award	Winner	Highly Commended	Commended
The Katie Rough Memorial Award	Libby Hill, Utttoxeter	Rachel Peck, Cambridgeshire	
Child/Young Person of the Year Award	Jonathan Bryan, Wiltshire	Siena Castellon, London	
Communication Champion of the Year Award	Pip St John, Lancashire		

Youth Justice of the Year Award	Manchester Youth Justice, Manchester		
Early Years Setting of the Year Award	Children's House Nursery School, London	Juice Nursery Ltd, Altrincham	
Primary School of the Year Award	Pendle Primary Academy, Lancashire	Longmoor Community Primary, Merseyside	Bridgewater Primary School, Newcastle upon Tyne
Secondary School/College of the Year Award	Isaac Newton Academy, London	London South East Colleges, London	
SEN School/Group of the Year Award	Pontville School, Lancashire	The William Henry Smith School, West Yorkshire	
SLCN Innovation of the Year Award	Stoke Speaks Out		
Pearson Outstanding Achievement Award	Stoke Speaks Out		

About the Shine a Light Awards

- The Shine a Light Awards are sponsored and organised by Pearson in partnership with The Communication Trust, a coalition of over 50 organisations dedicated to supporting children and young people's speech, language and communication.
- The Awards are designed to promote and celebrate good practice in speech, language and communication for individuals, groups and settings that work with children and young people, particularly those with SLCN.
- The awards form part of the legacy of the National Year of Communication (*Hello* campaign) and have become a key event in the speech, language and communication and healthcare calendar.
- The judges involved in the 2018 Shine a Light Awards were:
 - Bob Reitemeier, CEO of I CAN
 - Diz Minnitt, Speech and Language Lead, Association of YOT Managers (AYM)
 - Hilary Berry, Chair of Cheshire West and Chester Primary Heads' Association
 - Janet Cooper, Early Language and Communication Strategy Lead at Stoke-on-Trent City Council and past Shine a Light Award winner
 - John Parrott, Chair of Communication Consortium at NAPLIC
 - Jonathan Douglas, Director of National Literacy Trust
 - Julie Steele, Speech and Language HLTA and Local Champion
 - Jonathan Middleditch, Young Person of the Year 2015
 - Kamina Gadhok, MBE, CEO of Royal College of Speech and Language Therapists (RCSLT)
 - Lesley Munroe, Education & Speech and Language Therapy Manager at Pearson
 - Liz Tyler, Director of Learning Services, UK Schools at Pearson
 - Malcolm Reeve, Managing Director of Firmament Education Ltd
 - Octavia Holland, Director at The Communication Trust
 - Peter Sutcliffe, Editor of SEN Magazine
 - Shane Dangar, Communication Champion 2013/14
 - Theresa Redmond, Lead Professional Advisor, The Communication Trust
 - Vicky Roe, Deputy Chair of SMIRA
 - Wendy Lee, Director of Lingo Speech and Language Therapy and Consultancy
 - Zoe Peden, Co-founder of Insane Logic

About Pearson

- Pearson is the world's learning company, with expertise in educational courseware and assessment, and a range of teaching and learning services powered by technology.
- Our mission is to help people make progress through access to better learning. We believe that learning opens up opportunities, creating fulfilling careers and better lives.
- Pearson have sponsored the Shine a Light Awards since their launch in 2011, as part of the *Hello* campaign (National Year of Communication).
- For more information, visit www.pearsonclinical.co.uk or follow @PsychCorpUK #awards_SAL

About The Communication Trust

- The Communication Trust is a coalition of over 50 leading voluntary sector organisations, which raises awareness,

influences policy, promotes best practice among the children's workforce and commissions work from its members.

- The Trust's mission is to ensure that every child and young person is supported to communicate to the very best of their ability.
- The Trust works towards its mission by working in partnership to build skills, knowledge and confidence in the children's workforce, based on a foundation of good practice, robust evidence and effective policy and legislation.
- For more information about the Trust visit www.thecommunicationtrust.org.uk or follow @Comm_nTrust