

USEFUL INFORMATION FOR ADULTS

Dyslexia is a difference in the part the brain which processes language. As well as problems with reading, spelling and writing, dyslexic people may also experience organisational and short-term memory difficulties. Dyslexia tends to run in families with the latest scientific research showing that dyslexia is a genetic, neurological condition. But along with the difficulties can be found real strengths, including problem-solving skills and enhanced creativity.

Adult Drop-in Advice Centre 01872 222911 (check opening times) 19A Kenwyn Street Truro TR1 3BU (Advice, screening, assessments etc)

Cornwall Dyslexia Association Helpline ☎ 01872 27 48 27
(Answerphone gives number on a rota system)

CDA Website: www.cornwalldyslexia.org.uk all text on the website can be read out and font size and background colour can be changed to suit your particular requirements.

To become a member of Cornwall Dyslexia Association contact:
CDA Centre 19A Kenwyn Street, Truro, TR2 5ED ☎ **1872 222911** or the
Helpline ☎01872 274827 Membership fee is £10 for an individual or family,
£6 concession eg. student/unwaged/benefit, and £25 for a school or college.

British Dyslexia Association Helpline ☎ **0845 251 9002**
www.bdadyslexia.org.uk

Adult Dyslexia Organisation
www.adult-dyslexia.org

HOW DO YOU KNOW IF YOU ARE DYSLEXIC?

Visit us at our Drop-in Centre for free screening and possible free assessment. 01872 222911

There are dyslexia checklists, (see BDA website address above), which can give an indication of dyslexia and you can get an assessment from a dyslexia trained teacher. Please see the list of teachers on last page, those with an * are the ones we know of, who will do assessments for and teach adults. Also try your local Link into Learning Centre, where assessments are free if you

enrol on a course or if not £100.

Students may be able to get an assessment through their college or university. Check with your student union or student services to find out what is available. Dyslexic students at university can apply for the Disabled Students Allowance - see below.

An Educational Psychologist can do a more in-depth assessment. You can visit an independent psychologist for an Assessment, but you will have to pay for this service and it can be expensive (£400 - £500). [However please see our list of dyslexia qualified teachers on page 5 who can also undertake assessments and don't charge as much as psychologists.](#)

Below is a list of independent psychologists that have sent us their details:

Paul Sanderson ☎ 01872 55 28 14 Chris Onions ☎ 01579 34 23 90
Mick Biddulph ☎ 01392 87 60 40 Monica Harding ☎ 01503 27 28 42

Please note the CDA provides lists of educational psychologists purely for information and we do not make any recommendation, we suggest you make your own checks and ask for references etc.

EMPLOYED or UNEMPLOYED

If you are unemployed ask to see a Disability Employment Advisor (DEA) at the Jobcentre. If you explain that you are dyslexic and that you believe your difficulties are one of the main factors preventing you obtaining a job they should be able to offer help and guidance.

Once you are in employment you may qualify for help under the Access to Work scheme who may be able to help you with funding to provide such things as: special software, specialised equipment, a person to help you with organisational or time management problems, or even someone to take notes or write letters for you. For an application form for access to Work ☎ 029 20423 291 where you can fill in the application over the phone.

If you have recently started work it is useful to make contact with the ATWA within the first six weeks of your employment, as there will be more funding available during this period. If you contact them after the first six

weeks your employer has to contribute some of the money. Self-employed people can also get help of this kind and the ATWA can arrange to assess your needs in the workplace to identify the most appropriate help for you. The local Access to Work Adviser is **Richard Close** ☎ **01209 885821**.

TUC publications may be available for dyslexic or visually impaired readers, on request, in an agreed electronic format or in accessible formats such as Braille, audio tape and large print, at no extra cost. websales@tuc.org.uk ☎
020 74 67 12 94

YOUNG ADULTS

Disabled Students Allowance (DSA)

Dyslexic students in Higher Education, who have been assessed as dyslexic, can apply for a DSA. Part-time students, studying at least 50% of a full-time degree course and post-graduate students are now eligible for this allowance, as well as students studying a degree through the Open University.

The DSA may include equipment, such as a PC, hardware and appropriate software, an annual non-medical helper's allowance, which can include funding for ICT training, proof-reading, and an annual general allowance for books etc. To claim fill in form DSA1 and send it to Student Finance England

☎ **0845 300 50 90** (Monday to Friday, 8.00 am to 8.00 pm; Saturday and Sunday, 9.00 am to 5.30 pm) Choose number that is to do with student loans when offered choices. www.direct.gov.uk/studentfinance

Email: dsa_team@slc.co.uk

Student website available for those in education who don't qualify for disability grants. This site allows you to still get software/hardware at student rates. www.its4students.co.uk .

