



Health and  
Social Care



# Leavers information

## Speech and Language Therapy

You have now reached the end of your routine cleft care. We wanted to give you some information to take away should you ever have any questions or concerns in the future.

## Why might I need to contact Speech and Language Therapy?

It has been agreed with you that your palate function for speech is good and so you have been discharged. Your soft palate lifts up and down during speech to separate off your nose from your mouth.

While it is very unlikely that there will be any changes to your palate function, we wanted to let you know where to come if you suspect a change in your speech.

## How will I know?

Resonance refers to the balance of air through the mouth and the nose. One of the things that changes resonance is how effectively your palate works. If your palate does not work effectively, this may result in too much air passing through your nose. We call this hypernasal resonance. Your speech may sound 'nasally' or lacking in pressure.

Your palate also helps to direct food/drink into your stomach. If your palate is not creating an effective seal with the back of your throat, food/ drink may leak into your nose.

## What should I do?

If you suspect a change in your speech, you are welcome to contact us to speak to a Speech and Language Therapist. You can contact the team on 028 9615 0320. We can then advise if you might need to come for an appointment.

You can also ask for a referral to the Cleft Lip and Palate team via your GP.

## Where else can I get support?

As you will be aware, there are several professions within the Cleft Lip and Palate Team. If you have other concerns related to your cleft, other members of team may be able to help, eg plastic surgeon, dentist, psychologist etc. If you are unsure of who might be able to help, you can call the Cleft Co-ordinator, Pamela Larmour, on 07385 430707. You can also email her on [pamela.larmour@belfasttrust.hscni.net](mailto:pamela.larmour@belfasttrust.hscni.net)

The Royal Belfast Hospital for Sick Children  
Belfast Health and Social Care Trust  
Falls Road  
Belfast  
BT12 6BE

For more general support and advice, there are some groups you can find on social media, such as The Cleft Lip and Palate Association who are a UK-wide organisation.



