

Using the gym at Tudor Grange Leisure Centre

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Guidelines

Thank you for choosing to use a Social Story. Social Stories are a social learning tool that supports the safe and meaningful exchange of information between parents, professionals, and people with autism of all ages. The social story is also suited for a person who may live with a language disorder, social communication difficulties and/or a cognitive delay disability.

For your Social Story to be successful, we recommend you follow these guidelines.

- Read the Social Story often and preferably 2 weeks in advance of the visit.
- The story should be read and shared in an environment free of distractions.
- Be calm, comfortable and honest when reading a Social Story.
- Follow the wording on the page when your visit takes place
- Help the participant comprehend key points and consistently monitor for level of understanding.
- Once the visit has taken place, revisit the Social Story to celebrate success.



I am going to visit Tudor Grange Leisure Centre to try the gym



When I arrive, I talk to the staff behind the desk to let them know you are here to use the gym.



I will pay to use the gym; staff will tell me how much I need to pay.



When I walk around the leisure centre there is signage telling me where the gym is



Before my activity I can use the changing room to get changed if I want to. I can use the changing area to get dressed for my activity.

There is also a toilet in the change area that I can use.



The gym is upstairs, if I need to use the lift I can ask reception staff.

When I enter the gym, I notice that it is big and there is lots of different equipment to use.

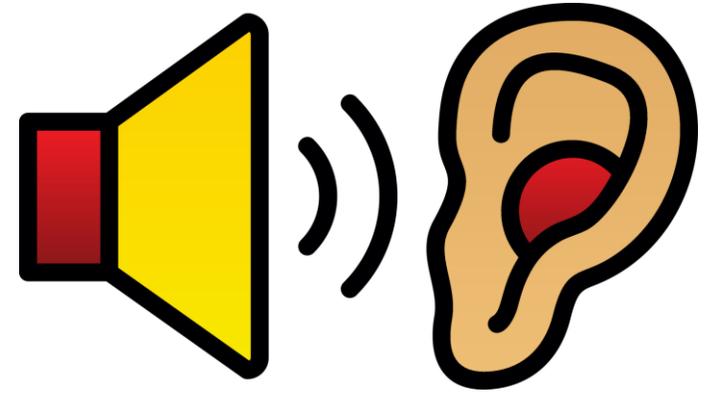
There are members of staff in the gym to help if I am not sure how any of the equipment works.



**Other people might be using the gym so I must be careful not to bump into anyone.
Help keep everybody safe.**

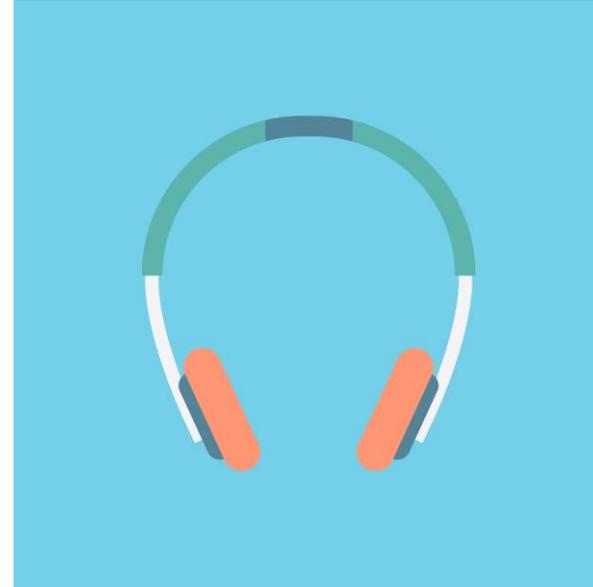
There might be signs in the gym to tell me if any equipment is out of order.

My trusted person can read the signs to me if I need help.



There may be lots of sounds in the gym. I might hear other gym users using the area.

Sometimes the sounds in the gym might be too loud for me.



I can wear my ear defenders to help me with the noise. I might leave the gym and sit with my trusted person for a few minutes.



When it's time to leave the gym, I can use the changing room to get dressed into spare clothes.

I can choose to have a shower in the changing room or I can choose to put on my spare clothes and have a shower at home.



After I have finished my activity, I could go to the café where there is food and drink to buy.



Using the gym at Tudor Grange Leisure centre is fun and enjoyable!

Tudor Grange Leisure Centre Contact Information

Address: Tudor Grange Leisure Centre, Blossomfield Road, Solihull, West Midlands, B91 1NB.

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Website: www.everyoneactive.com/centre/tudor-grange-leisure-centre

Accessibility information: www.accessable.co.uk