



WE ARE AUTISM FRIENDLY



Visiting Ards Blair Mayne Wellbeing and Leisure Complex

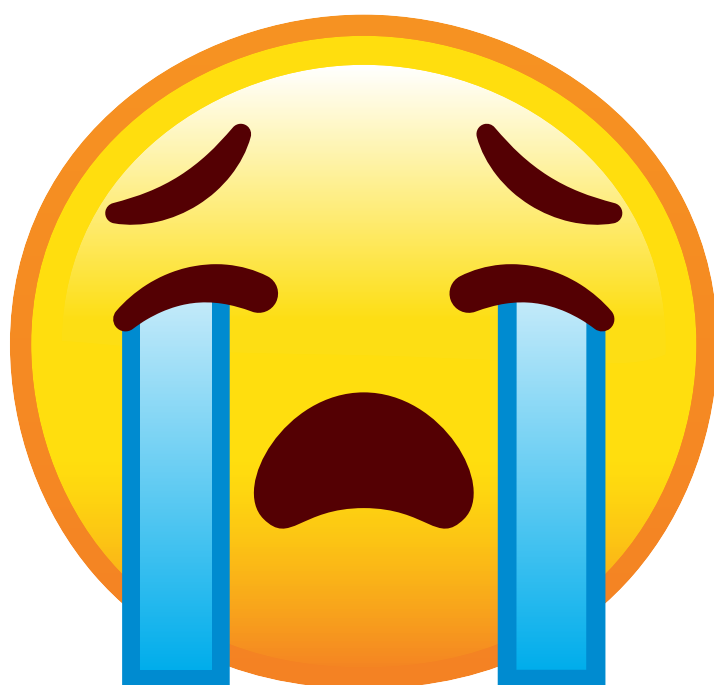
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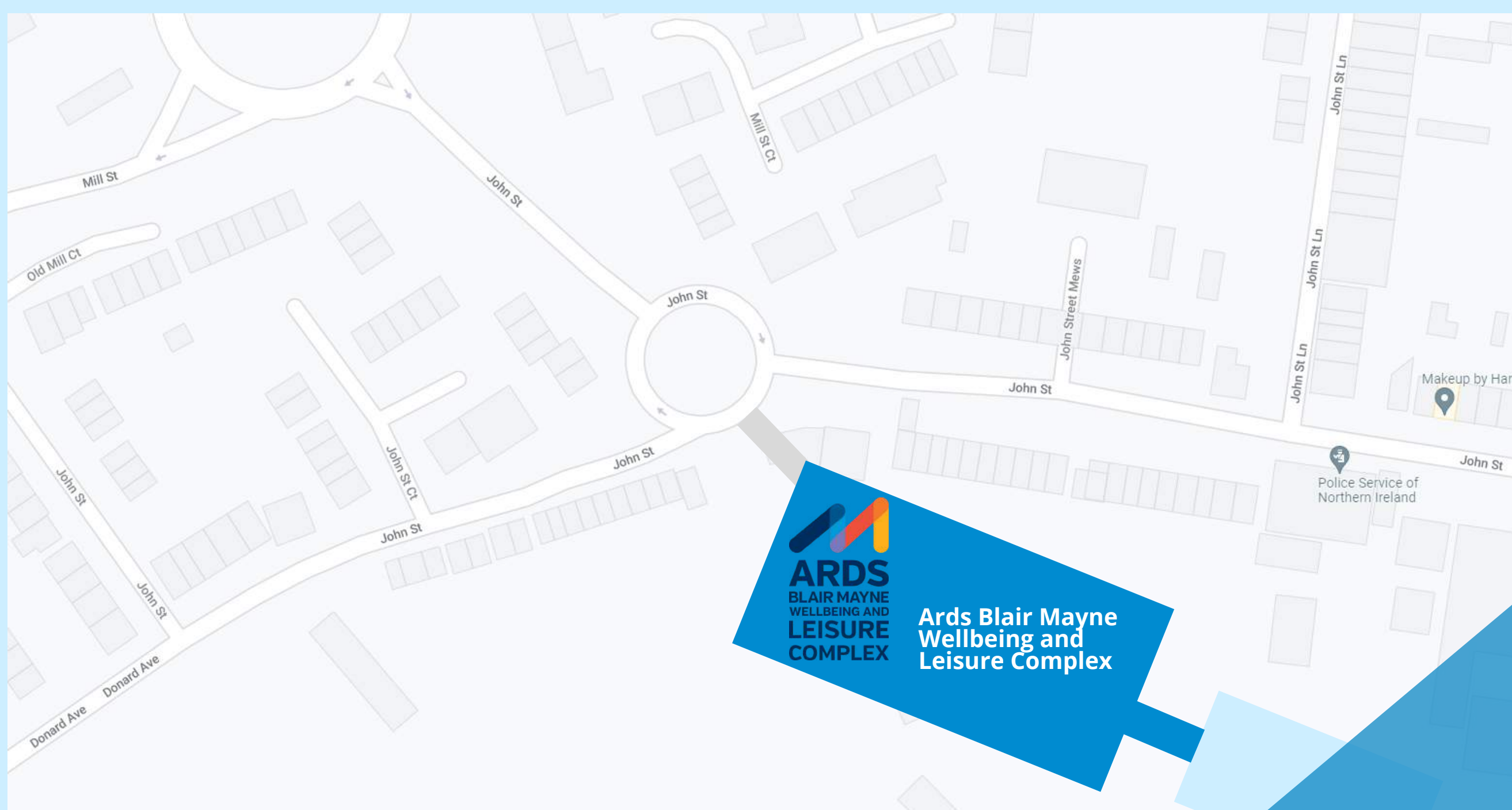
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We know everyone can feel different when visiting or trying out something new. There's lots of new sounds, smells and visuals so you may not know what to expect.

