

Summer 2012

THE DYSLEXIA FACTOR



Waltham Forest Dyslexia Association

Registered Charity: 802993

Help line phone numbers

020 8520 1684/020 8520 7370

Email: admin@wfda.org.uk

Welcome to the W.F.D.A.

In celebration of the Olympics coming to London. Our Summer Newsletter has focussed on the benefits of getting involved in sport if you have dyslexia. Hope we've inspired you to get out and about, let us know! Adele Bird, Chair of W.F.D.A.



Steve Redgrave

Olympic oarsman Sir Steve Redgrave, is the only person ever to have won gold medals at 5 consecutive Olympic games. Here he shares his thoughts on dyslexia.

"Dyslexia was an embarrassment at school. At 10, I still had problems reading and writing and children can be cruel when they discover that you're different. I did the same subjects as everyone else but found it hard to keep up, I always knew I wasn't going to pass my 11-plus.

Yet because I was big and strong I was never picked on. Rather than take the 'mickey', people would try to help me, so I was able to get by reasonably well. Still, at times, even now I see letters upside-down or back-to-front. It's difficult for people who can read to understand how frustrating it is. It doesn't mean you lack intellect. Quite the reverse. There's no reason why dyslexics can't read. It just takes them 4 or 5 times longer than everyone else. With dyslexia, your other senses become sharper—my memory was great at school." Interview by Graham Bridgestock

Find a sport to suit you!

Experts who work with dyslexic children and young people agree that physical activities like individual or team sports are beneficial for those with dyslexia.

Sport can put dyslexics in a position in which they are equal to their friends, they help each other, they co-operate, and they learn to accept winning and losing.

When deciding which sport to choose look at how dyslexia affects your learning style, strengths and weakness. For example, karate wouldn't be ideal if you struggle with hand-eye co-ordination.

Regular physical activity can enhance concentration and focus, improve mood and help to relieve the kind of stress that can beset any overscheduled, struggling student or worker. Being good at something improves self esteem and can help change the view of peers and teachers.

Don't forget—regardless of whether you have dyslexia, to be a good athlete or student you need to set your priorities and limits as well as goals for yourself. In school or sport, even when competing against others, the key thing is that you always try your best and have fun!

They have dyslexia who are they?

- Winner of 8 gold medals at 2008 Olympics?
- Winner of Swimming gold medal at 1980 Olympics?
- World Heavyweight Boxing Champion?

Go to page 3 and find out if you were right.

Get involved with the W.F.D.A.



Dave Bigham attended our free 'Next Step' adult education class. As a thank you, at the end of May he raised money for WFDA by competing in a triathlon (swimming, cycling, running) at Dorney Lake, Eton. If you'd like to sponsor him visit www.mydonate.bt.com.

Chingford Day on Saturday 30th June

Come and visit us at our Cakes, Jams and Dyslexia Information stall on The Green, Chingford, E4. If you'd like to get involved by donating cakes or helping out on the day please let us know on 07702 601897.

If you've any unwanted items, sell them on E-bay and donate the money to WFDA. We're a registered charity with E-bay.

Burning rubber!

Jackie Stewart has won 27 Grand Prix victories and 3 world championships in motor racing and has dyslexia. But he better watch out -he's not the only one who's fast on the track!

At the end of April, through funding from Walthamstow and Chingford Almshouses we hosted a Go-Karting event in Enfield. 25 students from our Monday night class came along and everyone had a lot of fun zooming around the track. We're keen to continue bidding for funding to run similar events in the future.



Well done to students from Frederick Bremer School. They got through to the Youth and Philanthropy Initiative Final. Although they didn't win the £3000 prize money, their presentation about WFDA was brilliantly performed!



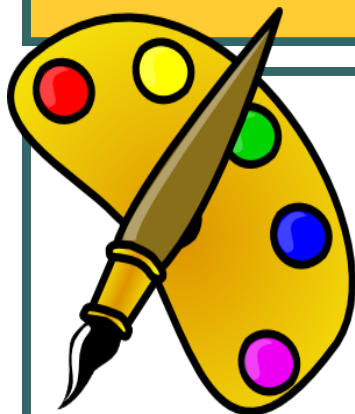
Don't forget our Summer Auction Supper!

Saturday 7th July at Peterhouse, 122 Forest Rise, E17 3PW. Please bring items from 1pm. Viewings' from 6.30pm.

