

# Helen Arkell



Dyslexia Charity

Dear <<First Name>>,

**With the nights drawing in, this can be the perfect time to catch up on useful courses and presentations to help you support your children with school and homework.**

As you know, we offer many [Spotlight presentations](#) on a variety of subjects. One of the most popular is our own Claire Harvey's [There's More Than One Way to Read a Book](#), providing practical strategies, activities and resources to encourage even the most reluctant reader to re-engage with the wonderful world of reading.

Another essential is our Parents' HELP! course – designed to help parents so that they feel confident in supporting their child with homework and at school. Details below.

All of these are available on-demand, so you can view them, pause, make notes (or make yourself a cuppa) from the comfort of your sofa during the cosy evenings in.

Do get in touch if we can help you – or anyone you know – by emailing [enquiries@helenarkell.org.uk](mailto:enquiries@helenarkell.org.uk) and we will get back to you as soon as we can.

## HELP! Course for Parents

**Now available online and on-demand**

Our HELP! Course is aimed at parents of children with dyslexia. The seven-session course helps you to support your child in study skills, reading, writing, spelling, numeracy and helps you to talk to school and maintain your child's self-esteem. It is useful for any parent who wants to support their child at home and is the ideal next step after an assessment.



[Find out more](#)

**Funding for this course is available to lower-income families.**

## Fintan O'Regan's ASC/ADHD Workshops

**Friday 10 November 2023**

**Friday 22 March 2024**

ADHD and how they overlap. The workshop is face-to-face so there's an opportunity for discussion and questions.

**Funding for this course is available to lower-income families.**

[Find out more](#)

## **NEW! Spotlight on Practising Mindfulness**

**Tuesday 28 November at 6 pm**

Join us to find out from Natalie Diamond about Mindfulness, Cognitive Hypnotherapy and Neuro Linguistic Programming and to understand how they can help self-esteem and confidence, especially with dyslexia.

The webinar will include practical tips and techniques that can be used every day to build confidence and create a positive self-image.

[Find out more](#)

## Touch typing for ages 6+

### Christmas holidays

Our ever-popular touch typing course is back over the Christmas holidays and arranged so that children and teens of similar ages are grouped together. This skill can be a game-changer for many children, especially if handwriting is a struggle.

**Funding for this course is available to lower-income families.**

[Find out more](#)

## Workshop

### Online and on-demand

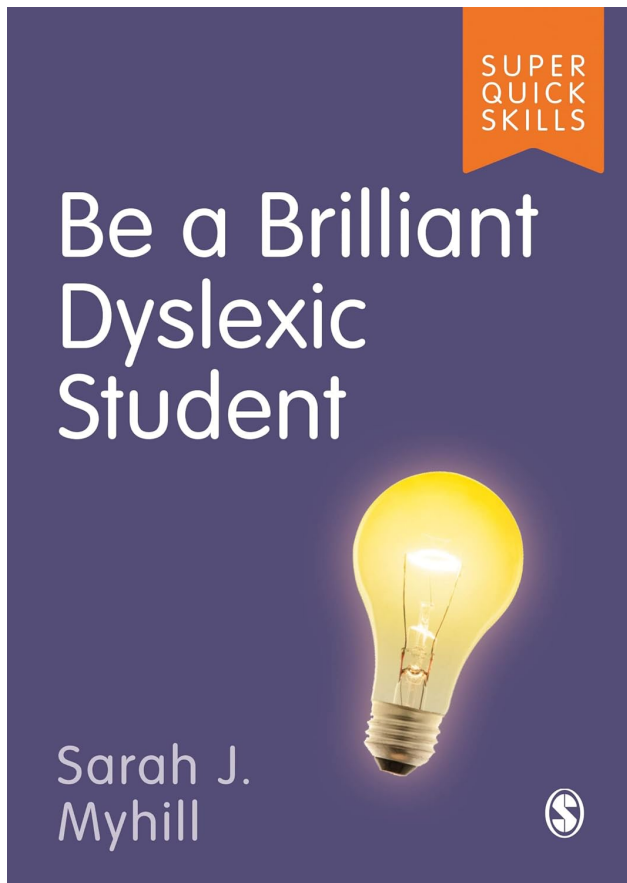
Mocks looming already? This interactive, two-hour webinar is aimed at teenagers studying for exams and offers tools to help your child work smarter, not harder and to give them confidence as they head towards GCSEs and A Levels.

[Find out more](#)

### Focus on the shop

#### Be a Brilliant Dyslexic Student

**New!** Author Sarah J Myhill presented a [Spotlight on this subject](#) last month and it accompanies her very practical and helpful book of the same name. Full of useful techniques to adopt, this book is aimed at GCSE, A Level and HE students as well as those who teach them.