It may make you feel...



How to find Ards Blair Mayne Wellbeing and Leisure Complex



Ards Blair Mayne Wellbeing and Leisure Complex can be accessed by car, foot or bus. Newtownards Bus Station is only a 5 minute walk from the complex entrances.


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Orange Entrance (Closest to Police Station)

When you arrive at Ards Blair Mayne, there are 2 entrances into the complex. The picture on the left shows the **orange entrance** which is located closest to the main car park.

To enter, just walk up to the entrance and the automatic doors will open.



Blue Entrance (Closest to the Play Park) - *These doors close at 6pm*

The second way in is via our **blue entrance** (pictured left), located closest to the drop off point and play park.

To enter, just walk up to the entrance and the automatic doors will open.



Reception Desk

Once you enter the complex via either entrance, simply walk straight ahead and you will see our reception desk in front of you.



Are you coming for a swim, soft play or splash pool session, sports hall booking or simply just visiting?

Come to reception and speak with our friendly team who will be happy to assist you with your enquiry. Our reception team wear **blue** or **pink** clothing and can be easily spotted behind the desk.

On the **Ground Floor** you will find....

- G** Reception
- Dusty Millar Room
- Function Room
- Party Room 1
- Party Room 2
- Café
- Soft Play
- Blacklight Adventure Zone
- Dry Changing
- Sports Hall
- Dome

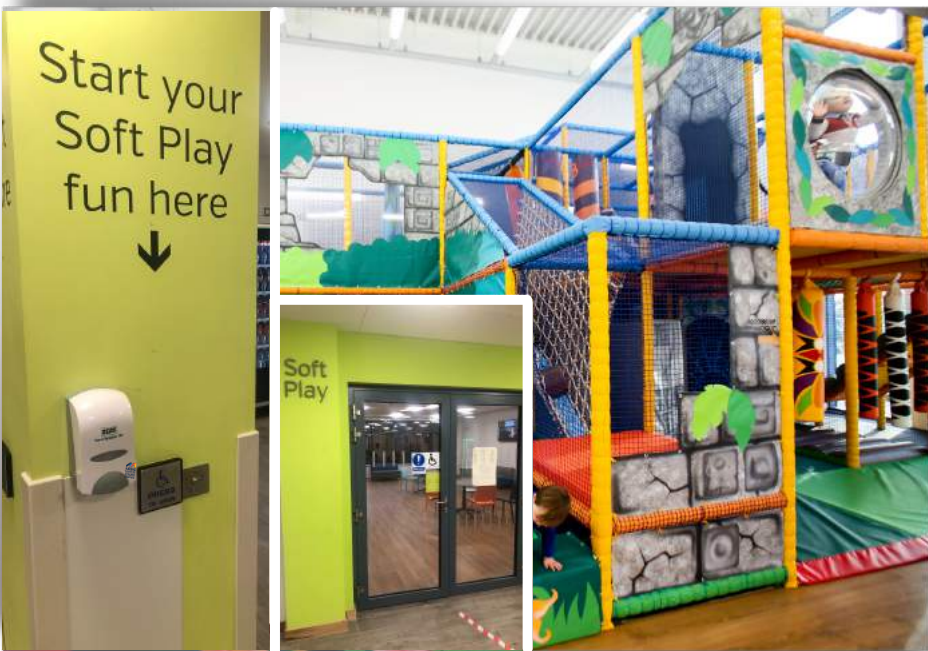


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Parklands Cafe

Our cafe can be a noisy area. You will hear lots of sounds including people chatting and cutlery etc being moved about. Kids may also be running around and there are 2 TVs in operation. *These will be switched off during our Autism Friendly times.*

