

The Champion

Helen Arkell Supporter Newsletter

Meet Mia!



Helping Mia Shine!

Mia, 11, has always loved performing, but dyslexia made school overwhelming. After an assessment at the Helen Arkell Dyslexia Charity, funded through bursary charitable support, Mia's confidence soared. She became more open, self-assured, and proud of who she is.

With tailored support, Mia now thrives academically and emotionally. Her passion for the performing arts gave her the courage to audition for the prestigious Sylvia Young Theatre School, one of the UK's most competitive performing arts schools. She was offered a place and will begin her studies this September.

This life-changing opportunity wouldn't have been possible without Helen Arkell's support. Mia's family is now fundraising to help cover her stage school tuition fees, ensuring she can embrace this exciting new chapter.

"Without Helen Arkell Dyslexia Charity and your help, Mia would not have had the tools and confidence to go for her dreams and secure a place at the top-performing Arts school in the UK..."

Sarah, Mia's mother.

Making a difference - together!

In this edition, we're shining a light on the real impact we've made together.

One inspiring story is Mia's. At just 11 years old, she struggled to make sense of her dyslexia and found school overwhelming. After receiving an assessment at Helen Arkell, her confidence soared.

Every story, every breakthrough, every moment of clarity is possible because of your generosity.

Gary's story

Making Sense of Dyslexia.

Life changed unexpectedly for Gary after discovering Helen Arkell online while preparing for a workplace tribunal.

A recent dyslexia diagnosis suddenly made sense of lifelong struggles with memory, reading, and absorbing information, especially in tech-heavy environments.

Dismissed from work, Gary faced disciplinary action for being "too slow," despite years of hard work and dedication at various well-known companies.

The lack of support and understanding led to depression and ongoing housing insecurity.

Helen Arkell provided clarity and validation. **"I wish I'd known all this sooner,"** Gary said. With a growing understanding of his learning style, Gary is embracing his creativity; editing his own scripts, creating AI videos and sharing ideas through his YouTube channel, 'Curiosity Chapters'.

Gary's story highlights how life-changing a diagnosis can be, even later in life, and the vital role the charity plays.

Dear All

I stepped into the role of Interim CEO in May, and I've been genuinely moved by the warmth, passion and dedication of the Helen Arkell community. It's been such a privilege to meet so many people who care deeply about making a difference for those with dyslexia. I'm inspired every day by the work being done here.

From the inspiring '**Deliciously Dyslexic**' book launch to the energy and generosity at the **Theo Paphitis Charitable Trust** clay shoot this Summer, I've been blown away by the creativity, commitment and heart that defines Helen Arkell. These events weren't just memorable, they were reminders of why we do what we do.

Let's keep putting people with dyslexia at the centre of everything we do. Enjoy this edition, and thank you for your continued support of our work.

Warmest wishes, Julie Bentley
CEO (Interim)

Barney



Charity of The Year

Exciting News!

We're absolutely delighted to be chosen as Charity of the Year by Squires Garden Centres, Badshot Lea.

This partnership means so much to us, and we're incredibly grateful for their support in helping us reach even more people with dyslexia.

Together, we'll be sowing the seeds of awareness, inclusion and empowerment right in the heart of the community. Huge thanks to the team at Squires for choosing us and believing in our mission.

Here's to a blooming brilliant year ahead! 🌱

If you're local to Farnham, keep an eye out for our pre-Christmas fundraisers in-store!



Deliciously Dyslexic

Dyslexia Cook Book Launch Raises £900

This Summer Julie and our fundraising team were delighted to attend the launch of Deliciously Dyslexic, a ground breaking new cookbook by the talented 'Bald Chef Nick'.

Held in the historic Great Kitchen at The Royal Pavilion in Brighton, the event celebrated inclusive design and accessible cooking, with delicious results! Deliciously Dyslexic is a game-changer for anyone who finds traditional cookbooks hard to navigate.

At the launch guests enjoyed drinks and nibbles inspired by recipes from the book, and a fundraising raffle raised nearly £900 for Helen Arkell.

Bald Chef Nick's bursary fund at Helen Arkell is helping individuals with dyslexia access vital support and assessments they might otherwise miss out on.

