

2023: THE REFLECTION

M2 SPED AWARENESS
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VOLUME 3



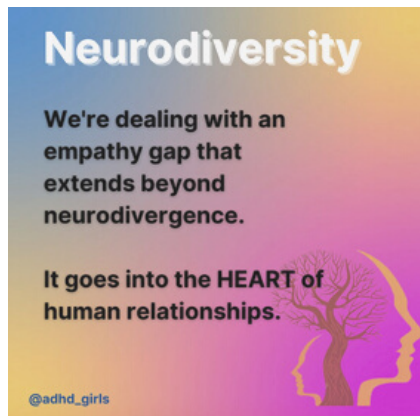
CONTENTS

Annual Newsletter Volume 3



PAGE 2

Words of Update from our Co-founder



PAGES 3-5

Spreading Awareness:
(i) Student Projects
(ii) Street Clinics
(iii) Healthcare



PAGES 6-7

What's to come in 2024!
+
Support our Cause!

WORDS OF UPDATE FROM OUR CO-FOUNDER

by Dr Mitchell O.Junior MBBS BSc (Hons)

Evolution!

Why do I choose to start this year's annual newsletter with this word one may ask? To answer that we must define what "evolution" means.

Evolution means the process of characteristics in a species changing over time from its pre-existing form.

Yes. Although the charity itself is not a species. It's a Team of Trustees, Charity Assistant, Senior Staff, Volunteers & students who have been the catalysts of growth in the charity.

How have we evolved one asks?

This year we have been able to restart the old process of face-to-face events. However, this new form comes in the format of "Street clinics".

This year we have continued to run our flagship post-16 programme remotely. But this year not only for London students but also for students in Birmingham & Leicester too!

We hope the newsletter informs more about our evolution this year & more of what is to come in the next.



NEW LOGO

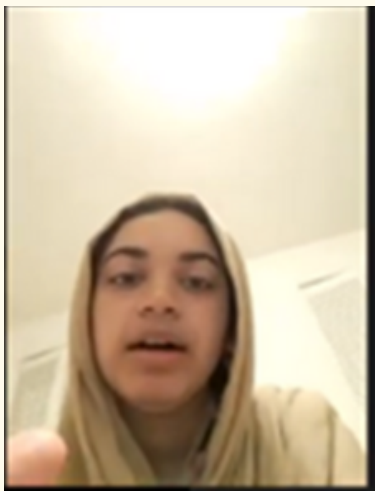
By Kevin Gargini BA AP & Malek Busaidy BA (Hons)

Our new Trustee Kevin (Lead of Fundraising & street clinics) & Charity Assistant Malek have continued our journey of evolution by designing a new logo which showcases our charity's commitment to raising awareness about Neurodiversity more explicitly!



Thank you Kevin & Malek!

Spreading Awareness: Student Projects & Presentations



Post-16 Programme 22-23: Khadija Ali (Westminster Academy)

Our Post-16 Programmes encourages our students at the end of the programme to use everything they have been taught to deliver an awareness campaign of their own.

Khadija took to the mission to not only raise awareness about Dyslexia in London but also abroad in Syria as well.

Well done Khadija!

Summer School Programme: Leona-Ann Vasco

Our Summer School students had the pleasure of speaking to our guest, Humza (Final Year Medical Student with Dyslexia & ADHD).

Students were then tasked to deliver a presentation summarising what they had learned from the experience.

Watch this year's winner describe her experience:

[Leona-Ann Vasco Summer Sch Vid](#)



REALITY OF STIGMA PIE CHART

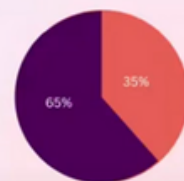
Awareness is the first step to addressing hidden stigma.

