

Stamily Annual Report 2023



“Immerse yourself in a world narrated by people who stammer.”

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1. Stamily's philosophy

Stamily is an international community, consisting of people who stutter and our allies, from all over the world. Our members have many different passions, life stories, and goals, yet there is one thing that unifies us: we stutter. Beneath the surface of the non-fluent speech that you hear on the outside, lie a multitude of 'hidden' feelings and experiences that connect those of us who stutter within our community.

With Stamily we aim to establish a worldwide network for people who stutter and those who feel a strong connection with us, offering a secure and inclusive safe space where everyone can openly share their challenges, emotions, and triumphs. This fosters a sense of recognition, comfort, and a positive outlook on having a stutter, as one thing is clear for everyone: You are not alone with your stutter. Countless friendships have already bloomed through Stamily-related exchange projects, exemplifying the power of our shared experiences.

Through spreading our positive message into society, we strive to raise awareness and improve the lives of people who stutter. Collaboration with other (inter)national stuttering organizations that share our vision is a crucial aspect of our mission. We wholeheartedly support the formation of individual communities and networks, and we are ready to provide coaching and guidance for those seeking to create local communities or networks. Together, we can make a difference and create a more inclusive world for those who stutter.

Our community operates with openness and democracy, while we firmly discourage any claims of 'miracle stuttering cures.' We know that beyond a certain age, complete 'curing' of stuttering is not feasible (apart from speech techniques that enhance fluency but don't serve as cures on their own). Instead, our focus lies in learning to live with stuttering and maintaining a resilient mindset, ensuring that it does not have a detrimental impact on our lives. Embracing our stutter and empowering ourselves to thrive despite it is at the core of our approach.

Stamily proves that we can create a judgeless community where stuttering is the norm, where everybody listens to what we have to say, instead of how we say it. We, Stamily, want to support everyone on their personal journey as a person who stutters.

2. Structure and members

Board members in 2023:

Steff Lebsack*	--	chair
Jurjen de Jong*	--	vice-chair
Marc van Kralingen	--	secretary
Hardi Sigus	--	treasurer
Venkatesh Kannan	--	member of the Board
Lucy Reed	--	member of the Board

*Steff resigned from the board on December 5, 2023. Concurrently, Jurjen was appointed as the new Chair. All members were duly informed of these changes via email and Whatsapp on the same day, December 5, 2023.

Regarding other board movements, Ayush was elected to the Stamily Board at the Annual General Meeting held in May 2023. However, he later declined the position. Members were notified about this development through email on August 17, 2023.

By the end of 2023, Stamily had 104 members distributed over 27 countries (see Figure 1).

2.1 Internal communication

Stamily uses the Whatsapp Community functionality for day-to-day internal communication. Within the Whatsapp Community there are currently 15 groups, of which 9 are team chats.

2.2 Open board meetings

In October 2023, we re-introduced monthly Open Board Meetings with the aim of fostering a transparent and inclusive governance environment. This initiative opened up our board meetings to all members, conducted entirely online to ensure accessibility for

everyone. The number of participants in these meetings was modest. However, those who attended contributed to constructive and fruitful discussions.

2.3 Teams

Stamily is a flat association with the members driving the board and Stamily teams, which in return drives the association. See the structure in Figure 2 to get an overview of Stamily’s structure and all our teams we currently have.

