



AUTISM FRIENDLY PRE VISIT GUIDE

Welcome to Dromore Community Centre

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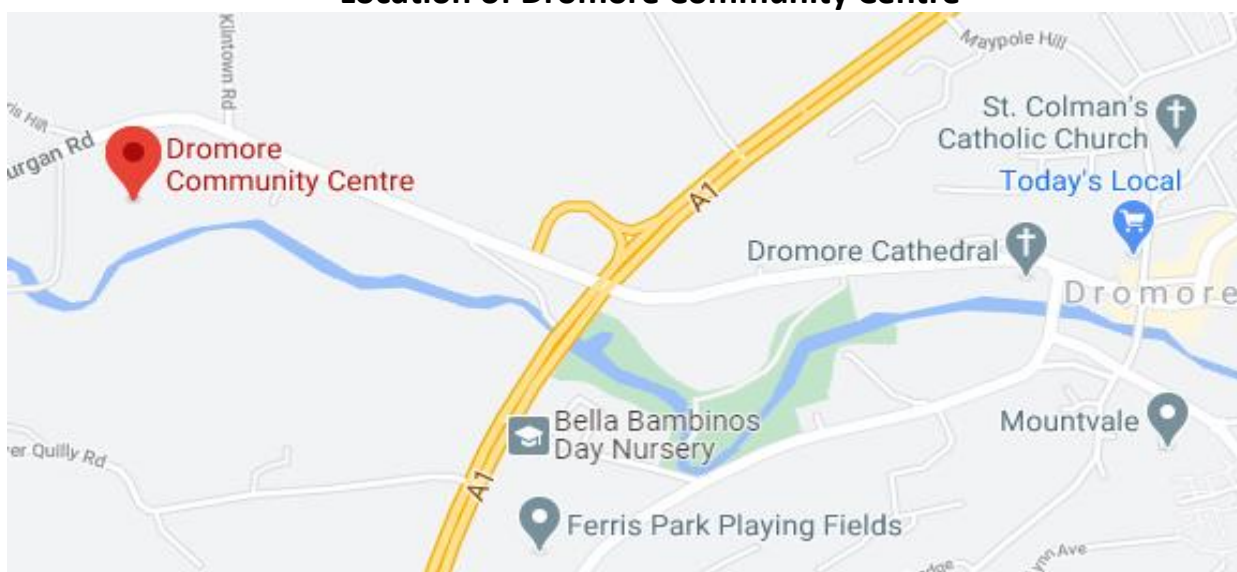
**Armagh City
Banbridge
& Craigavon**
Borough Council

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Everyone feels different when visiting a new place or trying something new.

There are new sounds, smells and you may not know what to expect.

Location of Dromore Community Centre



Map Source: Google Maps

The Centre can be accessed via car and by foot, it is a 15 -20 minute walk along the Lurgan Road from the Town centre.

When you arrive at Dromore Community Centre, you enter via the **carpark**

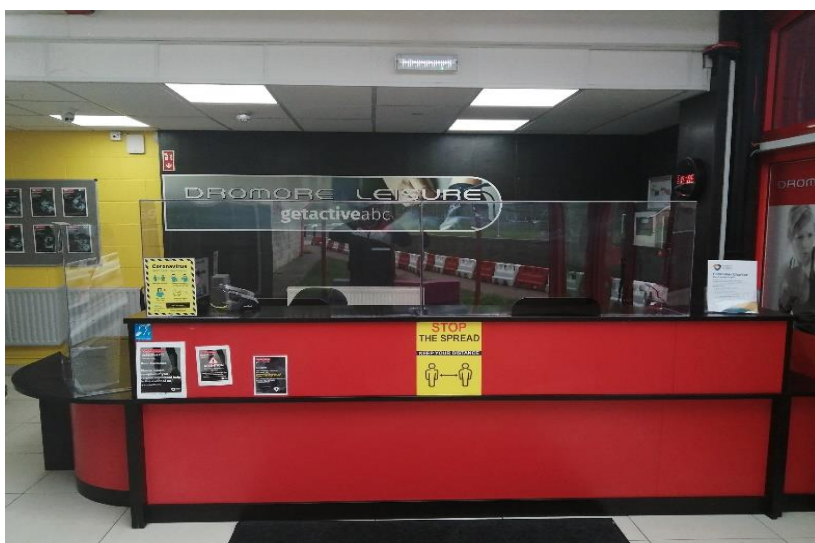


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Entrance – This is the entrance into **Dromore Community Centre**



Welcome to Dromore Community Centre - Reception Area



Upon arrival at Reception, you can speak to a member of staff and they will advise you where you should go.

