

UNDERSTANDING DYSLEXIA



**DYSLEXIA
SOUTH EAST CIC**



Accessible dyslexia support
at the heart of our community

A not-for-profit community project

Clear Information · Calm Guidance · Community Support

dyslexiasoutheast.org.uk

community@dyslexiasoutheast.org.uk



DYSLEXIA SOUTH EAST CIC

Helping families across East Sussex and Kent understand dyslexia, build confidence, and find the right help at the right time.

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Message us on [WhatsApp](#) for friendly advice

Understanding Dyslexia

Dyslexia literally means “difficulty with words.” It describes a difference in how the brain processes language (particularly the links between sounds, letters, and written words).

It can affect reading fluency, spelling accuracy, writing, memory, and organisation, though the exact pattern varies from person to person.

These differences are neurological, not related to effort or intelligence. Many people with dyslexia think in pictures rather than words and may process information more intuitively or creatively.



Every person's profile is unique, but challenges often present in:

- **Reading and spelling fluency**
- **Writing and sentence structure**
- **Remembering instructions or sequences**
- **Speed of working and short-term memory**
- **Organising ideas or belongings**
- **Maths and number recall**

These areas can lead to frustration, especially in busy classrooms where so much learning focusses on reading and writing.

DYSLEXIA SOUTH EAST CIC

*"Don't be discouraged.
Dyslexia is just a different
way of seeing the world."
(Sir Richard Branson)*



*Did you know:
Research
suggests that
1 in 3 UK
entrepreneurs
are dyslexic,*

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Recognising the Strengths



Alongside the challenges, people with dyslexia often show distinctive strengths such as:

- Strong problem-solving and reasoning skills
- Creative or artistic thinking
- Good verbal expression or storytelling
- Strong visual and spatial awareness
- Curiosity, empathy and determination

These are the abilities that make many dyslexic thinkers natural innovators, entrepreneurs and communicators.

When is dyslexia usually identified?

Dyslexia can be noticed at any age, but signs often become clearer in the first few years of primary school when children are learning to read and spell.

Early recognition allows support to begin quickly, preventing low confidence or anxiety. There's no cure because dyslexia isn't an illness. It's a lifelong difference.

With understanding, encouragement and the right teaching, people with dyslexia can learn successfully and achieve great things.

At **Dyslexia South East CIC**, we believe understanding brings empowerment. When parents see both the challenges and strengths, they can work with schools and the community to create support that truly fits.



Every small conversation you start helps your child feel seen and supported. You're not being difficult – you're being their voice.

At Dyslexia South East CIC we often talk with parents who feel lost in the system. We can help you understand what to ask for, what assessments mean, and how to keep moving forward calmly.

Taking the Next Steps

Finding that your child struggles more than others with reading or writing can feel worrying, but it's also the first step to understanding how they learn best. You don't need to have all the answers before asking for help – just curiosity, care, and a willingness to talk.

Start by speaking with your child's class teacher or SENCo.

They can observe learning patterns and carry out simple in-school screeners to understand what's going on.

If you're still concerned, you can request that your child be considered for additional support under the SEND Code of Practice. In line with this document, schools must ensure a plan of support is discussed and reviewed regularly with you.

Keep notes of what you see at home (such as slow reading, avoidance of writing, or unusual fatigue) and bring these examples to meetings. **They are valuable clues.**



OTHER HELPFUL STEPS

- **Check eyesight** and hearing- subtle issues can mimic dyslexia.
- **Ask whether the school to share any screening tools** or reading assessments.
- **Find out what interventions are already running** and when they'll be reviewed.
- **Keep communication open and positive.** Schools and parents working together see the best progress.
- **If progress remains slow**, you can request involvement from the local education authority, a specialist dyslexia teacher, or an Educational Psychologist.



Understanding opens the door to effective support – for every child, in partnership with family, school and community.

Why understanding matters

Understanding how dyslexia works is the first step towards meaningful support. When parents recognise both the challenges and the strengths, they can work with teachers and the wider community to create help that truly fits each child.

With the right understanding and encouragement, every learner can grow in confidence and achieve their potential.



When a child feels understood, they begin to believe in themselves again.

Small steps, patient guidance, and calm encouragement can change everything.

Understanding how a person learns is the first step towards helping them thrive

Understanding your options

If you or your child's school suspect dyslexia, there are two main ways to explore it further: a **dyslexia screening** or a **full diagnostic assessment**.



Dyslexia screening

- A screening is a short check that gives an indication of how likely someone is to have dyslexia. **This is NOT a diagnosis.**
- It takes about 25–45 minutes and includes computer and paper-based tasks exploring areas such as sound–letter links, memory, reading, spelling, and processing speed.
- Results show a low, moderate, or high likelihood of dyslexia.
- While it cannot diagnose, screening provides a valuable starting point for discussions with schools, colleges, or employers.



