



Newsletter Spring 2019 Dyslexia North East



2019 is off to a good start!

With lots of projects in the pipeline, starting with our Website, we look forward to the new design and layout being developed by a local business. It will be much more user friendly so you can download information and find out about up to date news, services, and events that are happening.

Our Media and Events officer has been doing a great job with our various media platforms, adding Instagram, LinkedIn, Twitter and Facebook pages. Everyone is finding this very informative. So, follow us and join our online community.

We would like to thank everyone for the support you have given us during 2018 as Dyslexia North East has had many changes. The day to day operations have been reviewed due to high demand for our services, and we will continue to work towards developing the organization and delivering the support and help that is needed.



Registered Charity: No: 1129358 Company Limited by Guarantee No: 6707963 Registered in England and Wales.

Affiliated to the British Dyslexia Association

Registered Office: The Meadows, Waterville Rd. North Shields NE29 6BA

Email :info@dne.org.uk Website www.dne.org.uk Tel: 0191 466 1299 Mobile Tel: 0786 826 3696

New Trustees for Dyslexia North East

For those of you who were able to attend the AGM last month, you will know that we have 2 new Trustees who have been elected to join the Board.

Lyn Brown has been a DNE member for several years, and with 3 dyslexic children she has had a lot of experience with meeting Educational bodies to improve the situation for children with dyslexia and SEND needs. For the past 5 years she has been on the steering group for Families United in Newcastle, which is the recognised Parent Carer Forum in Newcastle. Lyn has also been the NE Regional Network Representative for Parent Carer Forums. She will be an asset to help Dyslexia NE to reach out to families and organisations.

Patricia Custance has a background in Sales, Marketing and contract negotiation and has worked in the Pharmaceutical industry for several years. She is working for a company set up by her husband who is dyslexic. She also has 2 boys with dyslexia. Patricia is keen to learn more about Dyslexia North East and wants to offer her skills and expertise in any way she can.

Philippa Vince and Helen Halliday have stepped down as Trustees, and we are truly grateful for their input. Philippa continues to perform Dyslexia Assessments for Dyslexia NE and her expertise is greatly valued by parents and teachers alike.

Roly Craig our Dyslexia NE President has been ill for the past few months and has been receiving hospital treatment. He is getting back to work slowly but wants to be kept in touch with what we are doing. We wish him well for the future.



Our patron Simon Donald with Trustees and Staff

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High Flyers at the Meadows Monday- 4:00 to 5:30



by Jo Linton

Our High Flyers group for 7-11year olds at The Meadows is performing well and is at maximum capacity. We hope to expand this to provide a group for 11-14-year olds in the near future. We have been working in partnership with Newcastle University Ladies Hockey team, who have been teaching the group some skills and helping them gain confidence with the sport. Our Mind mapping knowledge has improved looking at technique and the various ways mind maps can be used.

Some of the children are benefitting from Psychotherapy sessions to help their anxiety and self-esteem. We are grateful to St James Place who are funding this project.

On the horizon, more sport and drama projects are planned.

To find out more please contact jo@dne.org.uk – or ring us at 0191 466 1299



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Celebrating Differences 2018



by Kathy Richards

11th December 2018 saw the 3rd Annual Art Exhibition “Celebrating Difference” have it’s opening night at Gateshead College’s “Bridge gallery”. Taking inspiration from DNE’s mission statement, the project encourages students to explore and produce artwork around the theme, showing that we are all individual, unique and full of potential.

Now, more than ever, it is so important to young people to feel that they can express themselves without pressure or fear of judgement, to see that they are not alone in whatever they are feeling, and to think about positive solutions to complex challenges. In this way, projects like this one can have a therapeutic effect, and set the tone for the rest of the

student’s time with the College.

Using Dyslexia as an example of positivity to overcome challenge, students focused on their own interpretations of themes including: Mental Health, Abilities and Disabilities, Gender and Sexuality, Body Image and Identity and Race, Religion and Culture. Art students from level 2 and 3 Art and Design, Photography and Games Design all had the opportunity to showcase their work to family, friends, college staff and guests.

The Artworks are on display again in the college reception area for the annual Equality and Diversity week (Feb 4th – 10th).

This is an ongoing collaborative project between Gateshead College, Dyslexia North East and BALTIC Centre for contemporary art. Workshops and presentations over the last 3 years have included wonderful contributions from BALTIC’s Leanne Aildred and Gary Malkin, DNE’s own Liz Ferguson, Jo Linton, Mehrban Sadiq. Guests and speakers have included “Recite me” Ross Linnett, artist Eddy Hardy and patron Simon Donald.

