



Dyslexia Support South

where hope meets learning

by Learning Differences Aotearoa Trust

Wellbeing Information for Southland 2022

Dyslexia Support South has collated information of wellbeing support available in Southland for parents, caregivers and schools to use.

Dyslexia Support South advises users of this form to exercise their own judgement when selecting a support. It is the user's responsibility to determine if the providers of the support programmes are police vetted. While the information on this form is periodically updated, responsibility for accuracy lies with the providers of the wellbeing programmes.

The information provided is for reference purposes only. Dyslexia Support South is not endorsing any of these programmes shown and have not investigated any claims made by the providers.

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Name of programme	Nailing Nutrition for Learning and Behaviour	MyDirection - becoming a better you (Stress and anxiety alleviation)	Growing Stars – A workshop for children and their parents, helping to manage the emotional impact of living with a learning difference.
Structure of programme	Online course for parents/caregivers.	Online <ul style="list-style-type: none"> Small groups of 3 – 8 people, either with or without parental involvement – whatever is best for the child or teenager. One on One 	Group of up to 10 children aged 6 – 12 years, with two trained facilitators and 2 – 3 trained helpers.
Timing of programme	A self-paced course, with six modules covering additives, macronutrition, micronutrition, gut health, toxins, and allergies and intolerances.	Three options: <ul style="list-style-type: none"> One session per week for 4 weeks (follows a specific programme) One session per week for 8 weeks (follows a specific programme) Bespoke lessons one on one (specific to each person) 	Held each school holidays. Two consecutive mornings, and one parent evening.
Resources needed	Online access. Some resources are best printed for use.	Laptop or computer with a built-in microphone for either Zoom or Skype sessions.	All resources are provided.
Location	Online	The comfort of your own home	Invercargill – Venue advised on our website.
What makes it learning difference friendly?	This course helps you to explore the impact of diet and nutrition on children’s learning (focus and concentration) and behaviour (hyperactivity, mood regulation); I specifically cover ADD, ADHD, dyslexia and autism.	Having been a successful teacher for thirty years, I am now an expert at communicating and imparting information in a friendly fashion. If you want to learn new tools that will help your life feel so much better, I can teach you in a kind and fun-loving way.	Growing Stars is run by Learning Differences Aotearoa Trust. Growing Stars uses a variety of fun and colourful activities, that are learning difficulty friendly. These activities help the children start to identify feelings and what strategies will help them.
Qualifications of facilitator	As well as thorough research during our own family’s journey, I have studied through Well College Global (formerly Cadence Health) with certificates completed in; Human Nutrition, Psychology, Behaviour Change and Wellbeing Management. Early Nutrition.	<ul style="list-style-type: none"> Fully registered teacher B.A Honours ‘Responding Proactively to a Client’s Extreme Response to Life Issues’ (Robert Pereira training) QPR New Zealand Suicide Prevention Course ACT for Thriving Adolescents (with Louise Hayes) Sydney 	The facilitators have qualifications in social work, specific learning differences and life coaching. They bring years of experience working with children and families to the role. For more information please refer to our webpage – https://www.dyslexiasupportsouth.org.nz/growing-stars/
	\$27 (with lifetime access)	<ul style="list-style-type: none"> Small groups (3 – 8 people) for 4 weeks \$175 p/p Small groups (3 – 8 people) for 8 weeks \$350 p/p One on One \$90 per session 	\$50.00 per child.

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Other	Free resources are also available online including; Five task challenges such as 'More Confident Mum' Family Nutricious Blog Additives to Avoid Wallet List Parenting Food Style Quiz	Free, twenty minute no obligation free calls - so we can have a chat, so you can see if you think I am the right person to help you. Available for one-on-one sessions as desired/required.	
Availability	N.Z Wide	NZ	Invercargill Only