

What we can do to help you feel welcome at our sessions....



- Communicate with you in whatever way you choose
- Send you information in easy read or large print
- Send you reminders about sessions if you want
- Send you photos or videos of where the session is
- Come and meet you somewhere you feel comfortable first. So you can ask questions and we can make plans together to help you settle in. Or we could have a phone or video chat if you prefer
- Plan a 'buddy' system and introduce you to someone first that will sit with you and help you settle in
- Plan a topic of conversation for everyone, like favourite music or food. This can be something you are really interested in to help you chat to people
- Plan how we can help you with any sensory issues or triggers you might have
- Plan a quiet space you can go to if you need
- You are always welcome to stim, pace, dance, wear headphones, colour in, bring someone with you - whatever makes you feel comfortable