OCTOBER 2024 EDITION

TOTAL TOPICS

TOTAL TRAINING PROVISION

TOPIC OF THE MONTH

DYSLEXIA

DYSLEXIA

What is it?

Dyslexia is a lifelong, genetic, neurological Specific Learning Difficulty (SpLD) that primarily affects the skills involved in accurate and fluent word reading and spelling.

Dyslexia is not linked to intelligence or poor education; it occurs regardless of gender, age, ethnicity and in all walks of life. Its impact ranges from mild to severe.

40%
of self-made millionaires are dyslexic

80%
leave school without a diagnosis.

3.3 MILLION
Adults in the UK workplace are dyslexic. Many are undiagnosed.

5 times
Prisoners are 5 times more likely to be dyslexic than the population as a whole.

Key Characteristics of Dyslexia

Reading Difficulties: Trouble with decoding words, reading fluently, and understanding text.
Spelling Issues: Frequent spelling mistakes and difficulty remembering how words are spelt.
Writing Challenges: Problems with organising thoughts on paper and writing coherently.
Language Processing: Difficulty with phonological processing, which involves the ability to recognise and manipulate sounds in words.

Find out more about Dyslexia here.

Health & Wellbeing

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Dyslexia and mental health are closely linked, often leading to significant emotional and psychological impacts. Individuals with dyslexia frequently experience higher levels of anxiety, depression, and low self-esteem due to academic and social challenges. This can result in frustration, anger, and social isolation. Additionally, dyslexia can affect professional life, causing career challenges and impacting job satisfaction.

Coping Strategies

Seek Support: Talk to teachers, counsellors, or other professionals about your experiences with dyslexia. They can provide emotional support and help you access resources.
Develop Self-Compassion: Practice self-compassion by acknowledging your strengths and recognising that everyone faces challenges.
Learn Coping Mechanisms: Explore relaxation techniques, such as deep breathing, meditation, or mindfulness, to manage stress and anxiety.
Utilise Accommodations: Many schools and workplaces offer accommodations for individuals with dyslexia. These can include extended time for exams, assistive technology, and individualised support.
Join Support Groups: Connecting with others who have dyslexia can provide a sense of belonging and understanding.

By seeking support, developing coping strategies, and utilising available resources, individuals with dyslexia can build resilience and thrive.

Find out more about Dyslexia and mental health support here.

EDI & British Values

Promoting EDI involves ensuring that individuals with dyslexia receive the support and accommodations they need to thrive in educational and professional settings. This includes creating inclusive environments that recognise and value the diverse learning needs of all individuals.

Equality: Ensuring equal access to education and employment opportunities for individuals with dyslexia is crucial. This means providing necessary accommodations, such as assistive technology and tailored learning strategies, to level the playing field.
Diversity: Recognising dyslexia as part of the broader spectrum of neurodiversity helps to create a more inclusive society. Embracing diverse learning styles and abilities enriches educational and workplace environments.
Inclusion: Inclusive practices involve adapting teaching methods and workplace policies to support individuals with dyslexia. This can include training educators and employers to understand dyslexia and implement supportive measures.

Organisations like the British Dyslexia Association (BDA) work to remove barriers for dyslexic individuals, advocating for inclusive practices in education and employment. This effort reflects the British values of **mutual respect** and **individual liberty**, ensuring that people with dyslexia can fully participate in society and reach their potential.

Read more here for guidance on dyslexia in the workplace for employers.

DYSLEXIA

Safeguarding & Prevent

Safeguarding individuals with dyslexia involves ensuring their safety and well-being in educational and social environments. Key aspects include recognising their vulnerabilities to bullying, creating inclusive environments with appropriate accommodations, and training educators to support them effectively. Early identification and intervention are crucial for safeguarding. Developing tailored Individual Education Plans (IEPs) helps mitigate risks and promote academic and social success.

Read more about supporting individuals with Dyslexia here

If you're concerned about someone with dyslexia, it's important to encourage them to seek help from a healthcare professional or a specialist in learning disabilities to manage their challenges and ensure they receive the support they need. Online groups can offer valuable support and community, but it's essential to be cautious about the accuracy of the information shared and ensure privacy and security are maintained.

DYSLEXIA

Digital

Navigating the digital world can be challenging for individuals with dyslexia, but there are many tools and technologies designed to help.

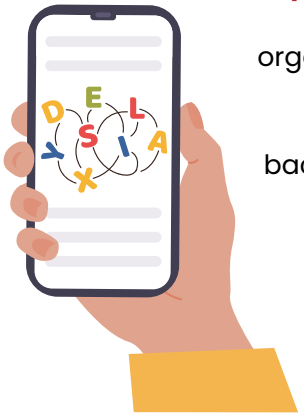
Digital Tools to Support Individuals with Dyslexia

Text-to-Speech Software: Programs like **Natural Reader** and **Microsoft's Immersive Reader** and **Read Aloud** can read text aloud, making it easier to understand written content.

Speech-to-Text Software: Tools like **Dragon Professional**, **Microsoft Dictate**, and **Google Docs Voice Typing** allow users to speak into a device, which then converts their speech into written text.

Specialised Fonts: Fonts like **Dyslexie** and **Open Dyslexic** are designed to make reading easier by adding extra space between letters and weighting the letters at the bottom.

Overlay Apps: Apps such as **Dyslexia Overlay** let you select the colour overlay you need. You can then use your camera to scan the text you're reading, making it easier to read.



Spellcheck and Grammar Tools: These tools, such as **Grammarly** can assist with spelling and grammar, reducing the stress of writing.

Mind Mapping and Note-Taking Apps: Applications like **MindMeister** and **OneNote** can help with organising thoughts and taking notes.

Adjustable Display Settings: Changing font size, colour, and background can make reading more comfortable.

7TH - 13TH OCTOBER

Dyslexia Awareness Week

Dyslexia Awareness Week 2024 is an annual awareness campaign estabished and hosted by the British Dyslexia Association, and runs from 7th-13th October. The week is dedicated to raising awareness about dyslexia, promoting understanding, and supporting individuals with dyslexia.

British Dyslexia Association

Dyslexia Awareness Week 2024

The theme for Dyslexia Awareness Week 2024 is **'What's your Story?'**.

Find out more information here and how you can get involved.

OCTOBER 2024

M	T	W	T	F	S	S
	1 World Vegetarian Day	2	3 National Poetry Day	4 World Space Week	5	6 Grandparents Day
7 Dyslexia Awareness Week	8	9	10 World Mental Health Day	11	12	13
14	15	16 Recycle Week	17	18	19	20
21 Trafalgar Day	22	23	24	25	26	27 National Mentoring Day
28	29	30	31 Halloween			

- Breast Cancer Awareness Month
- Black History Month