



**SENSORY**



**HEARING**



**SEEING**



**PHYSICAL**

# SENSORY GUIDE

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## QUIET AREAS

The quiet areas are the large landing area on the first floor near gym entrance and the pool viewing area.

## DISTRACTIONS

Small swim shop near reception. Vending machines near reception area. Cafe located at the main entrance. Please see Triggers & Distractions sheet for more information.

## SOUNDS

Music from a radio station is played from ceiling speakers in the foyer and changing rooms.

## BUSY AREAS

The cafe near the main entrance can get busy and loud during peak times. The skate park can get noisy with shouting, laughing, skate equipment, large room echoes and the radio playing.

## ESSENTIAL SUPPORT

One personal assistant/carer can be admitted free when supporting an individual with a disability. However they will need to show their Lifestyle membership card (£1.60). Forms are available at all leisure centres.