

Pop idol inspires man to speak free

by Emma Tilley Cirencester

A SIMPLE task like ordering a drink used to be a painfully embarrassing experience for Daniel Bell.

The 32-year-old had suffered a stammer since the age of five and had tried various techniques and turned to numerous speech therapists to help control his stammer. None were successful.

Now, thanks to pop star Gareth Gates, Daniel has gained control of the problem.

Daniel, of Melmore Gardens, Cirencester, explained: "The most frustrating thing is not feeling like you are free to speak or say what you would like. Quite often I would change words or pretend not to know what the word was if it was one I knew I would stammer on."

"The ordeal stammerers have to go through every day to do the simplest of tasks such as order food or pick up the phone cannot



Daniel Bell

be fully comprehended by a fluent speaker."

Being in a group was the hardest situation for Daniel who would shy away from speaking and control his face in order to get the words out. The solution came from an

unlikely source as he enjoyed watching TV with his wife Claire.

Pop Idol star Gareth Gates appeared on the Jonathan Ross show talking about a unique programme, which had helped him control his stammer, that changed Daniel's life.

He joined the intense four-day McGuire programme in September and has not looked back since.

He said: "They teach you to change how you breath when you talk. When I stammer I take quick and short intakes of air. On the McGuire programme they teach you to use your costal muscles and you can actually feel your ribs cage moving."

Although Daniel, who works as a finance manager in Swindon, has come a long way, he understands there is no cure for stammering.

He said: "We will never be free but we are able to control the stammer rather than it controlling us."

For more information about the McGuire programme visit www.mcguireprogramme.com

www.wiltsglosstandard.co.uk

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