

# Plan your visit to Life Leisure Houldsworth Village

# When I visit Life Leisure Houldsworth Village there are lots of things to:







TOUCH



SMELL



## Entering the car park I might





See people, cars, lorries/trucks, buses, motorbikes, bikes, workmen or people walking their dogs.



Hear cars, lorries, buses, construction, motorbikes driving around. I may also hear people and children talking, shouting or laughing. I may hear the weather like wind or rain.



Touch concrete, bricks, glass, wood, metal or water from the rain!



Smell fumes from the cars, motorbikes or lorries and sometimes a bakery!



### Outside Life Leisure I might





See people, cars, lorries, buses, motorbikes, pedal bikes, workmen.



Hear cars, lorries, buses, construction, motorbikes driving around. I may also hear people and children talking, shouting or laughing. I may hear the weather like wind or rain.



Touch concrete, bricks, glass, wood, metal or water from the rain!



Smell fumes from the cars, motorbikes or lorries and sometimes a bakery!



### Inside the entrance





See chairs, tables, vending machines, signs, lights, book shelves, reception desk and people/staff members. Staff may have different coloured tshirts depending on their role.



Hear people talking, music, fans, beeping from machines, a hoover, turnstiles, doors, young people playing football.



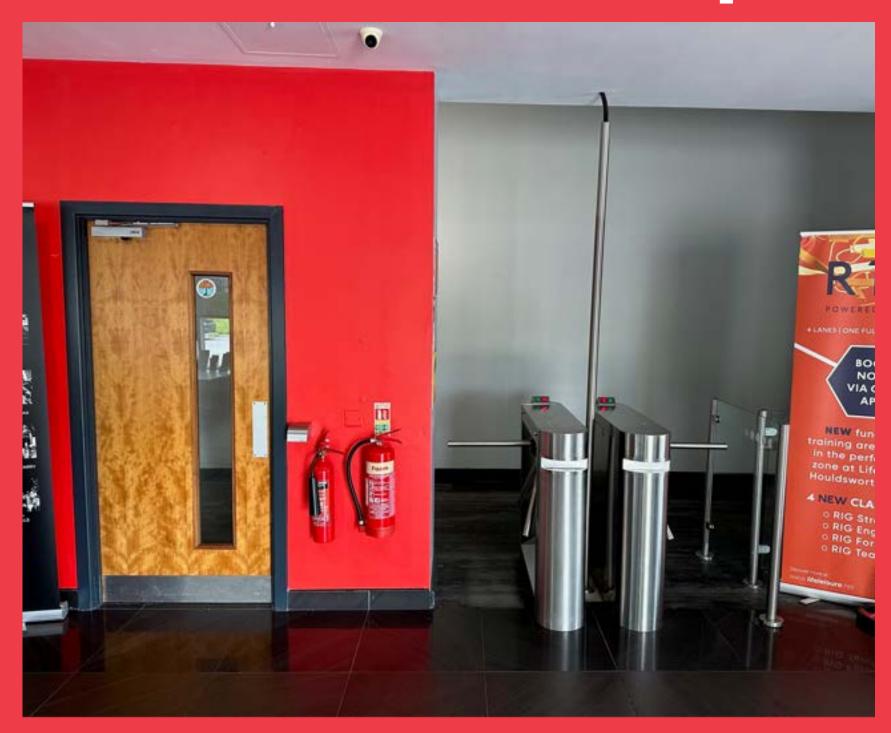
Touch concrete, glass, wood, steel, plastic and maybe other people brushing past me.



Smell coffee from the machines, cleaning supplies, and food.



### What to do at reception



- 1 may have to wait in a queue if reception is busy.
- 2. I or the person with me will pay for our activity session.
  - 3. If I need help or do not like to wait, I or the person with me can ask for help.
- 4. I will see one of the coaches who will greet me and be given a wristband for the activity session, if i dont want to wear it the person with me can.
  - 5. I will go through the turnstiles or door to my activity and the gates may beep.



# Before my activity session



1.

You will see signage directing you to the sports hall if their isnt already a staff member there to meet you.



# Inside the sports hall





# For "etiquette" and what I can do

I can use the changing rooms, and toilets. I will follow instructions from the coaches.

I can use different peices of equipment, but i may have to wait in line. I can play with any toys or mats out for my visit, I may have to share.

If the alarm sounds, I may have to leave the buidling safely.



# Accessibility



We have an accesible toilet in reception and one next to the female toilets down the corridor (please ask if you need support finding these).

# Accessibility



# What to expect during the session:













# What to expect during the session:

We will provide a range of accessible and adaptable tasks and activities throughout the session for participants to engage in on their own time.

As well as optional group games revolving around Balance,
Coordination, Agility &
Throwing that will be staggered throughout the evening.

# Summary of your steps:

1

Enter the building and either follow signage or a member of staff to the sports hall to be signed in.

2.

Familiarise yourself with the toilets and changing rooms (if needed).

3.

Enjoy your session and ask staff for any assistance required.

# HAVE FUN!

