

Going for a swim 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 Swim.

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When I arrive, I will see people at reception who work at the centre. They are called staff. I will let the staff know that I am here to go swimming.



I need to pay for swimming. The staff will let me know how much it costs



Once I have paid. Staff will let me know where the changing rooms and swimming pool is.



Before my activity I can use the changing room to get changed into my swimwear.

There is also a toilet I can use in the changing area before I swim.

I can store my personal belongings in the lockers to keep them safe while I swim.



When I get to the swimming pool, I notice that it is big and there is lots of fun I can have.

There is a hoist and chair lift if I need help getting into and out of the pool. I can ask a lifeguard to help.



Other people might be using the pool so be careful not to bump into anyone. Help keep everybody safe.

There might be signs in the pool area to tell me where I can swim.

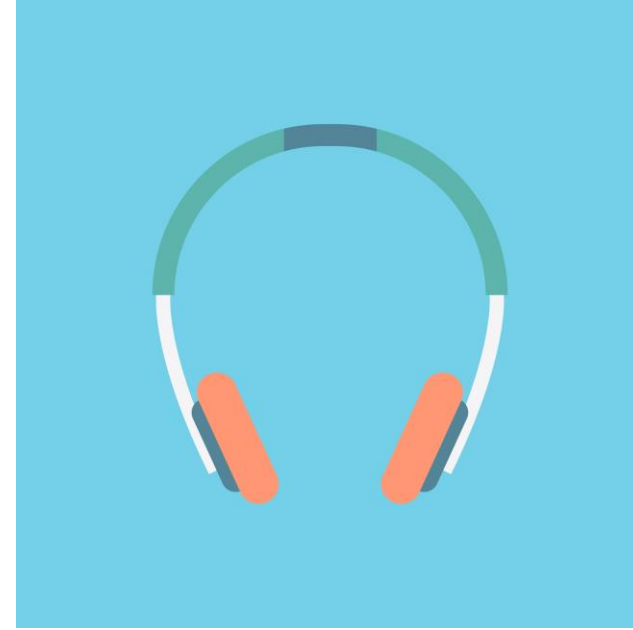
My trusted person can read the signs to me if I need help.



There may be lots of sounds at the swimming pool.

I might hear other children and adults playing.

Sometimes the sounds in the pool area might be too loud for me.



I can wear my ear defenders to help me with the noise.

I might get out of the pool and sit with my trusted person for a few minutes.

I might take some deep breaths to help me.



When it's time to leave the pool, I can use the changing room to get dry and dressed.

I can choose to have a shower in the changing room.

Or I can choose to put on my 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.



Swimming at Tudor Grange Leisure Centre is fun!

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Tudor Grange Leisure Centre Contact Information

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