

Patient information factsheet

Practice reading passages

Patient name: Hospital number:

These passages are to help you control your breathing pattern whilst talking.
Please read the following passages out loud, a breath should be taken at every stroke.

The breath should not be a gasp.

A disappointed man

On November 25th / 1910, / Captain Scott / had set sail / from New Zealand / in his ship /
'Terra Nova' / in a quest / to reach the South Pole. / He planted a flag / at the South Pole / on
January / 17th, / 1912. / Scott had achieved / his ambition / to reach the pole, / but he was /
disappointed. / Scott had found / a small tent / and a Norwegian flag / at the pole, / along with
a note / dated December / 14th / 1911, / wishing him / a safe return / Captain Amundsen, / but
on a different route, / had arrived first. /

Here is the weather forecast

Everyone must have heard these words / over the radio, / and perhaps listened for a few
minutes / to hear what the weather might be the next day, / but very few people realised /
how much work is put into a forecast. / Meteorologists / often live for two years or more / in
the frozen and bitter climate / of the arctic wastes, / so that they can send information /
about the weather. / This information / along with details from ships at sea, / planes high in the air, /
and even satellites in space, / is all considered / before a weather forecast is given. / All these
observations and details / must be taken at 9am / Greenwich mean time, / and then are sent
via wireless, / telegraph, / telephone and radio / to a central office. /

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accessing the hospital, please visit www.uhs.nhs.uk/additionalneeds