

UNDERSTANDING TOURETTE'S SYNDROME

with Tourette's Action **EDUCATION MANAGER LUCY TOGHILL**

Open to Parents / Carers living in
FLINTSHIRE • CONWY • DENBIGHSHIRE • GWYNEDD • ANGLESEY • WREXHAM

THURSDAY 15TH OCTOBER 2026
ONLINE VIA ZOOM | 10AM - 12 NOON



ABOUT LUCY TOGHILL - EDUCATION MANAGER

Lucy joined TA after dedicating 15 years to teaching in mainstream primary schools. With a son who has Tourette's, she was motivated to make a positive impact for others facing similar challenges.

As our Education Manager, she develops and oversees our CPD-accredited educational training programme. Lucy provides support to those navigating difficulties within the education system and will consult with schools and education professionals to enhance their understanding of Tourette syndrome.

WHAT THE SESSION COVERS

Understanding Tics: What are tics? When do they typically start? What can they look like?	Influencing Factors: What can increase or decrease tics and identifying potential triggers
The Experience of Tics: What it feels like to have tics, from the perspective of those who experience them	The Importance of Education: Educating the child's circle of support (family, friends, school staff) to foster understanding and inclusion
Tic Disorders: Overview of different tic disorders and how they differ from each other	Therapies and Treatment Options: Overview of available therapies, interventions, and management strategies
Co-occurring Conditions: Commonly associated conditions such as ADHD, OCD, and anxiety	Future Outlook: What to expect as your child grows and develops, and how to prepare for the future
The Diagnosis Process: What to expect and how to prepare for medical appointments	Available Resources: Where to seek help and support and how our charity can assist you during this journey
Support Strategies: Practical tips for managing tics at school and how to create a supportive home environment	Q&A Session: An opportunity to ask questions and gain tailored advice

WE'D LOVE TO SEE YOU!

An informative and supportive session
for parents and carers.

FOR MORE INFORMATION, PLEASE CONTACT:

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Phone: 07570583842
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DEALL SYNDROM TOURETTE

gyda Lucy Toghill, Rheolwr
Addysg Gweithredu Tourette



Ar gael i rieni a gofalmwyr sy'n byw yn
Sir y Fflint • Conwy • Sir Ddinbych •
Gwynedd • Ynys Môn • Wrecsam



DYDD IAU 15 HYDREF 2026

Ar-lein trwy Zoom | 10 y.b. – 12 hanner dydd



YNGLYN Â LUCY TOGHILL – RHEOLWR ADDYSG

Ymunodd Lucy â GT ar ôl treulio 15 mlynedd yn dysgu mewn ysgolion cynradd prif ffrwd. Gan fod ganddi fab sydd â syndrom Tourette, cafodd ei hysgogi i wneud gwahaniaeth cadarnhaol i eraill sy'n wynebu heriau tebyg.

Yn rhinwedd ei rôl fel ein Rheolwr Addysg, mae hi'n datblygu ac yn goruchwyllo ein rhaglen hyfforddiant addysgol sydd wedi'i hachredu ar gyfer Datblygiad Proffesiynol Parhaus. Mae Lucy yn cynnig cymorth i'r rhai sy'n wynebu anawsterau o fewn y system addysg, a bydd yn ymgynghori ag ysgolion a gweithwyr proffesiynol ym maes addysg i wella eu dealltwriaeth o syndrom Tourette.



BETH MAE'R SESIWN YN EI GYNNWYS

- ✓ **Deall Gwingiadau:** Beth yw gwingiad? Pryd maen nhw'n dechrau fel arfer? Sut y gall gwingiadau edrych?
- ✓ **Profiad Gwingiadau:** Sut mae'n teimlo i gael gwingiad, o safbwynt y rhai sy'n eu profi
- ✓ **Anhwyllderau Gwingiad:** Trosolwg o wahanol anhwylderau gwingiad a sut maent yn wahanol i'w gilydd
- ✓ **Cyflyrau Cyd-ddigwyddol:** Cyflyrau sy'n gysylltiedig yn aml, fel ADHD, Anhwylder Obsesiynol-Gorfodaethol a phryder
- ✓ **Y Broses Ddiagnosis:** Beth i'w ddisgwyl a sut i baratoi ar gyfer apwyntiadau meddygol
- ✓ **Strategaethau Cymorth:** Awgrymiadau ymarferol ar gyfer rheoli gwingiadau yn yr ysgol a sut i greu amgylchedd cartref cefnogol
- ✓ **Ffactorau Dylanwadol:** Beth all gynyddu neu leihau gwingiadau, ac adnabod sbardunau posibl
- ✓ **Pwysigrwydd Addysg:** Addysgu cylch cymorth y plentyn (teulu, cyfeillion, staff yr ysgol) i feithrin dealltwriaeth a chynhwysiant
- ✓ **Therapiau ac Opsiynau Triniaeth:** Trosolwg o therapïau, ymyriadau a strategaethau rheoli sydd ar gael
- ✓ **Rhagolygon ar gyfer y Dyfodol:** Beth i'w ddisgwyl wrth i'ch plentyn dyfu a datblygu, a sut i baratoi ar gyfer y dyfodol
- ✓ **Adnoddau sydd ar gael:** Ble i geisio cymorth a chefnogaeth, a sut y gall ein helusen eich cynorthwyo yn ystod y daith hon
- ✓ **Sesiwn Holi ac Ateb:** Cyfle i ofyn cwestiynau a chael cyngor wedi'i deilwra



BYDDDEM WRTH EIN BODD YN EICH GWELD!

Sesiwn addysgiadol a chefnogol i rieni a gofalmwyr.



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