
Your Ref

Please ask for: Liz Ashby

Our Ref: CSSS/LA/ED

Date: 20th September 2010

Dear Colleague

FREE TRAINING on Visual Stress for school staff
What is it? How is it identified? What can be done about it?

Research suggests that, in a mainstream setting, as many as one child or young person in five will suffer from symptoms of visual stress while reading or writing. In certain groups, such as ASD, the number is thought to be much higher.

Visual stress (and/or pattern glare), sometimes known as **Meares Irlen Syndrome**, refers to problems with visual processing which appears to relate to striped pattern. The symptoms most frequently reported are print distortion and rapid fatigue when reading, with associated sensitivity to glare and headache. The symptoms often respond to the use of coloured overlays or precision tinted glasses.

Children's Services Sensory Support would like to invite you to a session of **FREE TRAINING** on **1st November 2010** between **1.30 and 6.30 pm.** at the Professional Development Centre, Woodside Road, Norwich, NR7 9QL

The training will cover the signs and symptoms of visual stress, an update about recent research provided by Professor Arnold Wilkins of the Department of Visual Perception, University of Essex, workshops on how to test for visual stress, and guest speakers talking about the optometrist's role and how routine testing for visual stress works in a Norfolk High School.

At the end of the day you should be able to:

1. Know how to recognise signs and symptoms of visual stress in the young people you are working with.
2. Know how to reduce visual stress through simple classroom management.
3. Know how to assess for visual stress and help your students select an overlay.

If you are able to attend the session we would be grateful if you would complete and return the form below. Please ring Liz Ashby on 01603 704040 if you have any questions about the day.

Meares Irlen Syndrome – Visual Stress Training

**Professional Development Centre, Woodside Road,
Norwich, NR7 9QL**

1st November 2010 at 1:30 p.m.

Programme

13:00	Arrival and coffee
13:30	1.30 What are the symptoms of visual stress? What can be done about it? – Liz Ashby
14:15	The benefits of doing visual stress assessment in your school – Mrs Edwards, SEN Dept. Aylsham High School
15:00	Beverages
15:30	Research updates – visual stress indicators in your classroom – Professor Arnold Wilkins University of Essex
16:30	The role of the optometrist – Mel Chilvers Optometrist, Coe, Costa and Moore
17:00	Teaching you how to assess for visual stress – Liz Ashby
18:00	Questions and close



Norfolk County Council
at your service

Children's Services
School Performance, Organisation and Inclusion
Sensory Support Centre
Woodside Road
Norwich
NR7 9QL
Tel: 01603 704040 Fax: 01603 704047
Minicom: 01603 704044
E-mail: sensorysupport@norfolk.gov.uk
www.norfolk.gov.uk/sensory

I would like to attend the Meares Irlen Syndrome – Visual Stress training session on
Monday **1st November 2010**

Name(s):

School:

Contact Telephone Number: