



GLASGOW
EAST END COMMUNITY
CARERS

EXPERIENCE OUR SENSORY ROOM



HIDDEN
disabilities 

A SPACE TO DEVELOP AND ENGAGE THE SENSES

Glasgow East End Community Carers has been supporting unpaid carers and their families for more than 25 years. Our Carers Hub Sensory Room is a therapeutic, fun resource for people of all ages, and can be hired by organisations providing support in the community.

Sensory rooms are specially created multi-sensory environments (MSE's). They are designed to be protected spaces where individuals can enjoy sensory exploration and experience a sense of wellbeing. The senses are stimulated in a safe environment where there is no requirement for verbal communication.

Sensory rooms are used by people of all ages who have long term conditions, disabilities and additional support needs including autism, sensory processing disorder, cerebral palsy, multiple disabilities, brain injury, dementia and mental health issues.



OUR FACILITIES

Our sensory room can be either a calm, relaxing environment or a stimulating, interactive space, depending on your needs.

Enjoy our soothing bubble tubes, soft chill-out area, mood lighting and soft music or be stimulated by fibre optics, tactile panels and a range of interactive sensory toys.

ACCESSIBILITY

Our Sensory Room is located within the Carers Hub at Glasgow East End Community Carers. We have a controlled-entry car park and lift access within the building. For those with mobility issues, a hoist is on hand to assist with transfer.

BOOK OUR SENSORY ROOM

We welcome;

- ♥ Organisations who provide 1:1 support to clients
- ♥ Individual carers and parents who care for an adult family member or child with a disability or additional support need.

Our sensory room is available at a modest hourly rate. Call us for further information, current charges or to arrange a free trial.



SENSORY ROOM BENEFITS

- ♥ De-escalate heightened emotional states and distressed behaviour
- ♥ Induce mental and physical relaxation
- ♥ Escape day-to-day concerns and information overload
- ♥ Stimulate those who are less responsive and difficult-to-reach
- ♥ Encourage exploration
- ♥ Improve concentration and focus
- ♥ Develop fine motor skills
- ♥ Encourage alternative forms of communication



WHAT PEOPLE SAY

"The sensory room is a valuable and meaningful activity for our service users. It helps us fulfil important outcomes for our adult clients and we see marked improvements in their temperament after spending time in the Hub's sensory space."

Team Leader, Cornerstone

"Our service users really benefit from booking time in the Hub's sensory room. It's a positive, cost-effective addition to their care plans that broadens the range of activities and experiences they get access to and delivers unique benefits."

Project Worker, Mungo Foundation

"My son is prone to meltdowns it's fantastic to have access to the sensory room where he's able to 'come back down' and get on with playing. I'm able to see a new side of him - he's more expressive and communicative."

Sonia McCrink, parent of child with autism

"It's a godsend. I get a break to chat to other carers while my son enjoys his special hour chilling out in the sensory room. He loves relaxing with the soft music, bubbles and lighting. It's so reasonable and money well spent."

Margaret Chalmers, parent of adult with disability

"My daughter loves the sensory room. It gives her time to calm down when she is overstimulated or on the verge of a meltdown. The space alleviates her stress and anxiety."

Tanja Jensen, parent of child with autism



FOR FURTHER INFORMATION PLEASE CONTACT:

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Glasgow East End Community Carers is committed to equality and inclusion.

www.eastend-carers.co.uk

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