

Meeting increasing need: a year of record growth

Following the toughest challenge our charity has faced as a result of the Covid pandemic, we are thrilled that our support for people with dyslexia is now at the highest levels in our history.

We grew our charitable activity significantly during the year, extending our services to 4,148 beneficiaries (2022: 2,767), which represents a 50% increase on the prior year.

A record-breaking 504 people benefitted from bursary-funded support. In total, 456 individuals from lower-income backgrounds received specialist help amounting to £238,000, which represents an 89% increase on the previous year. In addition, 48 State School teachers and teaching assistants received bursary-funded dyslexia-related training.

A total of 2,531 beneficiaries attended our various courses (2022: 1,380), which represents an 83% increase on last year.

In comparison, the Charity's annual expenditure only increased by 5% on the prior year, despite cost of living and inflation having increased during the year.

We paid back our Coronavirus Business Interruption Loan (CBIL) in full, and we strengthened our levels of reserves to meet our defined target range.

Our geographical footprint and outreach continue to grow, and we have excellent strategic partnerships that are expected to flourish in the next few years.

In these tough and uncertain economic times, the need to support people with dyslexia remains in high demand and we therefore say a big **thank you** to all those who have supported us in the year.



Andy Cook
Chief Executive





Vision

Our vision is a world in which people with dyslexia are empowered to achieve their goals.



Mission

Our mission is to remove barriers to learning, employment and life for people with dyslexia, by providing expert, personal and life-changing support.



Purpose

Our purpose is to empower children and adults with dyslexia.

Our values

- Supportive
- Creative
- Collaborative
- Ethical
- Excellent



About dyslexia



- At least 1 in 10 people in the UK have dyslexia.
- Over 80% of young people with dyslexia are estimated to leave education without a diagnosis.
- As many as 75% of schools report having no access to specialist dyslexia teachers.
- A student with dyslexia is three and a half times more likely to be temporarily or permanently excluded.
- Symptoms of post-traumatic stress disorder (PTSD) are common in adults with dyslexia who were not identified and appropriately educated as children.
- One in five people in prison are understood to have dyslexia.

Trusts and Foundations

We are indebted to the generosity of more Trusts and Foundations than could be mentioned individually. We are immensely grateful for your help in enabling us to fulfil our Mission.

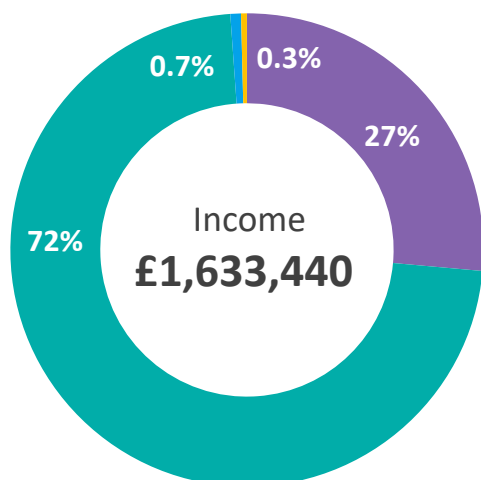
We again pay special tribute to The Constable Education Trust and The Aegis Trust for their previous donations which continued to support our work this year.

We also acknowledge the amazing support of The David Family Foundation, The Linbury Trust, The McGreevy No. 5 Settlement, The Roger and Jean Jefcoate Trust, and again, the Arkell family.

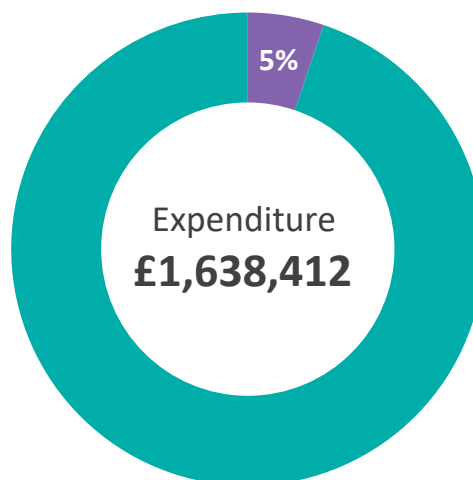
We thank all our donors, large and small, for supporting our work this year. **Thank you!**

Finance and statistics

Income and expenditure 2022-2023



- Donations and legacies **£432,599**
- Charitable activities **£1,182,508**
- Fundraising events **£11,807**
- Investments **£6,526**



