


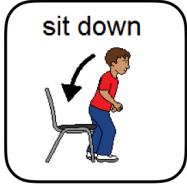






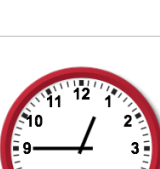



Sensory Timetable

Time	Activity	What to be aware of	
	People start to arrive about 10.30am. People are chatting and walking around, they want to say hi and get to know you.	People will speak to you and say "hi". People will be walking around. Children are here at this time too. You may want to arrive at 11am	
	Church starts with someone at the front welcoming everyone.	People will be finding their seats. There will be noises that are not controlled at this time, but it will settle down. Do you have noise defenders?	
	Worship begins – we have a worship team. There are different instruments and people are clapping. There might also be people waving banners.	This is a noisy time which goes on for about 30 minutes. Children don't have to stay in their seat: they can move around with an adult, they can join in with the singing or they can play with their favourite toy.	
	Notices – someone will come to the front and explain what is happening within the church.	There will be clapping and we also sing happy birthday.	
	Jim Jams or creche – children go to their different groups. Parents go with creche children and Jim Jams is led by our children's workers.	Jim Jams – there will be noise of other children, clapping, singing and children moving around. Creche - noise from other children, such as crying or sound from the activities.	
	Preach – there will be a different people preaching every week. People are seated in their chair and someone might sit next to you.	There is a fairly consistent noise at this time. Videos may be shown and there will be something on the screen to help you follow along with the preach.	
	Church finishes – it might finish after the preach or with another song. Parents go and collect their children.		
	Tea and coffee – this is a busy time with people carrying hot drinks and milling around and talking to each other. People are setting down and putting chairs away.	There might be loud bangs or children playing. People might come and speak to you or stand close to you. You can go in the playground with an adult or find a quiet place to eat your biscuits.	