The cookbook is available from Amazon and major bookstores.

A big thank you to Nick and his wife Debbie for championing creativity, inclusion, and dyslexia awareness!





Be a Hero!

Run for Charity



Raise Awareness Fundraise for Dyslexia!



Get involved!

Dyslexia Awareness Week and Beyond!

Join in to help raise funds and awareness.



Dyslexia Awareness Week 6th - 12th October 2025

As Dyslexia Awareness Week approaches, share your stories and help us spread the word. Keep an eye on our social media and help us raise money with a **sponsored walk, spelling bee, or even a cake sale**. Your support makes a real difference for people with dyslexia.

We're also cheering on our amazing runners in the **Royal Parks Half Marathon**, taking place during DAW! Support them on **JustGiving** by searching for **Helen Arkell** and help raise vital funds for people with dyslexia.

Shop & Donate

Did you know you can support Helen Arkell every time you **shop**? Many retailers donate a percentage of your purchase to us at no extra cost to you. Visit our website to discover all the ways you can Shop & Donate and make a difference with every click.

Challenge Yourself – Marathons & More

Take on a challenge and support dyslexia! **Run the Paris, Manchester, or Brighton Marathons**, or the **Hackney Half** to raise vital funds.



Empowering futures

In a survey to people receiving bursary funded support, **98% agreed** having a dyslexia assessment helps the person understand themselves better, including their strengths and weaknesses.

Due to the continuing cost-of-living crisis, applications for funded support have significantly increased. These are quotes from those we help.

"I wanted to take this opportunity to express just how grateful I am for your support...without your generosity and assistance, I would not have been able to know these learning difficulties. Thanks ever so much for everything you do and for being the kind of charity that make the world a better place. **Once again, your support has been a beacon of light for me**".

"My assessment has been truly eye-opening. It has given me a much clearer understanding of my strengths and challenges, and most importantly, it has allowed me to be kinder to myself. The experience with Helen Arkell was fantastic, and I really appreciate the compassionate and knowledgeable approach that made the process feel so comfortable".

- **88%** of the people surveyed, reported an assessment led to improved literacy.
- **94%** reported the assessment improved confidence.

With your help, we will continue supporting families from low income backgrounds to meet the growing need. Thank you!

Supporter Spotlight: Dancing for Dyslexia

When Charlotte's daughter was diagnosed with dyslexia at age six, dancing became a joyful outlet and the spark for something bigger. Inspired by her neurodiverse family and our work, Charlotte launched 'Dancing for Dyslexia' to raise awareness and funds while celebrating the specialist teachers and assessors who make a life-changing impact.

In May, Charlotte teamed up with Lucy & Kate from 7/11 Events for a vibrant evening of cocktails and music, with DJ JJ (@jj_musicmix). The event was simple to organise; just a license, a few raffle prizes, and a guest list of friends ready to dance the night away for a great cause.

Her daughter, now 14, spoke movingly at the event about embracing her dyslexia as part of her identity. It was a powerful reminder of why we do what we do and why your support matters.

In total, **Charlotte's evening raised nearly £5000** including Gift Aid, a truly incredible amount. Thank you to everyone who took part.

Feeling inspired? Why not host your own fundraising event, whether it's dancing, baking, gaming or crafting. Every celebration helps us reach more families and unlock more potential.



Tim's Royal Parks Challenge

Supporter Tim Piper is one of our runners competing in the Royal Parks Half Marathon on 12th October.

His son Jamie lives with dyslexia, and Tim's run is a tribute to the daily challenges faced by families like his. **"This run will be tough, but nothing compared to what Jamie and others face every day."**

Support Tim's fundraising here: www.justgiving.com/page/tim-piper-3

With your support, Helen Arkell can continue helping children and families feel understood, build confidence, and unlock their potential.



We Urgently Need Your Help

In these tough and uncertain times, people with dyslexia need our help more than ever. Demand for bursaries for assessments and tuition is at a record high.

But the Charity is affected by rising costs too, and we now have a waiting list of families needing urgent support. So we do need to ask for your help.

Can you help us make an even bigger impact by continuing to support us, joining a fundraising event or making a donation?



Scan to donate