

Dyslexia

S C O T W E S T

WHAT
is
DYSLEXIA?



Help-Line

0141-331-2121

www.dyslexiasw.com

DYSLEXIA

The word dyslexia comes from Greek and means 'difficulty with words'. Around 10% of the population have some form of dyslexia related issues.

Dyslexia could be thought of as a **different learning ability** rather than a disability.

Dyslexic people, of all ages, **can** learn efficiently and effectively, but often need a different approach.

Dyslexia is a puzzling mix of distinctive strengths and talents as well as clusters of difficulties. Dyslexics can be exceptionally creative and produce excellent ideas.

Difficulties vary in degree from person to person. Lack of understanding and appropriate support can lead to low self esteem and depression.

Some Indicators of Dyslexia are

- Reluctance to go to school
- Difficulty with reading
- Erratic spelling
- Untidy writing
- A significant difference between oral performance and written work
- Easily distracted/poor concentration
- Difficulty with sequencing (eg the alphabet/times tables)
- Difficulty organising thoughts clearly
- Poor short-term memory (generally forgetful)

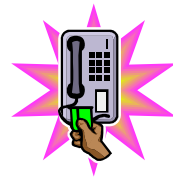
The Main Aims of Dyslexia Scotwest are

- To help and support anyone with an interest in dyslexia
- To raise awareness and understanding of dyslexia

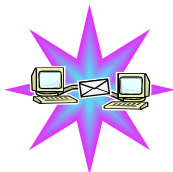
**WE HAVE A HELPLINE THAT SPECIALISES
IN ALL ASPECTS OF DYSLEXIC ISSUES.**



0141 331 2121



or



email: info@dyslexiasw.com

Web: www.dyslexiasw.com

Our Resource Room has an extensive selection of books, tapes, videos and software and we have Internet Access. Anyone is welcome to come and browse. However, if you wish to take out an item or regularly use the internet you must be a member of Dyslexia Scotwest.

We also have an Adult Support Group who meet regularly. They are a self-help group who discuss topical issues and arrange guest speakers.

We provide a range of appropriate leaflets for parents, adults, students and teachers. A list of Dyslexia Websites is available on request.



Dyslexia Scotwest also arranges

- Open meetings
- Presentations

- Dyslexia Awareness Training

Other Sources of Help or Information:

- Learning Support Departments in schools
- Learning Support Departments in Colleges and Universities
- The Disability Employment Adviser at your local Job Centre Plus (Tel 0808 100 1080)
- Local Authority adult numeracy and literacy classes
- Your Trade Union (if applicable)

Free Directory Enquiries is a service for anyone who is unable to use a Telephone Directory. It is available to diagnosed dyslexic people. For information and registration call British Telecom on **195**

TIPS FOR EFFECTIVE MULTI-SENSORY LEARNING

LOOK	At words, pictures Diagrams, colour
LISTEN	To yourself talking aloud To a tape recording of notes To others talking to you
TOUCH	By writing, finger tracing, Highlighting keywords, drawing doing.
FEEL	Words in your mouth, The rhythm of a phrase Through joined-up handwriting Through the rhythm of typing
LINK	New information to old To past experience
REPEAT	By reading again By listening again By discussing again By doing again

Following consultation with our Service users our leaflets are prepared in Comic Sans font, size 14, on coloured paper as this is considered to be the most dyslexic friendly format.

Open daily
Monday to Friday
9.30 am till 4.30 pm

Please phone before visiting our office to ensure that someone is available to see you

Dyslexia Scotwest
93 Woodside Place Lane
Glasgow
G2 7RB
Tel 0141-331-2121

e-mail: info@dyslexiasw.com

www.dyslexiasw.com

While every effort has been made to ensure the accuracy of the information contained in this pamphlet, we cannot be held liable for changes that may occur.