Full diagnostic dyslexia assessment

- A diagnostic assessment is a thorough investigation carried out by a qualified specialist assessor. This can give a **diagnosis of dyslexia**.
- The process begins with gathering background information from home and school to understand learning history and current concerns.
- This is followed by in-depth testing of reading, spelling, writing, memory, processing speed, and reasoning.
- The assessment itself typically takes 3–4 hours.
- Afterwards, the assessor analyses all results and produces a detailed 30–35 page report describing the individual's literacy profile, highlighting both strengths and challenges, and providing clear, practical recommendations for teaching, technology, and exam arrangements.
- The report is recognised by schools, exam boards, colleges, and workplaces to help ensure the right support is in place, and can also be used to support funding applications such as Disabled Students' Allowance (DSA) or workplace access schemes.



Reasonable Adjustments

Every child has the right to learn in a way that works for them - **reasonable adjustments simply make that possible.**

Examinations and Assessments

Learners with dyslexia or other differences in the way they process information are often entitled to special arrangements during tests (such as extra time, assistive technology or adult support for reading and writing) to ensure that they are not disadvantaged.

Schools follow clear guidance on which adjustments can be made, and these must reflect how your child usually learns in class, so it's best to discuss them with your child's teacher or SENCo well in advance.

A formal diagnosis is not required to receive extra time or other concessions in exams; however, a dyslexia assessment report can provide clear evidence of need, along with practical recommendations for reasonable adjustments and access arrangements tailored to your child.

Further details about assessment and reporting arrangements is available through the British Dyslexia Association:

<https://www.bdadyslexia.org.uk/advice/educators/what-do-i-need-to-know/exam-access-arrangements>





Disabled Students Allowance

Students with dyslexia in higher education can apply for DSA to get the support they need to thrive.

Examinations and Assessments

University students (full-time, part-time, and postgraduate students) may be eligible for Disabled Student Allowance. This entitlement also applies to dyslexic students with the Open University.

A formal diagnostic assessment confirming dyslexia is required to apply.

The DSA can help fund:

- Specialist equipment (such as a laptop or software)
- Support from a study skills tutor or proof-reader
- Allowances for books, training, and learning resources

Further details and application guidance are available at:
www.gov.uk/disabled-students-allowances-dsas

Note: Funding criteria may change, with support prioritised for more complex needs.



THE DYSPLEXIA SOUTH EAST FAMILY

WHAT WE DO AND HOW WE WORK

#TogetherForDyslexia



A **community-focused**, not-for-profit organisation providing low cost dyslexia screening, advice, and support for children, adults, and families across the South East.

- **Free Dyslexia Cafés** offering drop-in advice and peer support
- **Community workshops** to raise awareness and build understanding
- **Low-cost screenings** to identify learning needs early



**DYSLEXIA
SOUTH EAST**

**Dyslexia Assessments
in East Sussex and Kent**

A **professional, independent service** offering specialist **dyslexia assessments**, reports, and tailored guidance for learners of all ages across the South East.

- **Full diagnostic assessments** meeting current SASC and JCQ standards
- **1:1 tuition** and strategy sessions to build skills and confidence
- **Training and CPD** for schools and professionals.

Two dedicated organisations working together to make dyslexia support stronger, fairer, and closer to home.

dyslexiasoutheast.org.uk

dyslexiasoutheast.co.uk

Useful Links and Resources

National Services and Organisations for support



British Dyslexia Association



Leading UK charity promoting awareness, early identification, and better support for people with dyslexia

bdadyslexia.org.uk

Patoss Dyslexia



Professional association for specialist teachers and assessors of dyslexia

patoss-dyslexia.org

Dyslexia Action



A national organisation offering specialist teaching, assessments, and training

dyslexiaaction.org.uk

NHS (Learning Difficulties)



NHS guidance, and support on learning difficulties, including advice on diagnosis, and local services.

nhs.uk/conditions/learning-disabilities/

Made by Dyslexia



A global charity raising awareness and providing free resources and training to help every dyslexic mind thrive.

madebydyslexia.org

IPSEA



Charity helping children and young people with special educational needs and disabilities get the education they are entitled to by law

<https://www.ipsea.org.uk/>

Local and Community Links and Support

Local Services and Organisations for support



East Sussex Local Offer



A special educational needs and disabilities information hub for the public - East Sussex..

<https://localoffer.eastsussex.gov.uk/>

East Sussex Parent Carer Forum



Forum for parent carers of children and young people with SEND in East Sussex

<https://www.espcf.org.uk/>

C-Zone



The schools and education portal for East Sussex. Includes SEND and Disabilities access information

<https://czone.eastsussex.gov.uk/>

Dyslexia South East



Professional accredited assessments for Dyslexia, Dyscalculia and SpLD in English and Maths

dyslexiasoutheast.co.uk

SUPPORT SERVICES FROM DYSLEXIA SOUTH EAST CIC



Our Local
Facebook Group



Dyslexia Cafe, Training and Workshops
dyslexiasoutheast.org.uk/events



Follow us on
Facebook

DYSLEXIA CAFE

INFORMAL DROP IN DYSLEXIA SUPPORT



Scan the QR code to find out about
upcoming community events



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Details and links may change without notice.

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