Responses from all parents, college staff and visitors is always overwhelmingly positive, and people have been genuinely moved by the individual stories and feelings shown.

Next year we would love to have work from DNE members to include in the exhibition too, and of course all are welcome to come and join in with the opening night. Please let me know if anyone has ideas or suggestions to continue to develop the project. The exact date is still to be confirmed for early December 2019, so watch this space!

Thanks,

Kathy Richards (Teacher in Art and Design at Gateshead College and Trustee of DNE)



Hannah's Journey

We couldn't be prouder of our daughter, Hannah, who is both Dyslexic and fabulous, and now in year 9, taking her GCSE options and looking forward to taking the next steps of her personal adventure towards her intended career of Midwifery.

Her personal journey over the last 4 years since her diagnosis has not always been easy, but she always faces each new challenge with resilience and persistence. She believes that her determination comes from living with her Dyslexia, along with her excellent creativity and social skills. These are all strongly linked with the different way a dyslexic brain works - which is what many, from Richard Branson to Darcy Bussell refer to as "the gift of Dyslexia".

For us, receiving Hannah's diagnosis was a positive step, making sense of so much of how she was, and opening the doors to beginning to get her the help that she needed. For anyone hesitating about going for a diagnosis, or deciding how to best get help, I wouldn't hesitate in saying it's better to know, because then you can start to deal with it in a positive way. I would also really recommend talking and listening to others who

know about Dyslexia: both specialist educators and other parents. Coming to the programmed of events, activities and guest speakers that Dyslexia North East organise is a brilliant first step into a community of support and knowledge.

Support from Dyslexia North East, both in emotional and practical terms has made it much easier for us, as parents and family to help her, help herself. She now recognises her strengths, laughs at her mistakes and aspires to be the very best that she can be. From a 9 years old girl, who didn't really know how to even start talking about what she needed to help with her Dyslexia, she is now blossoming with positivity and embraces who she is. She now has her own "Dyslexia North East" hoody, which she wears with pride at weekends to "spread the word", and especially when she goes to her climbing club. I can't think of a better way to show just how far she has come. You go girl!



Dyslexia North East

Volunteering Opportunities

Administration – helping in the Office to scan documents and typing on the computer
Flexible Mon - Thurs 9.30 - 5pm, Minimum 2 hours a week.

Youth Work - High Flyers - Mon 3.30 - 6pm - Youth work with a focus on Dyslexia. Helping young people to develop their skills and confidence.

We want volunteering to be a positive experience



Paid role:

Youth Work - High Flyers - Mon 3.30 - 6pm - Youth work with a focus on Dyslexia. Please enquire within.

Do get in touch at info@dne.org.uk if you would like to be involved

DNE Membership for the New Year



Dr. Liz Ferguson

I hope you will have some relaxation this half term, and the children will have some fun! As it is a New Year, we are needing to update our Membership details and make sure we comply with GDPR.

There are many of you who have email mailings to inform you about Meetings and Events, and of course messages and information are available through Social Media. Email Messages were sent last Autumn to ask for your permission to be sent information from DNE. Many of you responded YES, but it would be good to know if that is still the case.

We value your Membership, and care deeply about helping dyslexics and your families, wherever you live and work. As you know you can have FREE Membership or Shared Membership with the British Dyslexia Association and Dyslexia North East for £20 per year. You can choose whichever Membership scheme suits you. The shared Membership entitles you to receive Dyslexia Contact Magazine, as well as Voting rights at the AGM, priority booking at Events and quarterly Newsletters.

Please let us know your thoughts and give us your feedback.

Will you Help us with Fund Raising Activities this year?

As you may know, it takes a lot of funds to help run the services that Dyslexia North East provides.

It would be great if we can organise some sponsored walks or runs this year to raise funds for items needed for the Adult and Children's groups, as well as Outings to the Bowling or Trampolining venues.

I know that some of you are planning to do the Great North Run in September and one of the mums is running the Manchester Marathon in April. Look out for her Fund-Raising page on Virgin Money Giving.

If you would like to help us, please get in touch via Tara or Jo at the Office.

We can spread the word by Social Media too. Simon Donald is keen to organise another Gig this year, so that is an Event to look forward to later.

We look forward to welcoming you to any of the Dyslexia NE Meetings and Events.

Please let us know if you have any stories to share, or experiences you wish to pass on.

Free DNE Membership available as well as Shared Membership of DNE/BDA and the Dyslexia NE Teachers Group.

Do call the Office on 0191 466 1299 for more information. Email info@ dne.org.uk

Disclaimer

Every effort is made to ensure that the information in this newsletter is correct. Information may become out of date over time

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