

Environmental Checklist

(a quick sensory audit)

Sensory system	What you might find...
VISUAL	<ul style="list-style-type: none">• Lots of flashing lights & different coloured lights• Busy areas (with people, animals & stalls)• You may see people dressed up in costumes• People with face paint• Lots of bright colours (flags, banners, clothing)• Stalls/pop-up tents/gazebos• Stages and areas we can't access• Fairground Rides
NOISE & SOUNDS	<ul style="list-style-type: none">• Noise emitting equipment (TVs, projectors, speakers, rides etc).• Lots of talking/people sounds• Music• Sirens• Animal noises (dogs barking)• Fire alarms• Whistles
SMELLS	<ul style="list-style-type: none">• Food & drink• People wearing strong perfumes or deodorants
TOUCH & FEEL	People 'pushing' /crowding & queuing
GENERAL	It is likely that events will be highly stimulating in all sensory domains

What can we do?

- Wear a cap
- Wear sunglasses
- Bring ear defenders
- Bring fidget toys
- Bring your sensory bags
- Distraction activities & bags
- Think about timings when visiting events
- Familiarise yourselves with quiet areas within the town if needed
- Make use of special interests
- Make use of the allocated areas providing a quiet space.

Here's where they can be found:

'The Sensory Sanctuary'

- **Bargoed:** Bargoed Library
- **Blackwood:** Blackwood Town Council Offices, Gravel Lane
- **Caerphilly:** Caerphilly Library
- **Risca:** Risca Library
- **Ystrad Mynach:** Siloh Christian Centre