Auction starts 7.15pm. (No clothes/wardrobes/beds). Homemade supper/light refreshments inc. in ticket (adults £8/child £5). Bring your own drinks. 2 free tickets for qualified electrician able to check electrical items. Phone **020 8520 7370 or 020 8529 1957**. for more information or to buy tickets.

We're here to help...

Did you guess? Michael Phelps, Duncan Goodhew and Muhammad Ali.



More about

US ... Jonathan O'Dea has been a WFDA trustee since early 2011. As a professional artist, Jonathan is working on an arts project for the 2012

Cultural Olympiad in partnership with the Lee Valley Park Authority.

Why did you get involved with WFDA?

To bring my personal experience of being dyslexic to the table. I also felt that I had the skills and abilities that could help WFDA further the great work that they do, especially around lobbying and campaigning on equality issues which face many people with dyslexia.

What has been a highlight in your career? Receiving funding from Arts Council England for my project for the Cultural Olympiad has been great. I take it as real endorsement in my practice as an artist.

How do you like to relax? I don't. My brain doesn't stop, I am always thinking about what I need to do next. But on reflection it's when I go fishing, which is not that often. My art is a big thing for me in terms of relaxing, I am lucky to have it as part of my work.

Do you have a hidden talent? As a professional artist my talent is not that hidden, but in reality it took sometime to develop it. Ironically I like to think I would make a good writer, or maybe my hidden talent is a constructive trouble maker.

Working with local schools.

We have been invited by Riverley Primary School to screen some of their pupils for dyslexia during the school day. Why not speak to your school SENCO and find out if this is something your school would be interested to do. We also run Dyslexia Training courses. *'Great insight and very helpful with my work in the class-*

Free studying support software:

Go on-line to find out about Balabolka. Means 'chatterer' in Russian but it's also a Text-to-Speech (TTS) computer software program that helps with studying by reading out aloud the text. on the screen.

'Trapped' by Judy Spurr:

Read about a 12-year-old boy with dyslexia who feels most at home playing football. Sound like someone you know?

Dyslexia Forum: Share your thoughts, find out more about dyslexia news at beingdyslexic.co.uk/forums.

Welcome!

To Karen Murray who has recently joined our Board of Trustees. Karen is a parent of one of our students. Karen runs a healthy walking scheme and has a background in the retail sector and youth work. If you're interested to become a Trustee or volunteer? Let Sheena know at class or helenbigham@hotmail.co.uk.

General Information

Class of 2012

Fundraising Award Night

To celebrate the achievements of all our hard-working students we're hosting an Award ceremony party on Friday July 20th from 7.00pm - 10.00pm at West Essex Sports Club, Hickman Avenue, Highams Park, E4. (Venue donated free of charge).

Tickets only cost **£5** per adult (over 16), under 16 **free** and can be bought at class on Monday evenings.

Certificates will be presented to students. Bring your friends and family, it promises to be great fun. Speak to Sheena about how you can help with the preparations for the big night.



Register for our Summer Club...

If you're a Year 6 student with dyslexia/dyspraxia don't forget to register for a **free** place at our Transition into Secondary School Holiday Club. Running from 20-24 August at Forest School (subject to funding). There'll be swimming, woodwork, building a blog as well as loads of tips on how to cope with moving into a bigger school. *'It's better than school!'* (student who attended in 2011). Let me know at helenbigham@hotmail.co.uk.

Class Timetable

Summer Term 2012

Monday 11 June. - Monday 16 July

Autumn Term 2012

Monday 17 September - Monday 22 October (6 weeks)

No class Monday 29 October (H/T)

Monday 5 November - Monday 12 December (6 weeks)

Volunteering: If you're lucky enough to go to an Olympic event look out for Sheena. As she is working as a volunteer Games Maker.

Screening Charges: We've had to increase our screening charges, starting September 2012. Children (up to 16) will now be £20 and adults (16 upwards) £35.

"Coming from Enfield—where there is no dyslexia support you all mean the world to us and our kids". Nichola McDonald, parent of one of our students.

Class details: Small, individualised literacy, numeracy and touch- typing classes held on Monday evenings (term time only) at Walthamstow School for Girls, Church Hill, E17 9RZ. Contact us to be put on the class waiting list.

Literacy or Numeracy: 50 minute classes from 4.00pm onwards (£12.00 per class)

Touch typing: 50 minute class at 5.00pm or 6.00pm (£5.00 per class)

Remember to let the teacher know ASAP if your child is unable to attend their class. Make sure you have their telephone number!

