

# Adele's Blog

NEWS FROM THE PFBA  
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## THEME PARK FUN

### *Blackpool Pleasure Beach*

Hear about my fun filled day out with my son to the Pleasure Beach



## ADHD - QB TEST

### *Exactly what is it?*

Hear our experience of the QB test and what it entails

## SCHOOL TRANSITION

### *What may help?*

We are fast approaching the return to school and I wanted to share something that has helped my son over the years



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## *Actual photo of me at the end of the 6 week holidays*

Hello everyone! I hope you have managed to survive the dreaded 6 weeks holidays. For some, the respite from school is a welcome relief and as we edge closer to September, the anxiety is beginning to creep back in again.

For others, the break from the normal routine is difficult to manage and September will be a welcome milestone to reach.

It just goes to show how different all of our children are. I hope in and amongst all the craziness you have managed to have even the smallest amount of rest and relaxation.

Well done everyone for surviving the summer holidays. It's nearly over and I for one will be having a large glass of vino to celebrate! Cheers!

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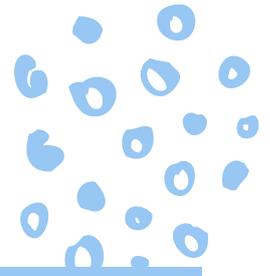
## *I put my big girl pants on to ride the horses on the Steeplechase*

We usually go to Flamingo Land during the summer holidays as it's familiar to us and we know the rides inside out but this year my son decided he wanted to give Blackpool Pleasure Beach a try. I was a bit dubious but decided to give it a try as I'd not been there for years myself. We did the planning. We downloaded and printed the park map. We looked at videos of the rides on YouTube.

If you paid for a standard ticket the carer went free so I sorted the proof of DLA to take as evidence. We were also eligible for an easy pass wrist band which meant you got straight onto the rides but then they wrote a time down on a card and you couldn't go onto the next ride until that time. So essentially there was no queueing but it wasn't unfair to others in the park either.

Do you know what? We had such a good day which can be rare. Just me and kiddo for once. It was relaxed. There was no pressure to go on big rides. If we spent all day on the Carousel then so be it. We did manage some big rides. Avalanche and The Streak were favourites but the biggest laugh was on the Steeplechase. It was a tonic and I would recommend.

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## *20 minutes is a long time for anyone to concentrate!*

I've been speaking to quite a few parents recently about ADHD assessment and the QB test in particular. Many have asked what this is and would their child get a diagnosis if they performed well in the test? I thought I would share my experience with you. My son had the QB test about a month ago. He had to put on a headband with some sensors attached to it. There is a laptop and a camera. The camera is monitoring movement from the sensor. My son was given a clicker. Before the test began he was given some practice goes to get the hang of it.

Coloured shapes appear on the screen and if the shape is identical to the previous one he would click. So if a red square was followed by another red square he was to click. If the next shape is a red square he'd click again. If the next shape was a blue square he should not click and so on.

This process goes on for 20 minutes which is a long time to concentrate. I was sat in the room with him and I had to really focus on sitting still. My son struggled to sit still and had a really bad headache afterwards. I'm still waiting for the results and before school return would be nice. Some parents were concerned that their child breezed through it and wouldn't get a diagnosis. History should be taken and school reporting too so don't worry too much if your child wasn't their usual self during the test.

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## Back to school. Blessing or nightmare?

Have you found anything that helps your child with the transition back to school after the summer holidays? I think if we had an answer to this we would all be dancing in the streets. I know it's different for everyone but for those of us whose children really struggle being in a school environment I'd like to share with each other any tips that might help.

For example, my son is 15 and attends a mainstream setting, but massively struggles with day to day in school. Our house is a lot calmer during the holidays.

He is allowed to go into school a day earlier than everyone else and he receives his timetable, meets the teachers he will be having that year and familiarises himself with the environment again. He has been allowed to have his lunch there and have a walk around the school with his SENDCo.

This has really helped my boy as he isn't going in blind on the first day of term. He can plan which classrooms he will be in, where he will be sitting and who he will be sitting with. There are no surprises. The first two lessons of the school day are form time anyway so the others are getting their timetables.

I am sure there is other good practice in other schools so please let me know what works for your family and I can share with other parents.  
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