

Case study: Jack Fradgley

Jack Fradgley has picked up two awards at this year's ceremony - Young Person of the Year and an Outstanding Achievement Award, given by sponsor Pearson Assessment. The 17-year-old was chosen after judges heard his story about managing his stammer and working with other young people to help them with their own difficulties.



Jack, 17, spent years avoiding situations where he would have to speak to people because his stammer made communication difficult. He suffered from low self-esteem and was bullied as a result of his difficulty with speaking.

In 2009, he attended a residential course with the Fluency Trust, which enabled him to learn skills for controlling his stammer and communicating effectively. Jack found the course to be so useful to him that he's returned several times to mentor other young people who have similar difficulties. By sharing his experiences, he helps other young people to feel they're not alone and that someone understands them.

Jack was nominated for the award because he continues to challenge himself in his own life, as well as helping others. He volunteers at a special needs school for children with moderate difficulties, giving his time to help others with their communication issues, and gave an interview to Children in Need this year to raise awareness about people who stammer. He is a great ambassador for the Fluency Trust because he is an excellent communicator and demonstrates that you can still communicate well even if you have a stammer by practising strategies to manage it.

He is currently taking part in the Duke of Edinburgh Gold Award and is hoping to study chemistry at Durham University when he leaves school.

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