

# There's something in the air



## 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.

## The lockdown roadmap

### Support group

Things are starting to look more hopeful as we begin to move slowly out of lockdown. If everything goes to government plan, a sense of normality will soon be upon us. Everything crossed we hope to reopen our doors at TIC at the end of May, watch this space for further details.



## Getting creative

**Mark is 46** and has lived with Tourettes all his life. 3 months ago he was sent a video about building a guitar and decided to give it a try. He found he was really good at it! It eased his rages, and he claims that with every stroke of the rasp, all the negativity in his life falls to the floor. Mark is taking part in an international competition and hopes to use the platform to promote awareness. You can follow him on Youtube @Tics & guitars Twitch2.0

### Smells like heaven.

Charlie is 9 years old and has 3 brothers with Tourettes. He loves being crafty and needed something to focus on during lockdown. Charlie started making wax melts, scented sizzlers and many other heavenly smelling items. Mum set up a Facebook page for Charlie to sell his items and for every sale he donates 50% of the profit to TIC. So far Charlie has donated £60 - thank you Charlie!

You can buy Charlies items on Facebook  
@Smells like heaven



We love hearing about helpful ways you find to manage tics, behaviours and stress.

Please keep sharing!

### In the news!

SINGER BILLIES EILISH WALKS AWAY WITH 7 GRAMMY AWARDS! PROOF THAT HAVING TOURETTES DOES NOT STOP YOU SUCEEDING!

Teacher Natalie Davidson won the EFNA (European Federation of Neurological Associations) Advocacy award for action against stigma. Natalie a teacher living with Tourettes, who works tirelessly advocating for others.

Tourettes hero, Jess Thom has been nominated for Genius of the Year 2021 #geniuswithinCIC. Good luck Jess from all at TIC.

### 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.*