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Main Hall

The Main Hall can facilitate many sports such as Badminton, Football, Martial Arts and Netball. They can be very noisy places.



If you are attending the Centre for a **Birthday Party**, it is located in the Main Hall



Noises you might find in the Main Hall:

- Loud music playing when exercise classes are in progress.
- Shouting and yelling whilst some sports are being played
- Children yelling, shouting and laughing whilst Birthday party is in progress.
- Motor noise coming from the blowers whilst Birthday Party is in progress
- Fire alarm testing, music and public announcements through speakers

Smells you might notice in the Main Hall:

- Cleaning Products after Hall has been cleaned

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Studio 1

Activities that can take place in here are meetings and exercise classes.

The photo below shows set up for a Boogie Bounce class.



Noises you might find in Studio 1:

- Loud music playing when exercise classes are in progress.
- Fitness equipment clanging and possibly banging together
- People talking loudly or shouting at times
- Fire alarm testing, music and public announcements through speakers
- Two way radio activity and Staff Instruction

Smells you might notice in Studio 1:

- Cleaning Products after Hall has been cleaned

Studio 2 –Indoor Cycling

This room is small and lights are dim. You can visit and have a look before attending a class.

If you prefer to use our Fitness Suite, we have some bikes in there, a programme can be uploaded into the bike as an alternative.

Noises you might find Studio 2:

- Loud music playing when exercise classes are in progress.
- People talking loudly or shouting at times
- Fire alarm testing and music and public announcements through speakers
- Two way radio activity and Staff Induction
- Whirl noise from the bikes

Smells you might notice in Studio 2:

- Cleaning Products after Studio 2 has been cleaned

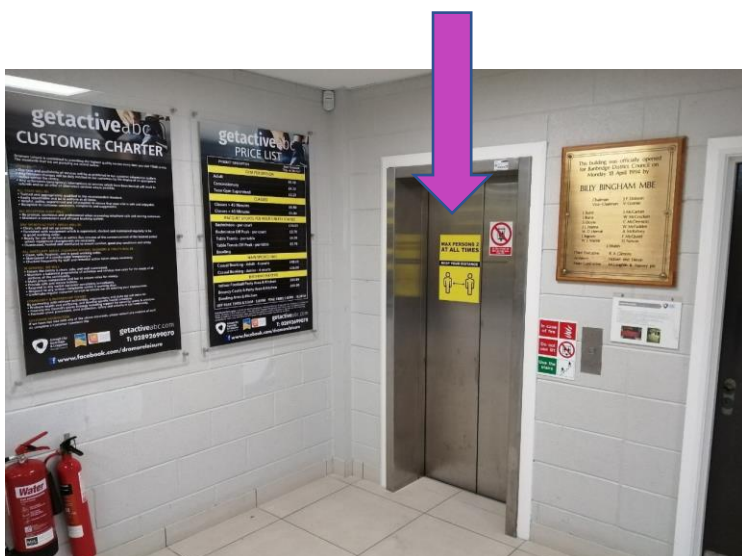
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Male and Female Toilets & Changing on Ground Floor



Lift

The centre has a lift accessed at the far end of the foyer, in the corner.

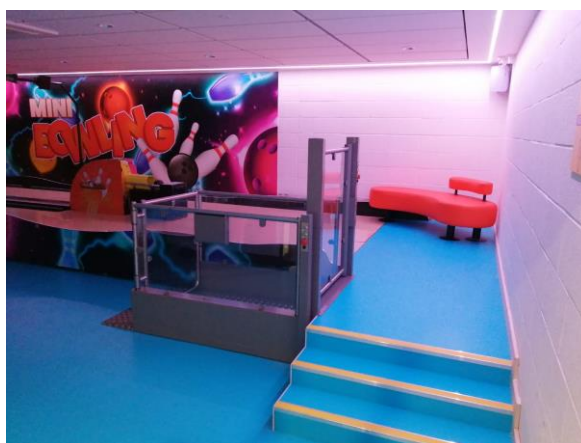


Lifts can be challenging to use due to the small space inside. You may feel anxious and worried. Please ask a staff member to help you when using the lift.

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Bowling Alley

The Bowling alley has LED lighting, which can be turn off if requested



Noises you might find in Bowling Alley:

- Loud music playing or sound from the TVs
- Children yelling, shouting and laughing whilst Bowling is in progress.
- Fire alarm testing, music and public announcements through speakers
- Chairs banging against tables in seating area
- Motor noise from the lift and automatic door

Smells you might notice in Bowling Alley:

- Cleaning Products after Hall has been cleaned
- Food/Tea/Coffee

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Kitchen Downstairs – (If you are attending Bowling Party)



Noises you might find in Kitchen:

- Shouting and yelling if some children are in this area
- People talking loudly or shouting at times
- Fire alarm testing, music and public announcements through speakers

Smells you might notice in Kitchen:

- Food, Tea and Coffee
- Cleaning Products after Kitchen has been cleaned

Studio 3



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Studio 3 is used for exercise classes, birthday parties and meetings.