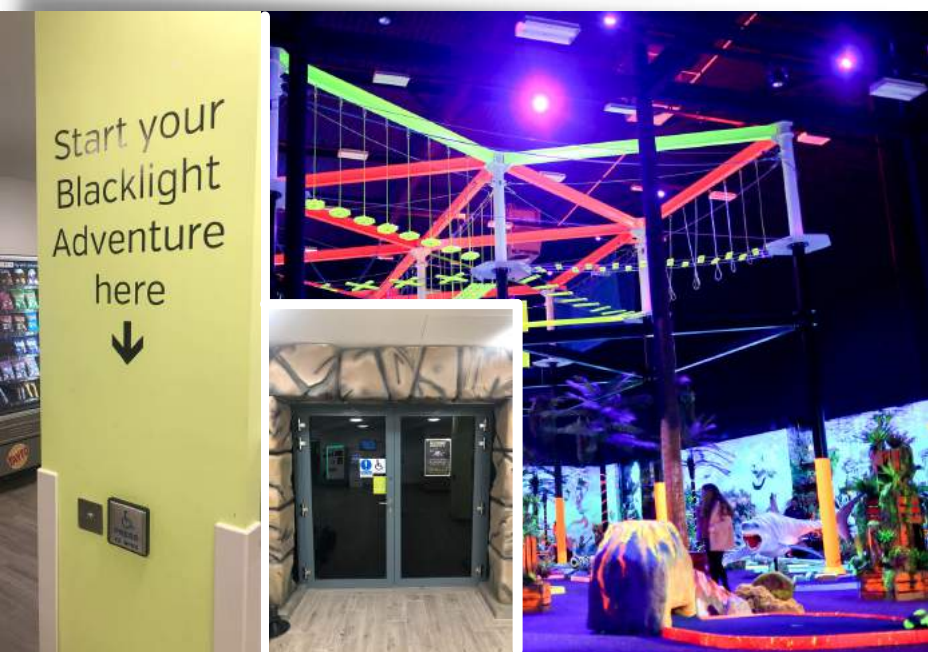


Soft Play

Soft Play can be accessed opposite reception by pressing the button on the pillar outside the door.

It can be noisy! There is a TV and kids playing.

During our Autism Friendly times, music, tannoy announcements and the TV will be switched off in this area.



Blacklight Adventure

Located beside Soft Play opposite reception, Blacklight Adventure can be accessed by pressing the button on the pillar outside the door.

This area is lit by UV lighting and can be noisy at busy times. *During our Autism Friendly times music will be switched off in this area.*



Sports Hall

Located down the corridor from reception, our Sport Hall is used for activities such as badminton, pickleball, trampolining, five-a-side football and gymnastics.

Our Sports hall can be a noisy area.



Foam Earplugs

Ear plugs are available for a small cost from our reception team to help make your visit more enjoyable.

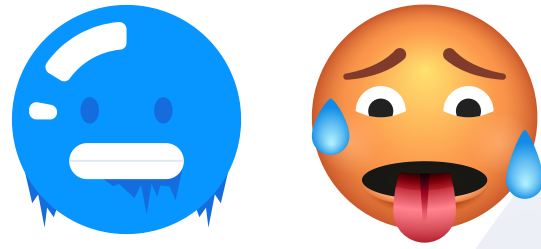


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Dome

Our dome is used mainly for tennis and football. Our dome can get quite chilly in the winter and warm in the summer months.



Party and Function Rooms

There are 2 Party Rooms and 2 Function rooms located on the ground floor.

Our Party Rooms can be noisy when a party is in progress.



Toilet Facilities

Male, Female and Accessible toilets are located on the ground floor opposite Membership Services, in the Dry Changing Area, the Soft Play area and inside the Dome.

Stickers are located on handdryers to warn of loud noises. (See details at the end of this booklet).



Dry Changing Facilities

These facilities are located beside our reception desk and are used for changing if using our sports hall, dome or gym.



Lifts

The complex has 2 lifts located beside reception. Lifts can be challenging as they are small spaces inside. Try to have someone with you.

You may feel like this...



