



Helen Arkell



Dyslexia Charity

Dear <<First Name>>,

December comes around and we look back on an exciting and busy year at Helen Arkell. Once again, we have helped more people with dyslexia than ever and much of this is thanks to your help and support.

Rather than resting on our laurels, we are kicking off 2024 with a new service; Parental Coaching for Anxious Children is a tailored one-to-one service designed to support parents of children who are anxious or have low self-esteem – sadly too common, especially among children with dyslexia. If you know anyone who might benefit from this, please do spread the word.

A huge thank you to everyone who braved the cold yesterday evening and came along to our Christmas drinks. What a super evening! It's official – Christmas has now started!

This e-newsletter seems particularly jam-packed as there is so much going on. Please enjoy it over a cuppa and a mince pie and know that we wish you and yours a Merry Christmas and very best wishes for the New Year.

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All the best,
Andy and the team

Christmas Appeal

Give the Gift of Learning

We make an appeal at Christmas understanding that times are difficult. If you can help us support children and adults with dyslexia, we are grateful for any donation, large or small. Thank you.



[Donate today](#)

SALE!

On selected online dyslexia assessments

Until 22 December, we are offering sale prices on online dyslexia assessments for adults and students attending Further Education and University. These assessments can be undertaken by our specialist

[Find out more](#)

Live Spotlight: Empowering Learning: The How of Assistive Technology

Wednesday 17 January, 6 to 7pm

Join us for practical strategies to identify and introduce assistive technology that will help neurodiverse students, including those with dyslexia, to make learning easier. With experts Julia Clouter and Myles Pilling.

[Find out more](#)

HELP! Course for Parents

Now available online and on-demand

Our HELP! Course is an all-in-one course for parents to help you support your child both academically, practically and emotionally. Specialist Helen Barrett presents the course and you can get [a taster of the tips and tricks she offers in this video snippet](#).

[Find out more](#)

Movement for Good

Twelve Days of Giving

Please nominate us!

For 12 days in December, our good friends at Benefact Group's Movement for Good will be drawing 12 charities each working day to receive £1,000.

The first draw takes place today, 1 December, and the last on 18 December so please nominate us today!

[Find out more](#)

Parental Coaching for Children with Anxiety

New consultation service for parents

Many children with dyslexia

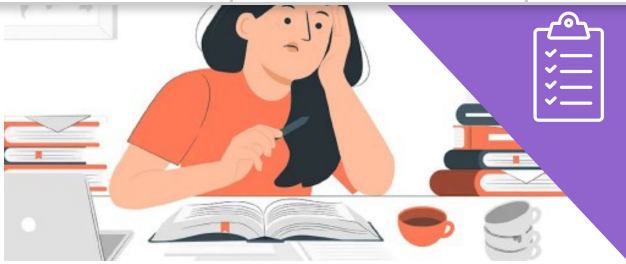
how to help. Our tailored one-to-one consultations support parents in finding ways to help their child with anxiety and low self-esteem.

[Find out more](#)

Are you a university student?

Or do you know one?

Holly is a PhD student from Royal Holloway University. She is looking for university students with or without dyslexia to help with her research. Please share this far and wide!

[Find out more](#)

Touch typing for ages 6+

Last few places!

Our ever-popular touch typing course is filling up fast but there are a few places left. This skill can be a game-changer in school for many children, especially if handwriting is a struggle.

[Find out more](#)

Level 5 and Level 7

Starting in September 2024

Applications for places on our Level 5 Diploma in Teaching Learners with Dyslexia/SpLDs and our Level 7 Diploma in Teaching and Assessing

qualifications can be career-changing and many of our Level 5 students come back to do Level 7.



Find out more

Christmas cards

We have packs of cards or send an e-card

Head to the shop for our 5-packs of cards, designed by artist Sian van Driel. Or head to [DontBuyMeACard](#) to send e-cards and donate your stamp money. Thank you!



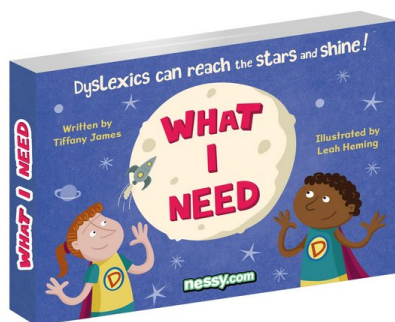
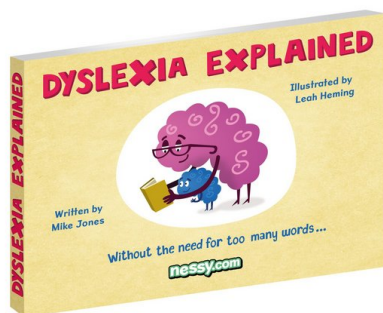
Find out more

Focus on the shop

Nessy books – Dyslexia Explained and What I Need

These colourful, clear and fun Nessy books are a great way to understand dyslexia and to explain what it means to have dyslexia. Fully illustrated and published by our amazing friends at Nessy who offer literacy support for children with dyslexia.

[Shop online](#) or pop in at **24 West Street, Farnham GU9 7DR.**



Shop now

Course list

We have a full programme of courses – online and face-to-face – for

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
- Practising Mindfulness with Natalie Diamond

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](#).

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

we get great feedback!

More information [here](#).

Live Spotlight - Empowering Learning: The How of Assistive Technology

Wednesday 17 January 2024

Join us to find out how assistive technology can help children with dyslexia learn.

Full details [here](#).

Fintan O'Regan's ASC and ADHD Workshop

Friday 22 March 2024

Overlap between ASC and ADHD is the norm and not the exception. In this presentation, we consider techniques and strategies to support learning, behaviour and socialisation issues. **More information** [here](#).

Supporting Learners with Dyslexia and SpLDs

From Friday 19 April 2024

Our online Supporting Learners course is aimed at teaching assistants and parents and provides practical help and activities to support reading, writing, spelling, numeracy and much more. **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 SpLDs for teachers and support staff, and for dyslexic individuals and their families. **Watch [here](#).**

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](#).**

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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OFFICE