Connexions for young people aged 13-19 (they will sometimes help young people who are older than 19) - information and advice with education, work, career guidance, training and getting a job as well as personal support (housing, health, money, relationships, rights etc).

Freephone ☎ **0800 9 75 51 11**. Website www.connexions-cd.org.uk

Nextstep - Adults aged 20 and over whether in work or unemployed can get practical help and advice about learning and work from Nextstep, including where to get help if you have a disability. To access your local Nextstep

service call ☎ 0845 8 50 50 70. Website www.nextstepswest.org.uk

ADULT CONTACTS

SKILL: The National Bureau for Students with disabilities produces a useful booklet on financial assistance for students in further education and training ☎ 02074 50 06 20. The booklet and other information is available on their website: www.skill.org.uk **Skill Information Service** for and about students with disabilities/learning difficulties, National Helpline ☎ 0800 3 28 50 50. 11am - 1.30pm Tuesdays, 1.30pm - 3.30pm Thursdays.
Email: info@skill.org.uk

Free Directory Enquiries: BT service for anyone who is unable to use a telephone directory easily. It is available to diagnosed dyslexic people. Call free ☎195

Link into Learning Centres now Adult Education Services

Adult Education Services provides a range of support for adults who want to improve literacy and numeracy and they can also undertake assessments.

Please contact us at our Dyslexia Drop-in Centre in Truro so we can advise you on this option and find the best place for you to go. ☎ 01872 222911.

Dyslexia trained teachers available privately. See our list below, (contact PATOSS (www.patoss-dyslexia.org) ☎ 01386 71 26 50 or the BDA to see lists of qualified teachers and the qualifications they hold.) (* Indicates teachers who have told us they teach adults, often as well as children.)

(# Indicates teachers who also cover maths difficulties)

(A Indicates teachers who also do assessments)

| | | |
|-----|--|--------------|
| *#A | Claire Green (Hayle) | 07817 732566 |
| *A | Angela Dawkins (Wadebridge) | 01208 895545 |
| | Patty Cushion (Helston) | 01326 561859 |
| *A | Heather Longman (The Lizard) | 01326 290301 |
| *A | Shirley Martin (Redruth) | 01209 210774 |
| # | Esme Tackley (Falmouth) | 01326 315994 |
| *# | David Dixon (Falmouth) <i>Maths only</i> | 01326 311890 |

| | | |
|-----|--|---------------|
| A | Delia Hazell (Truro) | 01872 277373 |
| *A | Jenny Smith (Stoke Climsland) | 01579 370608 |
| *A | Christine Rogers (St. Austell) | 01726 70637 |
| A | Joanna Jeffreys (Cornwall & Plymouth) | 01752 663775 |
| | Susan Nebesnuick (Penzance) | 01736 332945 |
| A | Jill Wrigley (Lostwithiel) | 01208 871544 |
| *A | Alison White (Par) | 07979 755 703 |
| *A | Nel West (Mount Hawke) | 01209 890180 |
| *A | Anne Betteridge (Helston) (16 and over only) | 07762 883677 |
| *A | Susan Holmes (Newquay) | 01637 874176 |
| A | Julia Smith (Truro) | 01872 278930 |
| *#A | Angelika Kilian-Neal (Mithian, St Agnes) | 07977 050450 |
| *#A | Nikki Brown (Bodmin) | 01208 832188 |

Please note the CDA provides lists of teachers purely for information and we do not make any recommendation, we suggest you make your own checks and ask for references etc.

COLOURED LENSES

You may have heard that coloured or tinted lenses can help dyslexic people, especially with reading. Evidence is by no means conclusive but certainly some people do seem to benefit from this - coloured acetate sheets laid over writing can be tried first to see if this helps.

We know of three Opticians who can provide these glasses:

Angie Taylor at Specsavers Tel ☎ 01872 22 38 18
Grant Reid at Reid & Gordon Tel ☎ 01872 27 52 25/01726 73 6 14
Janet Blything at Bradleys Tel ☎ 01736 36 33 39

Bradleys has a colorimeter - a special instrument used to determine the exact tint, as does Specsavers in Barnstable. Charges vary so phone around and check prices, also ask your local optician if they offer this service.

Transparent coloured Eye Level Reading Rulers are available from Crossbow Education ☎ 01785 66 09 02 or www.crossboweducation.com

COMPUTERS FOR PEOPLE IN RURAL AREAS The Arthur Rank Centre is running a 'not for profit' scheme to provide people in rural areas with refurbished computers at low prices. For more information you can go to the Oasis website <http://www.oasiscfc.org> or contact, John Bennett ☎01276 85 3066 Email: johnb@rase.org.uk