

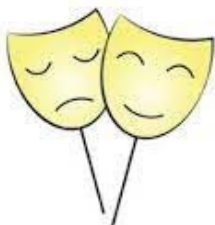
Adele's Blog



NEWS FROM THE PFBA
DECEMBER 2021

HO HO HO!

It's that time of year again! How is the year nearly over? Merry Christmas and Happy New Year



Social Masking

MASKING AND SCHOOL BASED ANXIETY

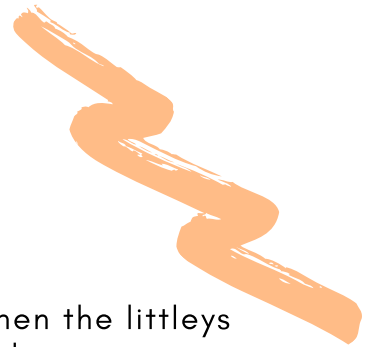
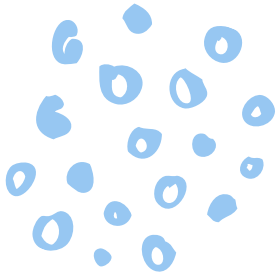
When school don't see your child's behaviours but it starts when they come home and the trauma of not being able to attend school due to anxiety is devastating

LISTENING EVENTS

You had your voices heard at our events. Thank you and well done!



Adele's Blog



I genuinely cannot believe that another year has passed by and we are nearly entering 2022

Well another year nearly over and it's been a funny old one. Again. The c word (no, not that c word! I meant Covid!) has once again dominated the headlines. We have had a few months of being able to mainly go about business as usual but on the run up to Christmas I hope the festive period is normal for you guys. Whatever normal is to you. For us it's presents as and when. Pigs in blankets and waffles for Christmas dinner for those that want that and a turkey dinner for the rest.

Plenty of me time when the littleys need it and absolutely no pressure or expectations. It works for us. Oh yeah and my cat Brie loves Christmas too. Above is a photo of her sat in the tree! Can you spot her?

Will schools open in January? Will the booster programme be successful? Who knows but I just hope that you all stay safe, healthy and look after each other. We all need a break and I hope you get some peace over the festive period.

A final note, just how blooming hard is it to buy Christmas presents? When I asked my children what they wanted, they both shrugged their shoulders. My mum says every year "oh don't bother with me" but I could see the anger in her face if one year I just 'didn't bother' It's tempting lol!

Adele's Blog



Ever heard of the coke can effect? You're told your child is 'fine' in school once they are there but when they get home, it's like a volcano erupting!

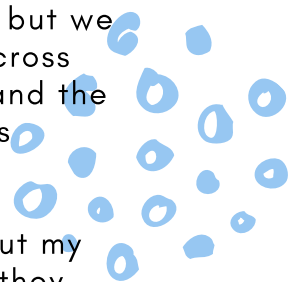
The PFBA has been doing a lot of work recently about masking in school and school based anxiety resulting in none attendance. I have written a report with some recommendations and this is being considered currently by the powers that be. I just wanted to say a big thank you to all the parents that contributed and talked to me about the struggles that your children have in school. I am going through this myself and know how utterly exhausting and distressing it is for parents and how damaging it can be to our little people being forced into an environment that is scary and doesn't work for them without some adjustments and understanding actually.

Can you imagine having to go to work but being terrified of your boss and none of your colleagues want to talk to you. The work is hard so you ask your boss and they get annoyed because you should be able to understand. Your office and desk is so loud and bright and the clock ticks loud.

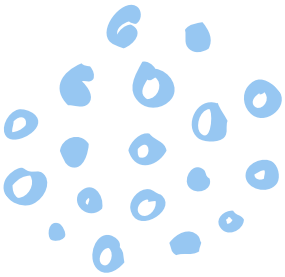
You don't want to go to work tomorrow. You feel panicky and have stomach ache all night. You get the picture. I know I'm preaching to the converted but we need to get the message across that forcing this is NOT ok and the way the system works now is damaging to our children.

Once I have an update about my recommendations and how they are going to be implemented I will share with you all.

If you'd like to share any stories about how your child masks, struggles with attending or good news stories about how school has exceeded with support please email adele@pfba.org.uk



Adele's Blog



*Thank you for joining us and having your voice heard. We are **LOUD AND PROUD!***

I am really proud of the listening events we have held this year and so, so in awe of all the parents and carers who have come along and shared their stories and struggles. You are all so brave and such strong people. We don't always feel like it but us parents are blooming amazing if I do say so myself. The adversity we go through while trying to help and support our children and young people whilst trying to maintain a job or just everything else that life throws at you in general is more than one person should have to deal with it but we do because what other option is there?

The listening events so far have been

- Education
- Health and Social Care
- Children's Mental Health Services

Thank you to the professionals that have attended too. We all want the same thing. To create a better, more understanding environment, better access to services, more opportunities to thrive, a better education system and most of all a better outcome in life for them. I am grateful that they have listened to our stories and showing willingness to adapt.

There will be another listening event and this is on 20th January 2022 and focussing on

- Neurodiversity

Please watch out on our social media for booking information and come along and have your say.