[Shop now](#)

## Maths Anxiety Awareness Day

**Friday 10 November 2023**

Our great friends at Dyscalculia Network are raising awareness of Maths Anxiety this month, something that can affect adults as well as children. Do take a look at their resources and share the message on the day.

# Dyscalculia

Network

*Unlocking Numbers*

[Find out more](#)

## Black Friday

**Friday 24 November**

Black Friday and all its bargains seems to come around very quickly! There are several ways while you shop to give us a helping hand too – all at no cost to you. It would be great if you could take just a few minutes to take part.



[Find out more](#)

## Giving Tuesday

**Tuesday 28 November 2023**

Giving Tuesday is a day when, amid all the Christmas spending, there's a chance to give back. We understand that times are very difficult right now.

would be really very grateful.

[Find out more](#)

## Thank you to our fantastic runners!

### Royal Parks Half Marathon

Huge thanks to our magnificent Royal Parks Half Marathon runners! They did an amazing job running on 8 October. It was a warm day which was lovely to hang around in but not so great for running. Between them, Ceri, Peter, James, Jackie and Daxa raised a fantastic £4,400 to help us support adults and children with dyslexia!

[Subscribe](#)[Past Issues](#)[Find out more](#)

## Christmas Drinks Evening

**Thursday 30 November at 6 pm**

Christmas suddenly doesn't seem too distant and we would love you to join us at our annual Christmas Drinks evening at the end of November. It's our chance to thank you for your support over the year and your chance for a quick nose around the Centre and a chat with the team!

[Find out more](#)

## Course list

We have a full programme of courses – online and face-to-face – for parents, children, young people and education professionals. Our [courses web page](#) has more details.

### HELP! Course for Parents of Children with Dyslexia

#### Available on demand

The next step in your dyslexia journey. Seven online sessions to download and watch at your leisure that will help you support your child practically and emotionally.

Full details [here](#).

### On-Demand Spotlights

View online these 60- to 90-minute webinars on current dyslexia topics:

- Dyslexia and sleep research findings with Katrin Jeffcock
- EHCPs with Rachael Allison
- Dyslexia and Executive Function Skills with Victoria Bagnall
- Dyslexia and Nutrition with Dr Emma Derbyshire
- There's More Than One Way to Read a Book with Claire Harvey
- Visual Difficulties and Dyslexia with Adil Kalooji
- Dyscalculia and Maths Difficulties with Rob Jennings
- Be a Brilliant Dyslexic Student with Sarah J Myhill

Access [here](#).

### GCSE / A Level Study Skills workshop

#### Available on demand

A two-hour, online workshop full of lots of practical tips and suggestions for effective study leading up to exams.

Full details [here](#).

### Fintan O'Regan's ASC and ADHD Workshop

Friday 10 November 2023

In this presentation, we consider techniques and strategies to support learning, behaviour and socialisation issues. **More information** [here](#).

## **Spotlight – Practising Mindfulness**

**Tuesday 28 November 2023**

Natalie Diamond discusses mindfulness, cognitive hypnotherapy and Neuro Linguistic Programming and how they can help self-esteem and confidence, especially if you have dyslexia.

**Full details** [here](#).

## **Touch typing for ages 6 to teens**

**Monday to Wednesday**

**18 to 20 December 2023**

The ability to touch type quickly and accurately has never been more useful, especially if handwriting is a struggle. Comprising three daily 90-minute sessions, the Touch Typing course books up quickly and we get great feedback!

**More information** [here](#).

## **Fintan O'Regan's ODD and PDA Workshops**

**For Educators: Friday 26 April 2024**

**For Parents: Friday 3 May 2024**

Children with Oppositional Defiant Disorder and with Pathological Demand Avoidance display a counter-will against authority. We address overlaps with ADD and ADHD, supporting mood and dealing with situations. **More information** [here](#).

## **Free online courses and talks**

**Training for Teachers**

**Teaching for Neurodiversity**

Quality-assured training and information about dyslexia and other

### **A Big Bowl of Self-Esteem**

Our Head of Education, Claire Harvey discusses strategies to improve self-esteem in learners with SpLDs. **Watch [here](#).**

### **Supporting Children at Home with Reading During the Pandemic With Dr Anna Tsakalaki of University of Reading**

Dr Tsakalaki presents initial research into how parents supported children at home with reading during the pandemic and discusses what we can learn from this. **Watch [here](#).**

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## **Share this e-news as a PDF**

You can download this e-newsletter as a PDF [here](#).

## **Follow us on social media**

Follow us on social media and keep up with the latest news on dyslexia and on what we are up to at Helen Arkell. You can follow us on [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn](#).

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Find your next job [here](#).

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