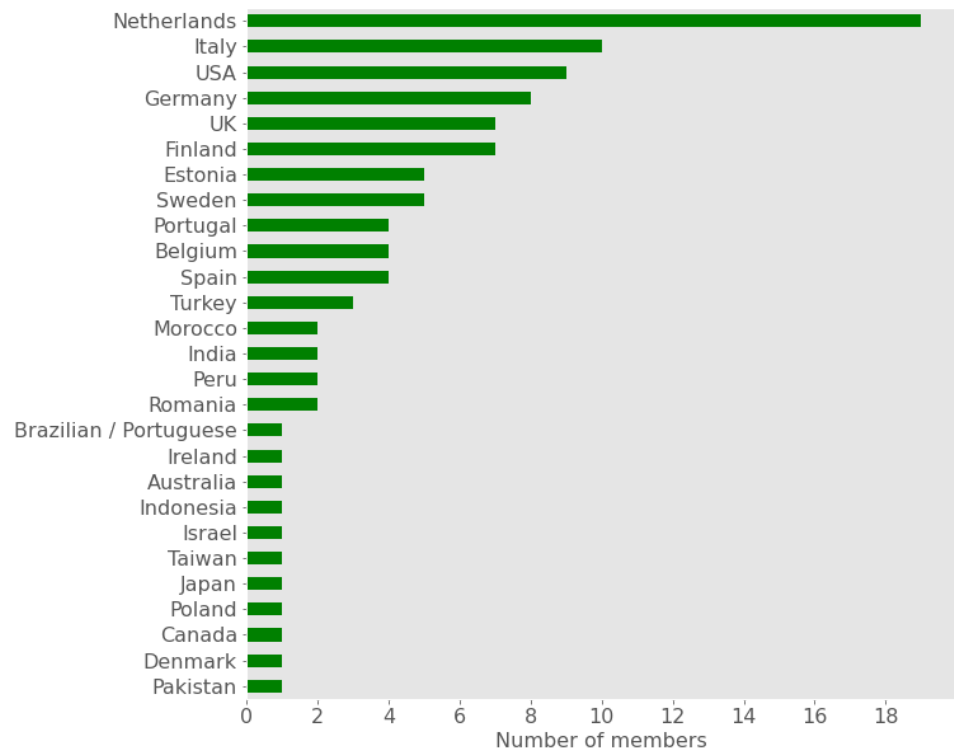


Figure 1. Member country distribution

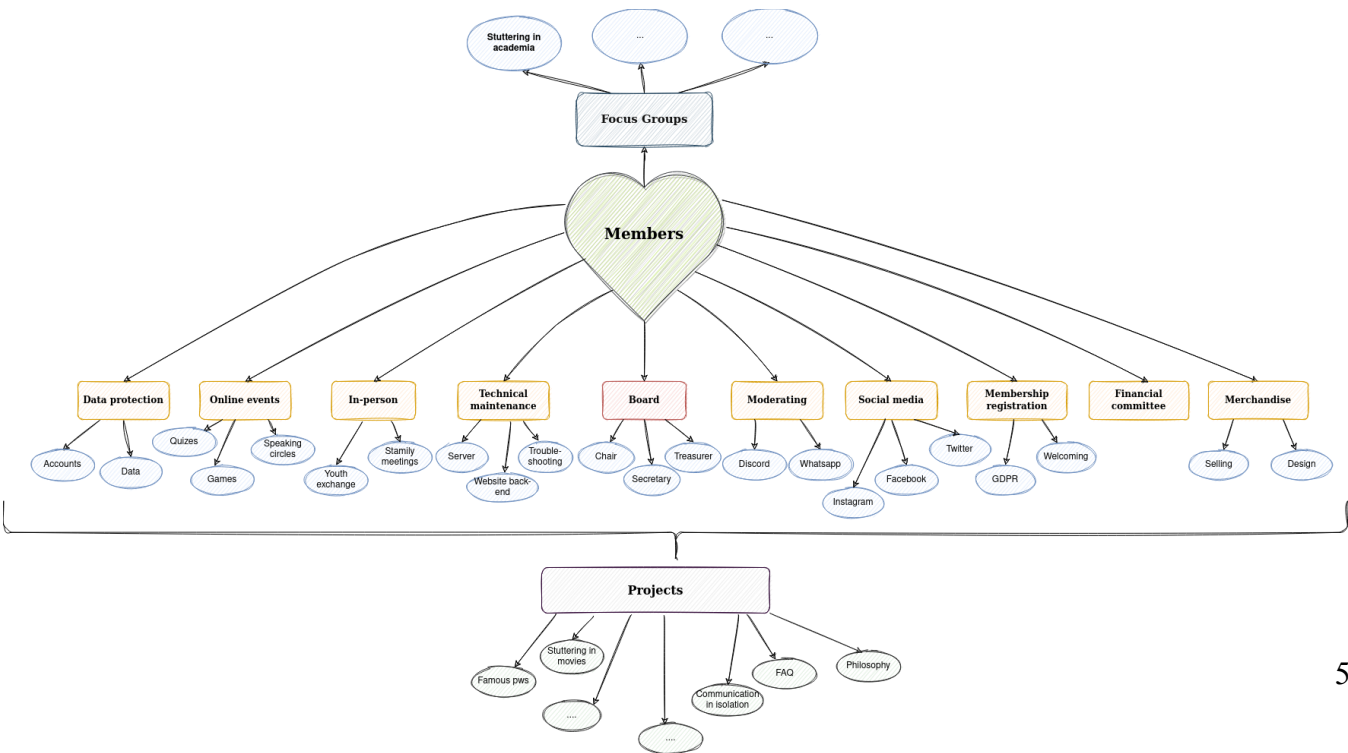


Figure 2. Structure of Stamily with members in the heart of the association.