Here is an example of a chart which displays stigma in the workplace setting in the society in which we live in today

Visual representation + including ADHD and dyslexia

DISCRIMINATION FACED BY SPED COMMUNITY

Sped Community
not sped community



In a sample of 990 neurodiverse employees 65% of them feared discrimination at work

Spreading Awareness: Street Clinics



This year under the leadership of our new trustee, Kevin Gargini, we have been able to launch our first ever “Street Clinic”!

Our Street Clinics are designed to educate the public about Neurodiversity, Sign-post them to where they can find out more information and encourage support to our cause.

Our first Street Clinic took place in King’s College London and the theme being Dyslexia with the Lived Expertise provided by Tahir & Dr Mitchell.

The Role and Impact of Dyslexia Awareness Workshops in the Medical Curriculum

Mitchell Osei-Junior,^{1,2}  Mayya Vorona,^{1,2} 

Abstract

Background: To increase recognition of the number of students who study medicine with dyslexia and the support available, it is important to cultivate a culture in which peers can support fellow peers with dyslexia academically and pastorally. This study aims to understand medical students' perceptions of dyslexia and confidence with supporting fellow peers with dyslexia before and after a workshop on dyslexia. **Method:** Pre-Post Intervention Evaluation form of 36 1st year medical students before the start of a small group dyslexia awareness session and one month after using a standardized 36 True/False/Don't know questionnaire to elicit any significant change in knowledge about dyslexia. A standardized 6-item Likert Scale questionnaire was also administered in the same time frame to measure confidence in supporting peers with dyslexia. **Results:** Pre-dyslexia awareness workshop, the mean score on the knowledge and beliefs about dyslexia questionnaire was 15.22, post-intervention this improved to 24.03 ($p < 0.001$). Additionally, pre-intervention greater than 70% of participants reported feeling not confident in items in the confidence questionnaire associated with supporting dyslexia peers academically or signposting to reasonable adjustments and further support. This changed post-intervention with greater than 88% agreeing or strongly agreeing with these items. **Conclusion:** At a baseline level, medical students have less precise accuracy in knowledge and beliefs about dyslexia and are not confident in supporting dyslexia peers academically. The findings suggest that dyslexia awareness workshops in the medical curriculum have benefits in increasing knowledge about dyslexia and providing students with confidence in supporting their fellow peers with dyslexia.

Like last year, the Co-founders commit to their external aims to raise neurodiversity awareness in healthcare. This year, the co-founders research study on the effectiveness of promoting Dyslexia Awareness workshops in medicine was published. The study concluded that the workshop improved student's baseline knowledge about Dyslexia as well as their confidence in supporting their peers academically.

Autism Awareness in Primary Care



GPs are important in being the first person to report to in order to start the journey towards a diagnosis of Autism. We are grateful to collaborate with Higherland Surgery in the North Midlands to deliver a workshop to GPs on Autism Awareness in Primary Care.

What's to come in 2024!



NEW TEAM

We have recruited 3 new Fundraising & Marketing staff; Chlo, Tihim & Leah who will be joining Tahir under the leadership of Kevin to increase the support for our charity as well as help with the street clinics!

MORE STREET CLINICS

We will be running 2 more street clinics in April & October 2024 in London to continue our mission to raise awareness to the public.

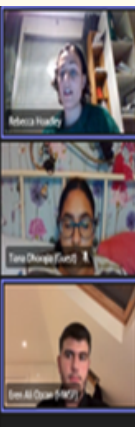
MORE PROGRAMMES

We look forward to the awareness campaigns of our current Post-16 students coming this February 2024!

We will also continue to run our Summer School in July 2024 & Post-16 Programme for students in London, Birmingham, Leicester, & with enough funding a mysterious 4th part of the UK.

DISCUSSION

■ What do you know about ADHD?



Support our Cause!



Our Work could not happen without the ongoing support of your kind donations!

Every Pound (£) makes a difference in being able to create and deliver our programmes & encourage other young people to speak up & break the stigma affecting the Neurodiverse community.

Make a difference to people with differences!

Please support us by scanning the QR code and donate.

Every pound helps.