

## Relaxed Opening Hours

We welcome children and adults on the autism spectrum at all times at The Salisbury Museum. However, we also understand that there can be challenges for people on the spectrum when visiting public spaces and that they and their families can experience judgement and misunderstanding.

Our Relaxed Opening Hours are a designated period of time when we pro-actively welcome neurodiversity by doing a few things to give people the confidence to visit us and experience the understanding that we always aim to offer our visitors.



### What can you expect during Relaxed Opening Hours?

- *Visual Story* – This [document](#) is always available on our website and is based around photographs of the museum. The visual story can help you prepare for your visit and copies will also be available at Reception during Relaxed Opening Hours.
- *Quiet Space* – Our Meeting Room on the first floor will be available for anyone who needs to take some time out. There will be some quiet paper-based activities in the room and a copy of our visual story.
- *Times* – We try to pick times for Relaxed Opening Hours when the museum is usually fairly quiet. We can't control when larger groups choose to visit us but our galleries are generally calm spaces.
- *Engagement Volunteers* – The volunteers in our galleries are always available to tell you more about the museum or help you find your way. During Relaxed Opening Hours they will be wearing an 'I Can Help' badge to make it clear that they are there to be approached if you have a question.
- *Interactives* – All our videos and our touch table will be on during Relaxed Opening Hours but we will turn off the soundscape in the Wessex Gallery.
- *Touch and Sensory Activities* – As always, there are opportunities to touch objects in the drawers and cupboards in the Wessex Gallery. There are also costumes to try on throughout the museum and colouring activities in the History of Salisbury Gallery.
- *Trails* – We have children's trails available from Reception that can help focus a visit to the museum by enabling young people to work towards a goal. We are currently developing adult trails specifically for Relaxed Opening Hours.
- *Maps* – Laminated maps of the museum spaces can be picked up from Reception when you arrive.
- *Lanyard* – For those who find unsolicited social interaction difficult, you can pick up a green lanyard from reception when you arrive. If you are wearing a lanyard, our staff and volunteers won't approach you to talk unless you initiate the conversation.

**Cost & Booking:** Normal admission charges apply. No booking required.

For information about access please visit our [accessibility page](#). If you have any additional access needs or questions about Relaxed Opening Hours contact our Community Curator, Amy: [amyhammett@salisburymuseum.org.uk](mailto:amyhammett@salisburymuseum.org.uk)

See our [events page](#) for information on upcoming Relaxed Opening Hours

### **COVID-19**

Our Relaxed Opening Hours are having a temporary break during the pandemic. We hope to be able to restart this offer soon. To be contacted when we resume Relaxed Opening Hours, please email our Community Curator, Amy: [amyhammett@salisburymuseum.org.uk](mailto:amyhammett@salisburymuseum.org.uk)

Our Museum [visual story](#) is still available and please check our [YouTube channel](#) for video resources, including exhibition tours and activities, which may be of interest.