- Raising funds **£85,075**
- Charitable activities **£1,553,337**

Reserves target met

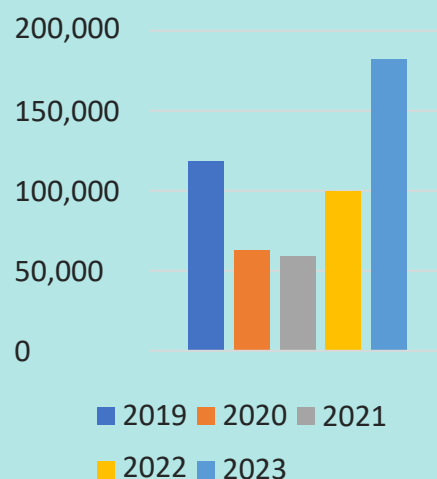
We have managed our budgets successfully so that we helped record numbers of beneficiaries in the year.

We strengthened our financial position and recovered further from the depletion of our reserves during the pandemic.

The Finance, Audit, Investment and Risk Committee (FAIR) continued to meet regularly. They assessed the potential financial impact of geopolitical uncertainty, increased interest rates and inflation, and the effect of this on the cost of living and our own operating costs.

As of 31 August 2023, the balance of Unrestricted Reserves had risen to £182,170 (2022: £100,003). This meets the Charity's reserves policy and demonstrates how strongly it has recovered from the financial effects of the pandemic.

Unrestricted Reserves
Target: £150k - £200k



Finance and statistics

4,148

people were helped in total

A 50% increase

1,617

people received one-to-one support including:

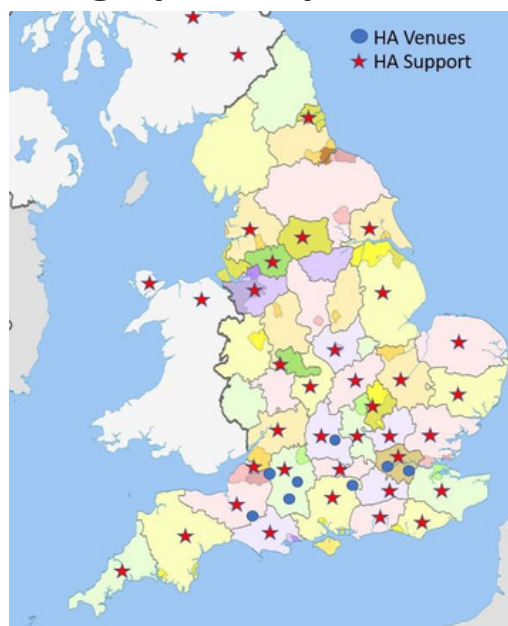
- 1,227 assessments
- 323 people received tuition
- 67 consultations delivered
- 4,466 hours of tuition received

2,531

people attended courses including:

- 2,065 parents and educators
- 411 workplace employees
- 55 diploma students

Geographical spread



There are now **eight venues** at which people may access face-to-face support, (2022: 5).

- Farnham
- Amesbury
- Bath
- Blackheath
- Chiswick
- Salisbury
- Oxford
- Yeovil

Residents of 38 different UK counties

received one-to-one support from us in 2023 (2022: 27)

How we are making a difference

In a survey to people receiving bursary funded support, they told us:

100%

agreed having a dyslexia assessment helps the person understand themselves better, including their strengths and weaknesses.

94%

agreed a dyslexia assessment helps to access further support.

91%

reported the dyslexia assessment led to improved literacy.

91%

reported the assessment improved confidence.

89%

reported the assessment reduced frustration and anxiety.

Highlights

Funded support provided to 89% more people on low incomes

We are delighted to have helped significantly more people from lower-income backgrounds than last year.

We allocated bursary-funded support to **504 people** in total.

- **456** individuals from lower-income backgrounds received bursary-funded support at a cost of £238,422 (2022: £126,095 to 271 individuals). Individuals received tailored support, including dyslexia assessments, coaching and tuition, consultations and attendance on courses.
- **48** State School teachers and teaching assistants received bursary-funded dyslexia-related training.



Due to the financial impact of Covid-19 and the cost-of-living crisis, applications for funded support have significantly increased.

In line with our strategic plans, we aim to further increase our funded support in the coming years to meet the growing need.

I was 44 when I got diagnosed as dyslexic. At a time in life where I could no longer carry on with my then-present career, I was stuck as I felt incapable of learning anything new.

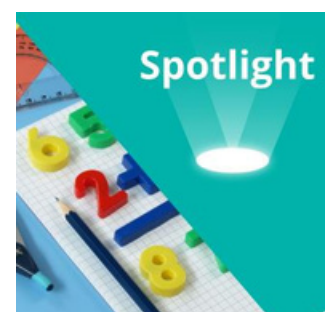
Having my diagnosis gave me the strength to admit I needed and deserved extra support and gave me the confidence to go back to school and re-train. I'm in my second year of a degree to become an Art Therapist. I wouldn't have got here without this charity. Thank you.

