Odyssey PDA Support Group

Who we are...

For more detailed information please see our website
or email: support@odysseypda.co.uk

Odyssey PDA is a peer-to-peer support group for parents / caregivers of individuals (both adults and children) diagnosed with, or thought to have, the **autism profile of Pathological Demand Avoidance** (PDA). The group is co-ordinated by Hilary and provides an opportunity to meet informally, share experiences, and positively support each other. The group can't promise to solve problems but everyone who joins is willing to listen and share ideas. Professionals interested in learning more about this profile are also warmly welcomed.

The group originally started in July 2015 as the South Bucks PDA Support Group. Membership has grown to over 600 families and professionals but over a much wider area than South Bucks, so in September 2025 the name changed to Odyssey PDA to better reflect the wider membership area, and highlight support shared throughout a PDA journey.

Members generally live within **Buckinghamshire, Berkshire and Oxfordshire** but we also have several families from other neighbouring counties and beyond!

As well as **'drop-in' coffee mornings**, we organise **family events and in-person or on-line evening sessions**. Local speakers are invited to attend some meetings and training seminars are organised when needed to help families and professionals learn more about this profile of autism. There is also a **weekly member newsletter** that shares information, blogs, tips, links and details about local and national activities.

As well as week-day meetings in High Wycombe, South Bucks, Milton Keynes and Oxford there are also specific opportunities for carers who support a PDA adult to meet and share experiences together either on a Saturday or on-line. A Home Learning Hub is also available to families supporting children at home who would like to connect together.

To join the **mailing list** please use our contact form: https://www.odysseypda.co.uk/contact-us/.
We look forward to welcoming you!

Please note that although Hilary is a serving Trustee of the PDA Society this group is not directly connected to the charity itself as they do not run their own support groups and only signpost to groups supporting PDA families. This is a peer-to-peer support network although information and resources about PDA are always shared from the PDA Society.

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