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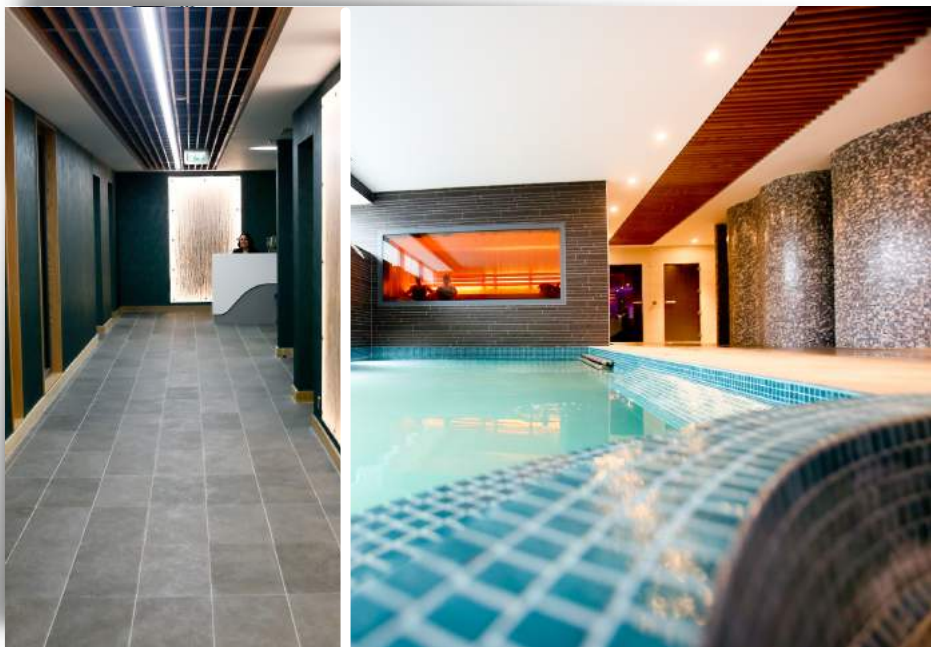
Sensory Calming Room

Filled with cosy therapy seating, blissfully bubbling walls and soft mood lighting, our Sensory Calming Room gives users the opportunity to safely balance out their senses, relax and calm down in a closed safe environment.

This is available every Friday evening from 6pm to 8pm.

- 1
- Aqua Zone
 - Main Pool
 - Minor Pool
 - Splash Pool
 - Pool Changing
 - Spa
 - Spa & Gym Changing
 - Studio 1
 - Studio 2
 - Studio 3

On the **First Floor** you will find....



Spa

Our Spa Changing area and the Spa itself is accessed from the Spa corridor. Within the Spa you will hear the sounds of water flowing and relaxing music.

The Spa is only available to those aged 8 and above. Junior session times and terms and conditions apply.



Swimming - Footwear Removal Zone

This is where you must remove your shoes before entering the changing rooms and going for your swim.

Don't forget - take your footwear with you to the lockers once they are removed.



Aqua Zone Changing

This area can be noisy and very busy. Hairdryers may also be in use.



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Main and Minor Pools

Our pools can be very noisy. You may experience lots of different noises including;

- Water running over the pool edge and into gutters.
- Children splashing water through the pool.
- People laughing, shouting and playing.
- Emergency service announcements.



Splash Pool

You will hear lots of noises in this area including;

- Water running over the pool edge and into gutters.
- Children splashing water through the pool.
- People laughing, shouting and playing.
- Emergency service announcements.

A specific session is available for children aged 10 and under during our Autism Friendly evening. See website for full details.



Studios 1, 2 and 3

If you are taking part in one of our fitness classes - this is where you will be.



Toilet Facilities

There are 3 toilets located on the first floor, one of which is an accessible toilet.

Handryers in the toilets are marked with our loud noise stickers.



Lifts

The 2 lifts will give you access to Ground or Second floors.



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2 Gym Main Pool Gallery

On the Second Floor you will find.....



Gym



This is a very noisy area. You will hear lots of noises, including;

- Loud music and gym equipment banging together.
- People talking loudly and sometimes shouting.
- PA and radio sounds and the noise from equipment.

If you need any help, please speak with a member of staff.



Pool Gallery

This area is for viewing our Main Pool

It can be noisy and you will hear similar sounds to those you would get if in any of our pools.



Signage and things to look out for:



These stickers are located throughout the complex in areas and on equipment that are noisy. They will be displayed on things such as hand dryers and hairdryers. [Look out for them during your visit.](#)



You will find all of our **Autism Champions** wearing these badges. If you have any questions or queries during your time in the complex, please speak with them. All our champions have been through specific training to help make your visit comfortable, enjoyable and stress free.

During your visit:

If you have any questions or queries regarding any area of the complex, it's facilities or your experience, please speak with any member of our team or one of our Autism Champions who will be wearing a badge like the one above.

Before setting out - always check our website for activity availability and timetable information at www.leisureardsandnorthdown.com

Should you have any recommendations on how we can improve our autism friendly times, please email us at leisure@ardsandnorthdown.gov.uk.



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FREE WiFi is available throughout the complex. It can be accessed by using the details below.

Network
ABMWLC_Public_WiFi

Password
ABMWLC2018

Alternatively, scan the QR code below on your camera to connect automatically.



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