

# DURING LOCKDOWN



## Tourettes Syndrome (TS)

### What you should know

Tourette Syndrome is a neurological condition characterised by involuntary movements and sounds, known as tics. It affects around 1 in every 100 school children. Alongside tics you will often find ADHD, OCD, learning disabilities and many other conditions. TS is a lifelong condition.

## What we do at T.I.C.

### Support and Awareness,

**We offer** support, and advice at our drop in, online and over the phone. **Deliver** awareness talks to schools and health/children's services. **Work** together to help encourage acceptance and social interactions. **Organise** monthly support groups and additional activities.

## Covid-19 support

### Together through the tough times!

Life can be hard enough when living with TS but then having to deal with a pandemic and all that it entails, TIC wanted to be here to support you in the safest way possible. We felt that by addressing the small things, we would make the biggest difference.



Care package 1<sup>st</sup> delivery day

## MISSION 1 - CARE PACKAGES

### First stop Hull

Thanks to lottery funding we were able to provide care packages to help deal with the basics, we included positivity journals so that the children could become aware of the positive things happening around them, we also included self-help books on anxiety, OCD and understanding anger. There were fidget toys and crafts to entertain, face masks hand-made by one of our trustees and hand sanitiser donated from project Soweto. After Hull we provided to members outside of the City, altogether 50 were distributed.

### Mission 2 - larger items

26 weighted blankets were purchased to help aid better sleep and reduce anxiety. 15 moodbeam bands went out to members hoping to be able to monitor low moods and learn to understand their own emotions better. Finally, 7 sets of LED lights were purchased for those who felt lighting would make a big difference at night-time. Altogether 48 larger items were distributed, in total we supported 64 individual people during the lockdown,

If you would like more information on the moodbeam band you can visit their website here:

<https://www.moodbeam.co.uk/>



It feels like a hug and I don't want to be apart from it.

### A BIG THANK YOU

#### TO THOSE MEMBERS WHO GO THE EXTRA MILE XX

We have been unable to hold our meetings each month which means that funds have decreased. The support with online raffles has been outstanding, so thank you.

A massive thank you goes out to Gary Jackson who spent 12 hours on his bike and raised an outstanding £1770 and even more importantly, spread awareness.

### You can find us on

Facebook - TIC (Hull) Tourettes Syndrome

Webpage - [www.tic-yorkshire.co.uk](http://www.tic-yorkshire.co.uk)

Twitter - @TICYorkshire

Instagram - @tichullyorkshire

Find us at Ings Resource Centre, Savoy Road, HU8 0TX

*Helping to create a future of acceptance and understanding for those living with Tourette Syndrome.*

# An interview with Bea Wood, winner of Miss transgender UK 2017/2018



Celebrating Tourettes Syndrome Awareness Month 15<sup>th</sup> May-15<sup>th</sup> June 2020 and PRIDE month, we have asked the lovely Bea Wood, the winner of Miss Transgender UK 2017/2018, to share her story with us. In an article for Sky news Bea talks about how she came out as transgender in 2013 after a long struggle. After winning the Miss Transgender UK pageant and Transgender Top Model 2017-2018, Bea explained how finally embracing her true self and blossoming as the female she is, was the most amazing life changing thing she has ever done. Although Bea has overcome these challenges in life, she still faces others when it comes to a Tourettes Syndrome diagnosis.

For the full interview please go to <https://tic-yorkshire.co.uk/>