2.2 Bank account

In 2023, Stamily successfully established a bank account with ABN AMRO. Banking regulations often make it challenging for international associations to get a bank account. Having this bank account is a significant milestone in the development of Stamily, as it enables the receipt of funding for our projects and to automate our membership payment system.

3. Events

3.1 Online events by Stamily

Stamily has continued to develop the range of online events during 2023 (see Figure 3). The popular *Stamily and Friends* hangout continued into 2023 and ran every 4 weeks on Wednesday evenings with a total of 13 hangout sessions during the year. A regular online Games night began in March with a total of 7 Games nights in 2023. The online Quiz nights began in February with a total of 8 quiz nights. These 3 events are open to Stamily members and non-members to encourage people to come along to try it out or to allow them to bring a buddy along to support them in joining a new activity.

Following the members survey, there were trials for 2 new online events including an Academia Focus Group and an online Peer Support group. Due to poor attendance, these events were not continued but will be reviewed in 2024.

A collaboration with The Stuttering Society saw a new event called *Stutterviews* in which Stamily and Stuttering Society hosted live online interviews with members of the stuttering community (see example of advertisement in Figure 4). The 3 *Stutterview* sessions held in 2023 were well-attended with an audience ranging between 20 and 40 people and will continue next year.

FLOW (German Stammering Association) hosted an online collaboration with Stamily involving a *Guess My Country* quiz. This was a fantastic opportunity to connect members from each of the organisations and expand the stammering community network.



Figure 3. Representation of the online events hosted by Stamily in 2023

In order to boost attendance and increase visibility of the myriad events hosted by Stamily, a monthly graphic is produced which is shared by email to Stamily members and posted on Stamily social media pages (see Figure 5). Following on from this, new graphics for each of the recurring Stamily events were created. These all contain a QR code embedded with the Zoom link for the event. This has made it easier to share information and for people to access the events.

The online event team has 10 members. The team communicates through the Event Team WhatsApp group and they also meet online to review previous events and discuss upcoming events and ideas. The Event team sent a survey to Stamily members in April which revealed that members enjoyed the existing activities (Stamily & Friends, Quiz and Games nights) but also requested an online support group. The survey was useful to keep track of our member's needs and suggestions.



Figure 4. Stutterviews with James Hayden December 2023 add

Stamilly
stamilly.org

October 2023

ONLINE EVENTS CALENDAR

4 OCT	WED 18:30 UTC	STAMILLY & FRIENDS**
6-9 OCT	FRI - MON	STAMILLY MEETUP, BELGIUM*
15 OCT	SUN 18:00 UTC	QUIZ NIGHT**
15 OCT	SUN 14:00 UTC	STAMILLY CAFE, LISBON**
24 OCT	TUES 18:00 UTC	OPEN BOARD MEETING*

**Stamilly members only*
***Open to Stamilly Members & friends!*

Email events@stamilly.org for info and Zoom link! STAMILLY.ORG

Stamilly & Friends
For Stamilly members and friends. Speed friending, chat in small break out rooms and play games!

Stamilly GAMES NIGHT

Open Board Meeting

Stamilly Quiz Night

Figure 5. Example of new monthly graphics with schedule of upcoming events hosted by Stamilly

3.2 Stamilly Cafes

Stamilly introduced this year Stamilly cafes. These are local meetups with people who stutter, organized by Stamilly members, with the aim to enhance local connections and provide in-person contact in a safe environment. Stamilly cafes have been a great addition to the other Stamilly events in 2023. Our first Stamilly cafe took place on the 15th of Oct 2023 in Lisbon (Portugal) and seven Stamilly cafes have been planned since then out of which five have taken place. In Figure 6 you can see some of the highlights from Stamilly cafes so far! You can follow the development of Stamilly cafes [on our website](#).