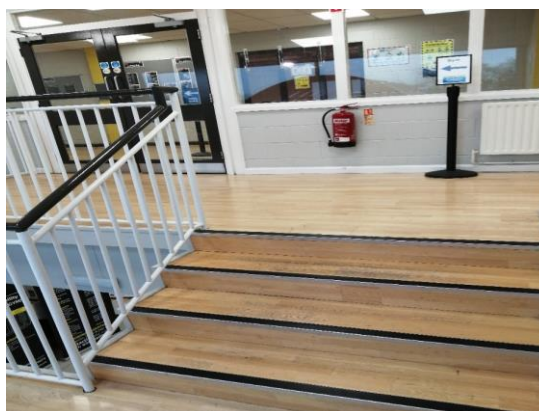
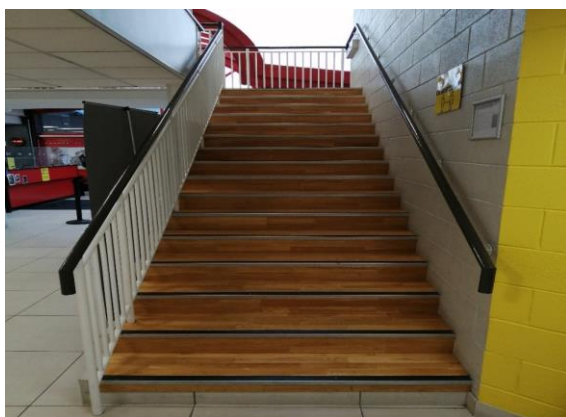
Noises you might find in Studio 3:

- Loud music playing when exercise classes or parties are in progress.
- Fitness equipment clanging and possibly banging together
- Children yelling, shouting and laughing if attending a Party.
- Fire alarm testing and public announcements through speakers
- People talking loudly or shouting at times
- Chairs banging off tables during a party

Smells you might notice in Studio 3:

- Cleaning Products after Studio 3 has been cleaned
- Food
- Tea/Coffee

Front Stairs

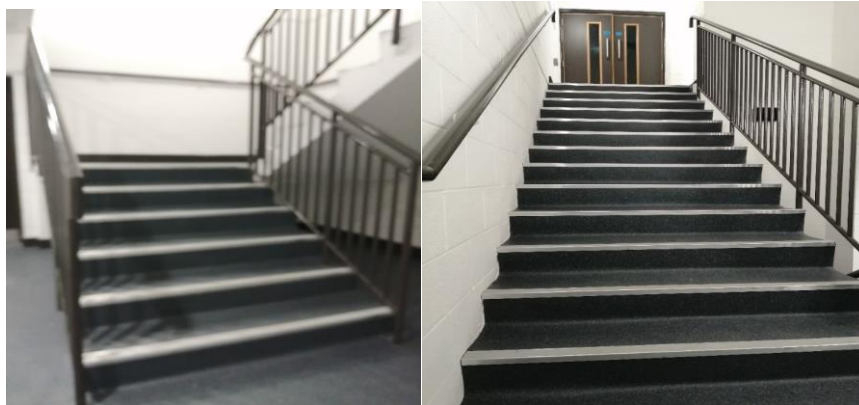


Top Foyer



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Back stairs



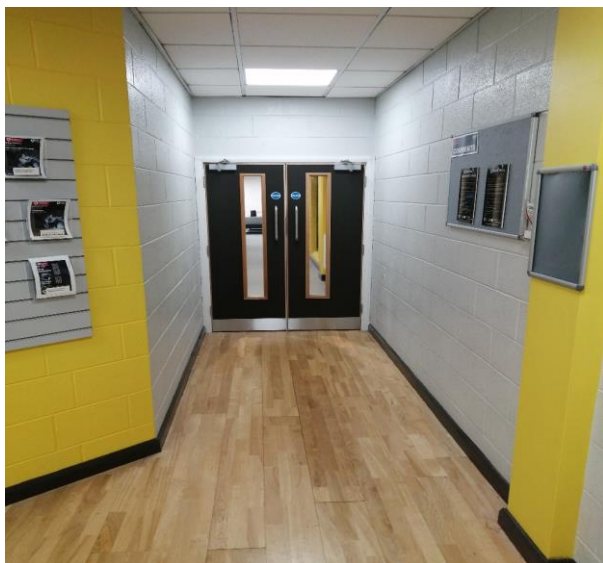
Noises you might find on Stairs:

