

When I am at the Alan Shearer Activity Centre,



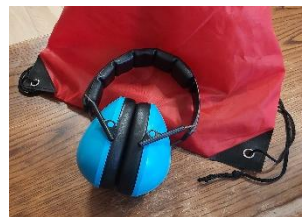
Sometimes the Centre is quiet with not many people in,



But sometimes the Centre can be a little noisy when there are lots of people here.



If I feel it's too much, I can use one of the sensory bags with ear defenders and fidget toys.



Or I can ask to use a quiet room.



I can relax and enjoy my time at the Centre 😊