Figure 6. Example of new monthly graphics with schedule of upcoming events hosted by Stamily

3.3 Youth Exchanges

Stamily applied for, and received funding for an Erasmus+ European Youth Exchange for young people who stutter. This is an international youth exchange week where participants between ages 18-30 gather together to learn more about each other's cultures, learn new skills by actively participating in various activities, and of course sharing their stuttering experiences. During the week participants learned more about

other cultures and themselves through workshops focused on creativity, public speaking, self-reflection and sports. These youth exchanges are life-changing for many participants and that's why we are very grateful that Stamily got the opportunity to be the main host this year. This camp has been organised before, but it was the first time Stamily was the applicant. The participants came from Sweden, Finland, Estonia, Netherlands, Germany, Italy and Spain. The YE was not only a great success, making a positive impact on the participants, it also resulted in a lot of [media attention](#), on radio, TV and in newspapers, for the camp and for Stamily, as well as new members. They highlighted the positive impact it has on people who stutter. All credits are going to all the (voluntary) work that has been done by our Youth Exchange organization team. They have been working very hard to make this possible.



Figure 7: Youth Exchange group 2023

3.4 Stamily Meetup in Durbuy, Belgium

From the 6th to the 9th of October 2023 we organized a Stamily weekend in Durbuy (Belgium) with the aim to celebrate the shared experience of stuttering and push Stamily as an association forward. Members who could not join in-person could join online as well. With 25 participants from 10 different countries this was the largest Stamily meetup so far (see group picture in Figure X). This high attendance rate is a testament to the increasing global reach of Stamily and is also a sign that people who stutter are eager to make international connections, learn from the different ways that stuttering is

experienced in different cultures, and overall want to contribute to a better world for people who stutter. The beauty of these types of meetups are the fact that with a small budget we manage to do a lot. This is in particular due to the motivation of members to pick up tasks. Some participants were for example preparing every meal in detail, while others were responsible for cleaning up the common areas, or organizing workshops. Stamily meetups are important because they provide a safe and supportive space for people who stutter. Read more about this meetup on our website [here](#).

3.5 Event collaborations and seminars

Many of our members submitted stories, research and support and creative expressions for the [ISAD online conference](#).

Stamily was also present at last year's StutterFEST, which was organized by the [World Stuttering Network](#). At this online event, we introduced Stamily on an international stage, which led to follow-up conversations with other associations and to new members. Up to 100 people attended our talk.

Many members from Stamily attended the Nordic Seminar in Bergen (Norway). This was a great event to meet more people who stutter in the Nordic countries, and outside.

Some of our Stamily members were in Katowice at the world conference on cluttering. Cluttering is a close sibling of stuttering and part of the family of disfluencies and therefore deserves as much attention as stuttering!



Figure 8: Stamily in Durbuy

4. Website and Content

Our website www.stamily.org is an important source of information for people who stutter. Not only for our members but also for visitors around the world outside of Stamily. Several members joined the 'Website & Content Team', which is the team responsible for finishing the new website hosted on Wix and maintaining the new website. In the following paragraphs, we give more details about what has been done to build the Wix website and highlight some statistics related to the website visits.

4.1 New website

We migrated our website from Wordpress to Wix hosting this year, as we wanted to enhance the ease to modify and update our website and build in new features that are present in Wix. We completed the migration this year and it was officially announced on the 5th of August 2023. During the rebuild of our website in Wix, a substantial effort was invested by multiple team members from our website team. All blogs from the old website have been transferred to the new website. Although Wix has a feature to automatically import blogs, it took considerable effort to convert all links and pictures correctly.

4.2 Content

Calendar

The new website has a calendar linked to our general Google calendar, such that every new event will automatically appear on the website calendar. You can find the calendar [here](#).

Blogs

Eight new blogs were published in 2023, leading to a total of 122. Most blogs were related to sharing experiences of the Stamily Meetup in Durbuy Belgium, the Erasmus+ Youth Exchange, events and more. The focus on event experiences reflects how important and possibly life changing these meetings with other people who stutter are.

Useful links

We expanded the list of Useful links considerably. Our aim was to include all stuttering associations world wide. You can find the list [here](#).

Courses

The SIB (Stuttering Is Beautiful) project has created an online course, designed to support young people who stutter. The course combines experiences and insights of people who stutter from Italy, Estonia, The Netherlands, Iceland and Finland, as well as the expertise of professionals working in the field. The course aims to provide an understanding of stuttering, as well as practical strategies for managing it . You can access the course [here](#).

