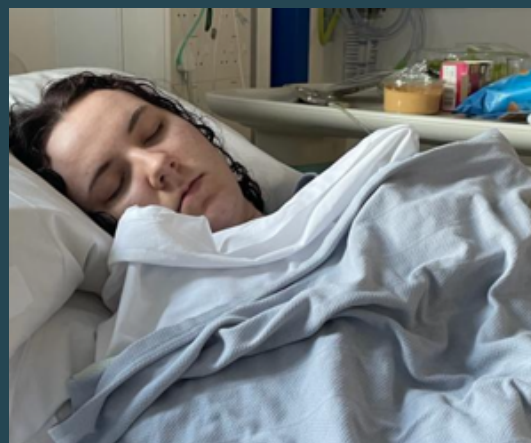


- **PANS (Paediatric Acute-onset Neuropsychiatric Syndrome)**
- **PANDAS (Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections)**

PANS and PANDAS are medical conditions that often appear very suddenly and affect the physical and mental health of children and young people.

The conditions develop in the wake of common infections (such as Covid-19, chicken pox, influenza, or strep A in PANDAS cases), when the infection subsequently causes a misdirected immune and/or neuroinflammatory response.

PANS and PANDAS can severely disrupt a child's or young person's education due to their sudden onset and broad impact. Their abrupt presentation contrasts with more gradual conditions, or neurodivergence, and often lead to the development of SEND with no evidence of prior needs.



Real life experience:

Lucy, pictured above, used to love school and enjoyed academic success, but one summer she contracted a Strep A infection and her behaviour changed unrecognisably.

Lucy became extremely anxious, felt unable to eat and was demonstrating obsessive and compulsive behaviours. She didn't know what was happening, or how to cope with the way she was feeling. She started to struggle at school, finding reading and maths particularly difficult. No-one knew how to help her.

“

I had a brilliant childhood. I was so happy all the time.

Then one night I went to sleep and woke up the following day wanting to die.

Lucy, experiencing PANDAS since 11

”

All educators and allied professionals should be alert to the fact that an illness can cause psychiatric and physical symptoms in children and young people.

Suitable for all educators and allied professionals, we offer CPD-accredited sessions on PANS and PANDAS via Teams, organised through Eventbrite.

Our training, delivered by experienced teachers with lived experience, covers:

- Understanding PANS and PANDAS
- Impact on children and young people in the classroom
- Strategies for schools to provide effective support

Training Dates

- | | |
|-----------------|--------------|
| • 8th September | • 9th March |
| • 9th October | • 13th April |
| • 24th November | • 20th May |
| • 8th December | • 8th June |
| • 12th January | • 6th July |
| • 9th February | |

All sessions are held online.

Please check our website for the latest times, dates and availability.

All PANS PANDAS UK training opportunities can be found on our website:



For larger organisations, we can also arrange sessions at a mutually convenient time. Contact **schools@panspandasuk.org** for details.

All sessions are free. We appreciate voluntary contributions to enable us to continue our work. For further health and education resources, to discover more real-life stories, and to access the training, please visit **<https://panspandasuk.org>**.

“

Amazing Training.

It will raise awareness and support improved earlier identification of potential PANS or PANDAS.

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