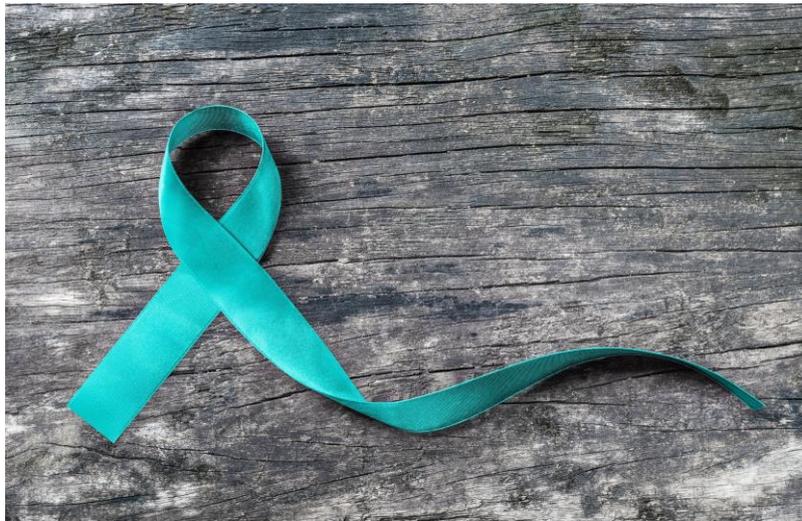


# Chaigeley School

# NEWSLETTER

Therapeutic Support for Parents & Carers

## Tourettes Awareness Month June, 2022



Tourette syndrome is a neurological condition that is more common in boys than girls and affects approximately one school-aged child in a hundred. The most recognisable symptom of Tourettes are the tics, involuntary sounds or movements that it produces. Many people with Tourette's also suffer from co-occurring conditions such as ADHD, OCD and anxiety. In the UK there are over 300,000 people living with the condition.

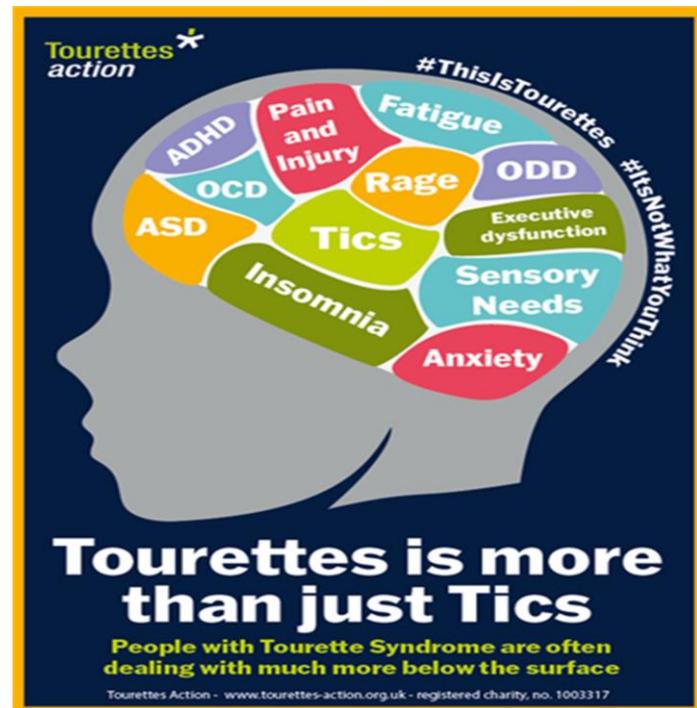
Tourettes syndrome (TS) is still one of the least known neurodiverse conditions. The media often portrays TS as the swearing condition and the true realities of what it's like to live with the condition are rarely shown. If we were to educate more, be that in schools, workplaces and general advertising, we would hopefully eradicate a lot of the misconceptions around TS.

*Children with Tourette's syndrome may also be at risk of bullying because their tics might single them out.*

Please email us any questions/feedback that you may have to help support you and your family;

[therapy@chaigeleyschool.org](mailto:therapy@chaigeleyschool.org) See our Twitter page for more info, news and activity ideas; [@TChaigeley](https://twitter.com/TChaigeley)

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Swearing is rare and only affects about 1 in 10 people with Tourette's syndrome. Tics are not usually harmful to a person's overall health, but physical tics, such as jerking of the head, can be painful. Tics can be worse on some days than others.

They may be worse during periods of: Stress, anxiety or tiredness. People with Tourette's syndrome can have mood and behavioural problems, such as ADHD, OCD or anxiety or depression.

Most people with Tourette's syndrome experience a strong urge before a tic, which has been compared to the feeling you get before needing to itch or sneeze. These feelings are known as premonitory sensations. Premonitory sensations are only relieved after the tic has been carried out.

To find out more about Tourettes Syndrome use these links: <https://www.tourettes-action.org.uk/151-tourettes-awareness-2022.html>

<https://www.nhs.uk/conditions/tourettes-syndrome/#:~:text=Tourette's%20syndrome%20is%20a%20condition,and%20sometimes%20go%20away%20comp%20letely.>