Movies

The ‘Stuttering in Movies’ project has published blogs on our website before. But now the whole movie list has been published as well. You can find the list [here](#).

4.3 Website statistics

After launching the new Wix website, the old Wordpress website was no longer available. This means we cannot report about the website statistics from the beginning of the year until the end of july. Following figures relate to the Wix website for the remainder of 2023.

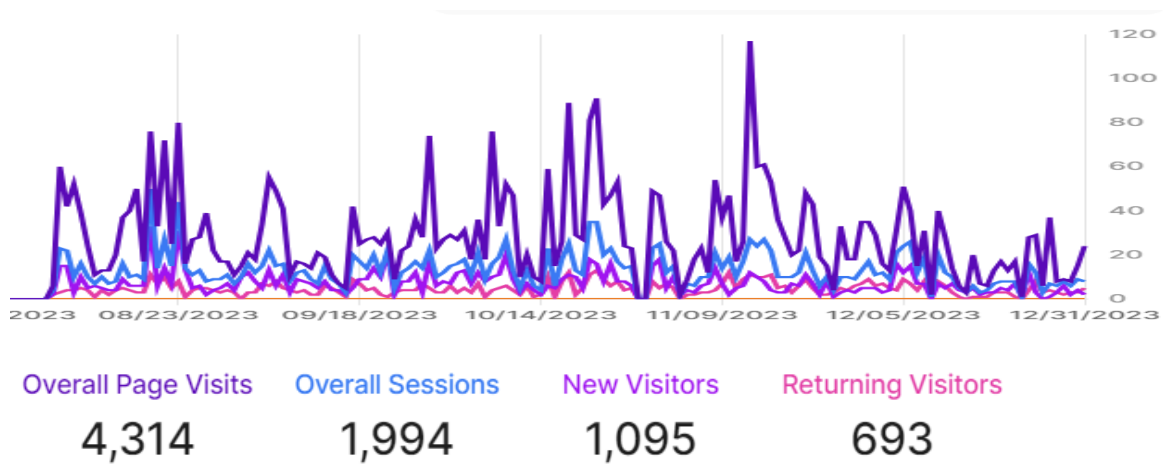


Figure 9. Visits, sessions & visitors



Figure 10. Latest Visitors Map

5. Social Media

As an international community, we believe that Stamily can gain a lot by having a strong social media presence, as it is one of the major gateways people find Stamily. This is why we are happy to see the number of followers and interactions grow on our platforms. Stamily has reached 1173 followers on [Instagram](#), 705 followers on [Twitter](#), and 800 followers on [Facebook](#). At the end of the year, we also started a new [TikTok](#) account, where we have posted one video that was created during the Stamily meetup. In total, we have in 2023 created around 40 posts on all our social media channels. These numbers are not the only way to measure the success of Stamily's social media team, as we are also proud to see how our social media team has developed and innovated.

All social media platforms have different audiences. We find that most other partner associations interact with us through Twitter, while the younger followers and members are more active on Instagram. Although we find the interactions on Facebook to decline, we still see the value of staying active on Facebook, because this helps us reach all generations that we want to welcome in Stamily!

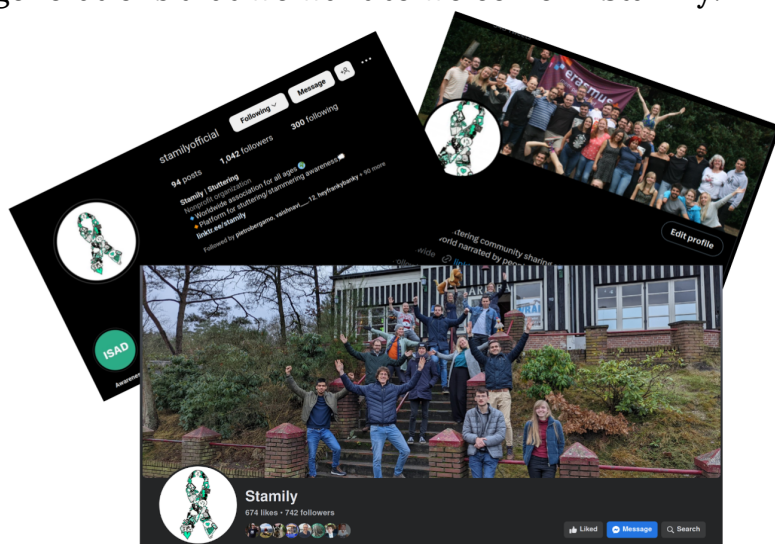


Figure 11: Stamily's social media channels

6. Finances

Over the past year, our organization achieved a profit of €6 131,- bringing our total bank account funds to €14 874,47. In this section, we summarize the highlights and refer to the appendices for further details. The financial reports have been included as appendices to this report.