- Children yelling, shouting and laughing.
- Fire alarm testing, music and public announcements through speakers
- People talking loudly or shouting at times

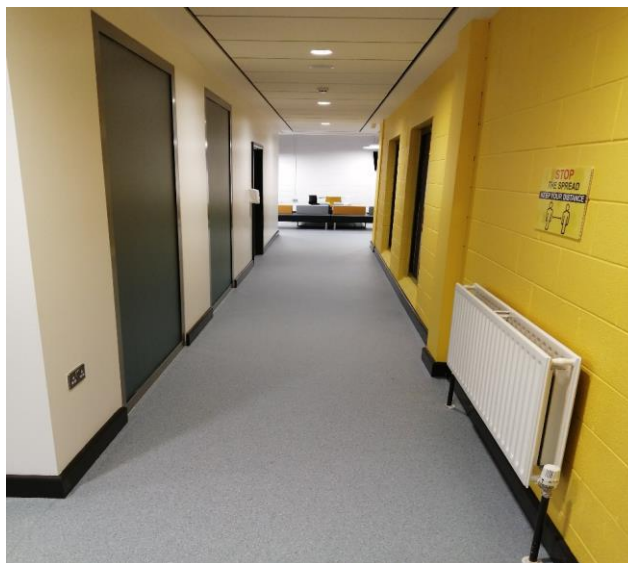
Smells you might notice on Stairs:

- Cleaning Products after stairs have been cleaned

What you will find on the First Floor



Entrance in to Breakout Area



Corridor leading to Breakout Area

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Breakout Area

Noises you might find in Breakout Area

- Children yelling, shouting and laughing.
- People talking loudly or shouting
- Fire alarm testing, music and public announcements through speakers
- Noise from the T.V. monitor and Coffee Machine
- Chairs banging against tables in seating area

Smells you might notice in Breakout Area:

- Cleaning Products after Breakout Area has been cleaned
- Food, Coffee and Tea

Studio 4



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Noises you might find in Studio 4:

- Loud music playing when exercise classes are in progress.
- Fitness equipment clanging and possibly banging together
- Children yelling, shouting and laughing if party is in progress.
- Fire alarm testing, music and public announcements through speakers
- Loud music playing if party is in progress.
- People talking loudly or shouting at times
- Chairs banging off tables if party set up

Smells you might notice in Studio 4:

- Cleaning Products after Studio 4 has been cleaned
- Food if party set up
- Tea/Coffee if party set up

Kitchen upstairs - If attending Birthday Party



Noises you might find in Kitchen:

- People talking loudly or shouting at times
- Fire alarm testing, music and public announcements through speakers
- Loud music playing if party is in progress

Smells you might notice in Kitchen:

- Food
- Tea /Coffee
- Cleaning Products after Kitchen has been cleaned

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Upstairs Toilets



Noises you might find in Toilet Area:

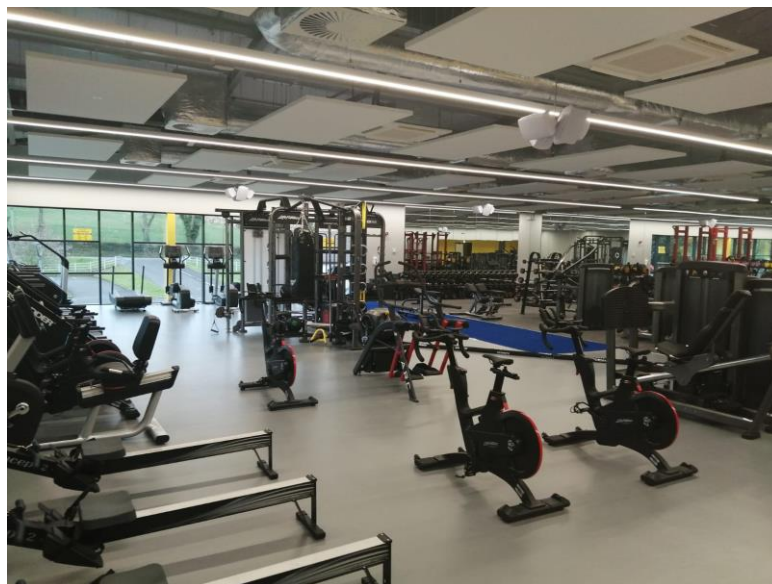
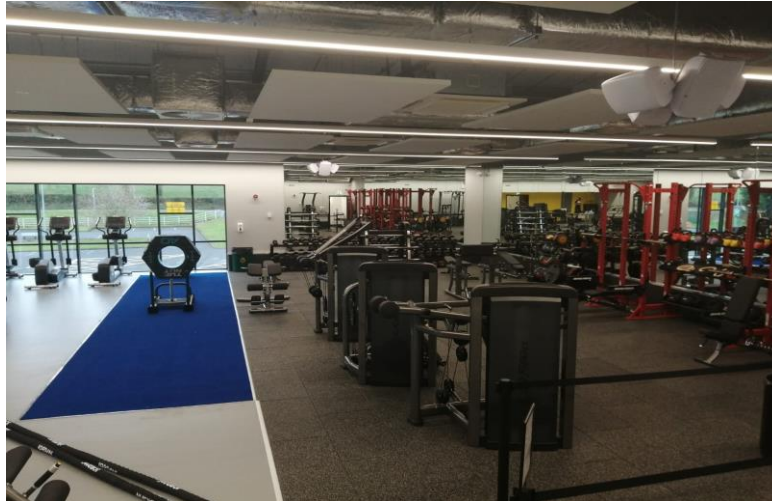
- Fire alarm testing, music and public announcements through speakers

