

## What is Dyslexia?

Dyslexia is a hidden (not visible) disability that mainly affects the development of literacy skills such as reading, writing and spelling. Short term memory, mathematical ability, concentration levels, personal organisation and the ability to put things in sequence may also be affected.

## Whom does it affect and how?

- In the UK approximately 10% of the population is affected, to varying degrees. 4% has severe dyslexia.
- It can often run in families.
- It can result in low self-esteem, lack of confidence and behavioural difficulties.
- Some people with dyslexia show strengths in creative abilities, problem-solving, visual and technical skills

## What should you look out for in children?

If the answer to many of the following is 'yes' you may wish to seek advice for your child.

- Is your child bright in some ways with a 'block' in others?
- Do you feel your child is able, but struggles with reading, writing and spelling?
- Does he/she take ages to read a book – and understand it?
- Does he/she have difficulty carrying out instructions in sequence?
- Was he/she late in learning to talk?
- Does he/she put letters or figures the wrong way round - for example: 15 for 51 and b for d?
- Does he/she have difficulty with time and tense?
- Does he/she have difficulty with mental arithmetic?
- Does he/she confuse left and right?
- Does he/she answer questions orally but have difficulty writing the answer?
- Does he/she have a poor sense of rhyme?

## What should you look out for in adults?

If the answer to many of the following is 'yes' you may wish to seek further advice. **Do you...**

- Feel that you are able but struggle with reading, writing and spelling?
- Feel that you are not realising your full potential?
- Take ages to read a book – and understand it?
- Find it difficult to take messages on the phone and pass them on correctly?
- Have difficulty carrying out three instructions in sequence?
- Put letters or figures the wrong way round, 15 for 51, 6 for 9, b for d?
- Have difficulty planning and writing essays, letters or reports?
- Have difficulty copying and taking notes?
- Have difficulty with mental arithmetic?
- Have problems with directions and with your left and right?
- Have difficulty with understanding forms and filling them in?

With appropriate support, Dyslexia does not need to be a barrier to success!

Recognition and assessment is essential!

It's never too late to get help and succeed



## Who are the Suffolk Dyslexia Association?

- We are a local charity based in Ipswich - with a committee of volunteers.
- We are members of the British Dyslexia Association.
- As a Registered Charity we rely on fundraising, donations, grants and subscriptions to support our activities.

## Specialised teaching

People with dyslexia need to be taught using multisensory teaching methods which are structured and cumulative.

Multisensory teaching may be provided by schools, also by private tutors as well as specialist schools and centres around the county.

For adults, help may be available through their place of learning or employment.

“Reading can be an enjoyment”

## What does the Suffolk Dyslexia Association do?

### We provide:

- A Helpline
- Befriending
- Information, advice and resources
- Regular newsletter + E-newsletter
- A List of suitably qualified teachers
- Adult teaching and support

### We organise:

- Dyslexia awareness events
- An AGM open to members and non members

### We contribute to:

- Public awareness of this hidden disability.
- Sometimes funding is available to help meet children and adult tuition costs, also a percentage of the cost of tinted lenses for children.

10% of the UK's population is affected by dyslexia

