

## **SEN Sessions in The Community**

There are an increased amount of leisure services that now offer low arousal SEN sessions for a discounted price, as well as free carer access. We would like to share some of these sessions to support with our students accessing the community.

Click on the pictures below to be taken to relevant website.

































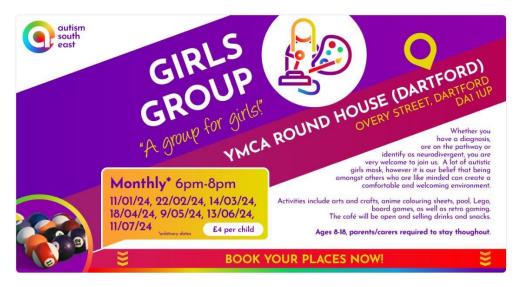




## https://www.autismsoutheast.co.uk/events















There are dedicated areas on Council websites to inform the community about SEN sessions and days out. Please click on your local council to find out more.





Serving You

Many supermarkets are also offering low arousal times to enable their stores to be more inclusive. During these times, the stores have announced a number of adjustments, including no instore announcements, no music being played, till scan sounds lowered and extra assistance upon request.

The current quieter times can be found below:

Aldi: Tuesdays 6.30pm – 8.30pm

Asda: Mondays – Thursdays, 2pm – 3pm

Tuesdays, 10am until 11am

Lidl: Tuesday, 6pm – 8pm

Morrisons: Saturdays, 9am - 10am

Tesco: Wednesdays and Saturdays, 9am – 10am

Facilities may change their SEN times/prices. Parents/carers will need to check the suitability of each venue and activity for their child.