- The Stamily annual membership for 2023 has been €10,-. In 2023, Stamily received membership fees up to €923,-.
- Stamily contributed €1 504,- to our in-person meetup in Durbury.
- The Youth Exchange gained €2 596,- profit (in 2024 additional €8 000,- should arrive from Erasmus+ after the audit is completed).
- Stamily received donations of €5 500,-. This includes €4 500,- from Anatta (Youth Exchange 2022 surplus) and €1 000,- from West Coast Supply Group for sponsoring a charity run from one of our members. We received a surplus from Anatta as part of the agreement, that when we are able to save money from the 2022 Youth Exchange, Anatta will take a small percentage as a main partner fee and then transfer the rest of the money to Stamily.

The Operational expenses were -€1 605.34, consisting of:

- Communication tools
 - Zoom: -€169.28.
 - Kahoot: -€123.42.
- Website
 - ZONE (Internet server): -€122.19.
 - WIX (webpage): -€952.12.
- Banking services
 - ABN Amro bank fees: -€91.60.
- Other costs -€2.20
- Office subscription -€144,47

The sum of our funds €14 874,47 is distributed over three bank accounts:

- Wise's bank account was €10 653,90.
- Paypal bank account was €449,71.
- ABN Amro bank account was €3 770,86.

Further details are provided in the financial reports (appendices).

7. Outlook: Working plan coming year

Our focus is to sustain and continue the successful projects currently in progress. Stamily has become more member driven in the past year, as most teams are now self-sufficient, without much involvement of the Stamily board.

The ambitions to be highlighted are:

- Online events: Continue and support the strong and independent teamwork, which has developed the online events as cornerstone of the Stamily community.
- Stamily café's: Continue organizing Stamily cafes around the world, including new locations.
- Website: Implement more automation of payments and membership registrations through Wix. Improve the structure of the website to enhance accessibility of the available resources. Create dedicated pages on the website for the Stamily Café's and Youth Exchanges.
- Youth Exchanges: Based on the successes in the past years we will attempt to work towards an Erasmus+ Accreditation, which is a line of funding only for trusted and experienced organisations, to be able to continue to host Youth Exchanges.
- In-person Meetup: We aim to organize another Stamily meetup, similar to our last one in Durbuy.

We expect to attract new members through:

- Offering services to non-members, like online events ('Stamily and Friends') and resources on our website (courses and general information about stuttering).
- Visibility at in-person stuttering events, like the Nordic Stuttering Seminar in Estonia and Stammafest in the United Kingdom.
- Visibility through online events, for example Stutterfest (World Stuttering Network) and Stutterviews (collaboration Stamily and Stutter Social).
- Continuing our strong presence on social media.
- Promoting Stamily at the Youth Exchange.

8. Board approval

By our signatures below, we, the Board of Stamily, endorse the entire Annual Report, including the Financial Report and Audit Report in the Appendix, affirming their accuracy and completeness.

Name: Jurjen de Jong
Date: March 19, 2024
Place: , the Netherlands
Signature:

Name: Marc van Kralingen
Date: March 17, 2024
Place: , the Netherlands
Signature:

Name: Hardi Sigus
Date: March 17, 2024
Place: , Estonia
Signature:

Name: Venkatesh Kannan

Date: 17th March 2024

Place: , the Netherlands

Signature:

Name: Lucy Reed

Date: March 19, 2024

Place: , United States of America

Signature:

Appendix A. Financial report 2023

Balance Sheet 2023

(euros)

