

# Using the gym at Tudor Grange Leisure Centre

[solihullonthemove.co.uk](https://solihullonthemove.co.uk)



## 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.**

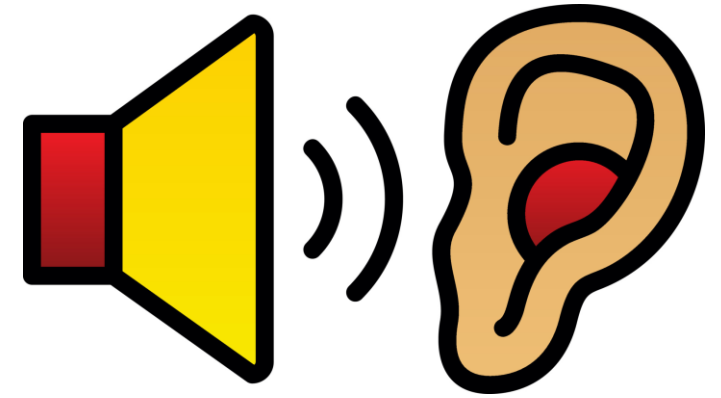




**Other people might be using the gym so I must be careful not to bump into anyone.  
Help keep everybody safe.**

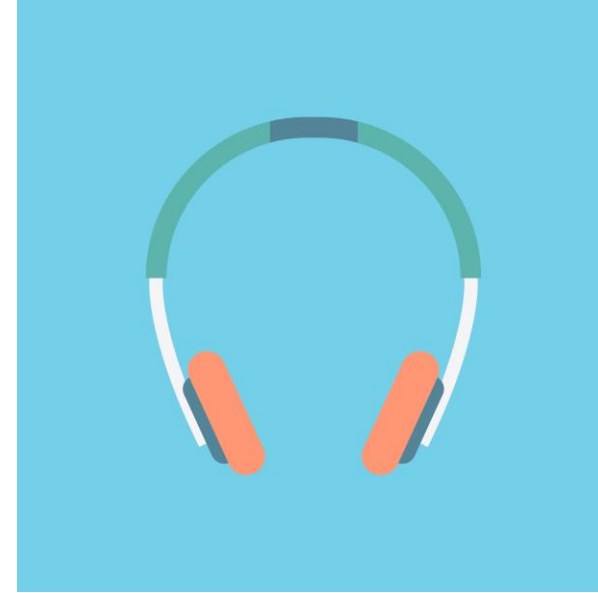
**There might be signs in the gym to tell me if any equipment is out of order.**

**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.

Telephone: 0121 705 6371

Website: [www.everyoneactive.com/centre/tudor-grange-leisure-centre](http://www.everyoneactive.com/centre/tudor-grange-leisure-centre)

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