New Spotlight sessions

In total, **1,359 people** joined our new online Spotlight sessions to improve their knowledge in a whole host of dyslexia-related topics, including **Dyslexia and Nutrition, Dyslexia and Self-Esteem and Navigating the EHCP System.**

Many participants were our alumni undertaking Continuing Professional Development.

We are proud to top up the learning of our alumni, keeping their skills at the cutting edge of the dyslexia world.



Highlights



People experiencing homelessness, and prison communities

We joined other organisations in formulating **A Charter for Adults with Experience of Homelessness** and provided free dyslexia assessments for members of the homeless community who were referred to us for help.

We also provided free dyslexia assessments to prisoners who were referred to us by their case workers.

We aim to launch a pilot project, offering specialist expertise to both prisoners and prison staff.

Training specialist teachers



A total of 37 teachers and teaching assistants enrolled for the Level 5 Diploma in Teaching Learners with Dyslexia, all successfully graduating.

Our thanks again go to The Aegis Trust for sponsoring seven State School teachers through this course.

Training dyslexia assessors

Eighteen candidates participated in our new-look Level 7 Diploma Course in Teaching and Assessing Learners with Dyslexia/Specific Learning Difficulties.

We pride ourselves on providing a high level of support and supervision to our students, which we hope gives them confidence to go out and practice what they have learned following graduation.

Providing a FAST Project (Families and Schools Together)

A total of 61 teachers, teaching assistants and parents, and five learners from Northmead Junior School benefitted from our specialist assistance during the year.

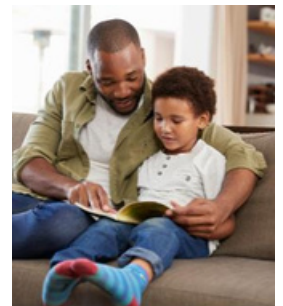
Thank you for organising the session. It was brilliant, I felt like I learnt a lot and gained some great tips to be of good support to my son.

This project was generously sponsored by the Worshipful Company of Ironmongers, to whom we are indebted.

Supporting parents and carers

Our HELP Course for Parents was attended by 99 people throughout the year, specifically designed to provide useful hints and tips to parents (and grandparents) who have dyslexic children.

Many of these participants were specifically from lower income backgrounds and benefitted from bursary-funded support.



Awareness training in the workplace

A total of 411 employees benefitted from our dyslexia awareness training to workplaces, which included our popular Lunch & Learn sessions as well as bespoke training tailored to the workplace's specific requirements.

We worked with companies including Capgemini, euNetworks, the General Medical Council, Help for Heroes, Lily's Kitchen and Pinsent Masons LLP.

Rosie's story

My daughter Rosie was 7 when we began to notice barriers to her learning and I first picked up the phone to Sandra who was working with Helen Arkell Dyslexia Charity in Somerset.



I was feeling desperately lost in how to help Rosie who was struggling with school and beginning to show anxieties related in part to this struggle. Sandra was able to arrange a dyslexia assessment for Rosie.

Once we received the results, we knew that we couldn't fully support Rosie without Sandra's further help. Her calm professionalism was just what we needed at the time, and she has helped transform Rosie's life.

Rosie is enjoying her learning again and, although some things will remain tricky, we are armed with all the resources we need to support her.

I can't put it into words how clear it was to us that confidence and self-belief are the backbone of being able to learn, be happy and shine as the full version of herself. The Helen Arkell Charity, along with extra provision within school, continue to bring the colour back to her cheeks where at times her character and zest could become so drained with the pressures and demands of learning.

Our understanding of dyslexia has been increased further by the parents' HELP course I was able to access and recently complete as part of our bursary support. What a great resource!

We could not be more grateful for our link with Helen Arkell. It has enabled our daughter to maintain her love of learning. We can all drive forward together as a family, believing that in time our daughter will achieve her goals and succeed in whatever she strives for and above all be HAPPY and run free!

Rosie's mum

The appointment with the dyslexia specialist made such a difference to our daughter, she is now confident and understands why some things are more challenging.

It opened lots of doors to other support at school and with exams.

It has been nothing less than life changing for our son. We came to you with a little boy who was frightened of school and of the world itself. He had constant meltdowns and often refused going to school - we were very concerned about his emotional well-being.

He is now thriving, the distressed behaviour has disappeared, and he is embracing everything - he is reading and even presented in front of Year 6 yesterday - something we never would have imagined a couple of years ago.