	<u>31.12.2023</u>	<u>31.12.2022</u>
ASSETS		
Cash and Bank accounts	14 875	5 374
Accounts receivable	775	0
TOTAL ASSETS	15 650	5 374
LIABILITIES AND NET ASSETS		
Liabilities		
Accounts payable	4145	0
TOTAL LIABILITIES	4145	0
Net assets		
Current year's profit / loss	6 131	2 253
Last years' profit / loss	5 374	3 121
TOTAL NET ASSETS	11 505	5 374
TOTAL LIABILITIES AND NET ASSETS	15 650	5 374

Income statement 2023

(euros)

	<u>31.12.2023</u>	<u>31.12.2022</u>
REVENUES		
Membership fees	923	830
Events fees (Stamily Meet-up)	1 200	0
Grants (Erasmus+ Youth Exchange)	33 549	0
Donations	5 500	2 500
Other income	221	0
TOTAL REVENUE	41 393	6 273
EXPENSES		
Events expenses	-33 657	-286
Other expenses	-1 605	-1 364
TOTAL EXPENSES	-35 262	-1 077
TOTAL NET PROFIT / LOSS	6 131	2 253

Cash flows statement 2023

(euros)

	<u>31.12.2023</u>	<u>31.12.2023.</u>
Net profit / loss	6 131	2 253
Change in accounts receivable	-775	0
Change in accounts payable	4 145	1 788
Total cash flow from activities	9 501	465
Cash at the beginning of the year	5 374	4 909
Change in cash flow	9 501	465
Cash at the end of the year	14 875	5 374

Appendix B. Audit report 2023

We present a scanned copy of the 2023 audit report, signed by the auditors. Should you require the original document, it is available upon request.

Stamily AGM 2023 audit report

We have audited the attached Balance Sheet of Stamily of 31 Dec 2023 and also the Income & Expenditure Account and Receipts & Payments Account for the year ended on that date, annexed thereto and report as follows:

- We have obtained all the information and explanations which to the best of our knowledge were necessary for the purpose of our audit;*
- In our opinion, proper books of account as required by law have been kept by the Society so far as appears from our examination of the books;*
- The Balance Sheet, Income & Expenditure Account and Receipts & Payment Account dealt with by this report are in agreement with the books of accounts;*
- In our opinion and to the best of our information and according to the explanations given to us, the accounts give a true and fair view;*
- We propose to grant the board discharge from liability for 2023*

Auditor's signature

Auditor's signature

Auditor's name

Auditor's name

Sybren Bouwsma

Gareth Walkom

Place

Place

Netherlands

Belgium

Date

Date

19th March, 2024

19th March, 2024

Appendix C. AGM report

Please note: This version of the Annual Report is provided prior to the Annual General Meeting (AGM). Following the AGM, the report will be updated to include the minutes of the meeting, reflecting the discussions and decisions made during the AGM.

Agenda:

1. Opening of the AGM
2. Election of person to chair the meeting
3. Election of person to take the minutes
4. Election of one or two adjusters
5. Approval of the agenda
6. Presentation of the approved meeting minutes from the previous AGM
7. Establishment and approval of electoral roll
8. Verification on whether the meeting has been duly summoned
9. Presentation and approval of the Board's annual report
10. Presentation and approval of the financial statements
11. Auditor report, including grant of discharge from liability
12. Voting for granting of discharge from liability for 2023
13. Setting of membership fees for 2025
14. Presentation and Approval of the budget
15. Election of Board Members
16. Election of two Auditors
17. Signature and representation
18. Motions
19. Any other business
20. Closing of the meeting

Appendix D. Budget plan 2024

Budget 2024

(euros)

Membership fees	950
Events fees (Stamily meetup)	0
Donations	0
YE 2024	10 000
Bank costs	-100
Zone web hosting	-120
Wix	-500
Zoom	-123
Other costs	-100
TOTAL NET PROFIT / LOSS	10 007

Cash flows statement 2024

(euros)

Cash at the beginning of the year	14 875
Change in cash flow	10 007
Cash at the end of the year	24 882

Credits and Acknowledgments

This annual report is a testament to the hard work and dedication of our member-driven teams and the invaluable support from our partners and contributors. We extend our gratitude to everyone who contributed to writing and designing this document.

Stamily logo

Willemijn Bolks

Slogan front page

Natalie Park

Jurjen de Jong

Writing and editing

Besides the board, the following members have contributed to the text and illustrations:

Gijs Jonker

Wesley de Kraker

Venkatesh Kanan

Anita Blom

Satu Nygren