



**Plan your  
visit to Life  
Leisure  
Houldsworth  
Village**

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



**SEE**



**HEAR**



**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.

I 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 don't 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 there isn't 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!