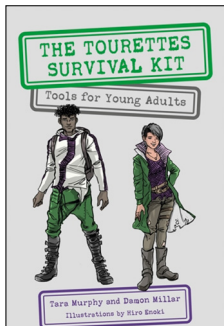




## Toolkit for tics



**The Tourettes Survival Kit: Tools for Young Adults with Tics**  
Tara Murphy and Damon Miller  
(Illustrated by Hiro Enoki)  
Jessica Kingsley Publishers, 2019  
pp 208, £12.99  
ISBN 9781785923593

Tourette's syndrome is characterised by tics—"sudden, rapid, recurrent, non-rhythmic movements and noises"—which can fluctuate in severity and frequency, and might make an adolescent with the condition feel uncomfortable in social environments. In *The Tourettes Survival Kit*, Tara Murphy and Damon Miller offer "tools for young adults with tics". Murphy and Miller have produced a question-and-answer, advice column-style guide to address day-to-day challenges faced by young people with Tourette's syndrome who tic.

The first two-thirds of the book is dedicated to situations; it comprises advice from therapists and adults who were diagnosed with Tourette's syndrome as children or teenagers. Each set of responses is divided along a timeline leading up to (ie, a month, a week, and a day before, or on the day of) the event of concern (eg, the first day in a new environment). The final third of the book provides the toolkit: a detailed explanation of what tics are, living with tics, and treating tics. Included within this toolkit is a resource to be shared with people in the adolescent's life: it offers a brief explanation of tics and action points for a parent, family member, friend, partner, teacher, or boss.

The writing style and language choices suggest the target audience is adolescents with a recent diagnosis of Tourette's syndrome who are in their late teens—for whom situational and social issues might be of most concern. The book acknowledges that it is designed as a toolbox of strategies for use when needed, rather than one that needs to be read cover to cover. The book's message can be distilled down to one of use for any teenager: there is no single method to deal with a problem, but there is one that is best for you.

There exists numerous books for patients with Tourette's syndrome, their parents, and health-care professionals working in this field, but accessible, practical guides for young adults appear to be scarce. The authors consulted a group of young people from the Great Ormond Street Hospital Tourette Syndrome Clinic (London, UK), who suggested a non-traditional approach to information delivery. As a result, Murphy and Miller have produced an accessible, patient-centred book—helping to fill this gap in the literature and meeting the needs of young adults with Tourette's syndrome.

Ashley Cooper



## Exhibition

### Humanity towards others



Stanley/Karen Martin

The opening night of *Let Hope Grow*, an exhibition and collaborative project to raise awareness of early childhood disability, was held on March 26 at The London School of Hygiene and Tropical Medicine (LSHTM; London, UK). Taking place at the university's Pump Handle Bar, a wide range of works were chosen to explore family experiences of disability both in Uganda and in the UK.

The night marked the launch of three programmes supporting childhood disability, including Getting to Know Cerebral Palsy, Juntos, and ABAaNA early intervention. These programmes come under the umbrella of Ubuntu, a non-profit research and educational base at LSHTM. The Zulu concept of Ubuntu translates to "I am because we are" or "humanity towards others"—capturing the spirit of the exhibition and of these programmes.

On display were paintings by Ugandan artist Ronald Mugabe, photographs of the families involved in the ABAaNA programme, as well as drawings by the family members. Many of the pieces were originally exhibited at the Mulago Hospital in Uganda, before being moved to the UK.

The artwork gave a glimpse of the daily lives of these families, and how they cope with living with disability. Two paintings by Mugabe were particularly striking. The first conveyed the hardship and difficulties of living

with disability, depicting figures of isolated children, separate from society, and the sadness and suffering of their family members. By contrast, the larger piece, entitled *Let Hope Grow*, embodied the more hopeful and encouraging aspects. It portrayed families working together and children playing football, set against a backdrop of warm, luminescent tones. As the title suggests, there is hope for families caring for young children with disability through early intervention and inclusion.

Also on display were delicate line drawings by London-based artist Joanna Lawn, collected from resource materials used within the ABAaNA programme. These detailed illustrations were a visual aid for supporting children with disability—from depicting correct positioning and carrying, ways of moving and communicating, to the promotion of play and stimulation.

Through a series of engaging pieces and thoughtful curation (by Cally Tann and Samantha Sadoo at LSHTM), *Let Hope Grow* importantly addresses and promotes advocacy around early childhood disability. Visitors leave with a greater understanding of the programme, and hope for the lives of the individuals within it.

Paroma Guha