Smells you might notice in Toilet Area:

- Cleaning Products after Toilets have been cleaned

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Fitness Suite



Noises you might find in the Fitness Suite:

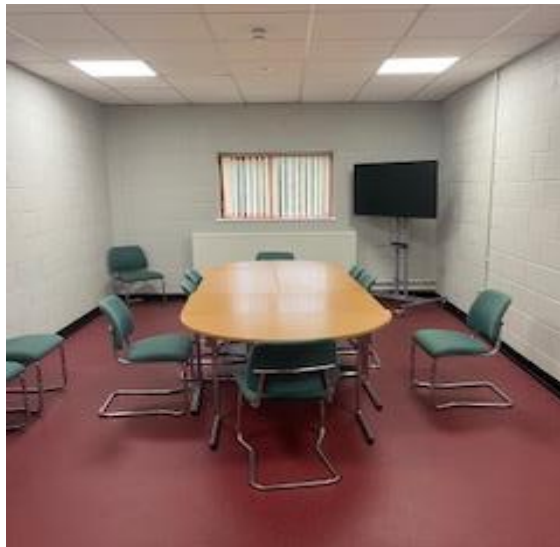
- Loud music playing
- Heavy weight equipment clanging and banging together
- Customers talking loudly to each other
- The whirr of machines being used by customers
- Fire alarm testing and public announcements through speakers
- Two way radio activity and staff instruction

Smells you might notice in this room:

- Cleaning Products after room has been cleaned

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Committee Room



Noises you might find in Committee Room:

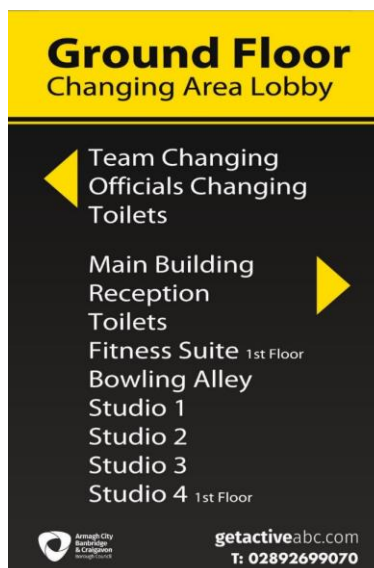
- Fire alarm testing, music and public announcements through speakers
- T.V.

Smells you might notice in Committee Room:

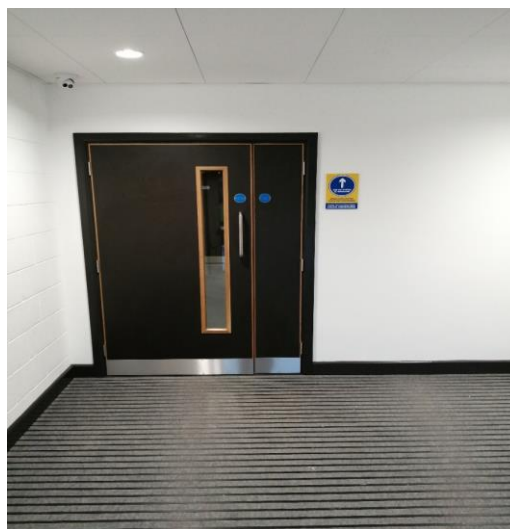
- Cleaning Products after room has been cleaned

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Ground Floor – Outdoor Changing Area



Entrance into Outdoor Changing Area



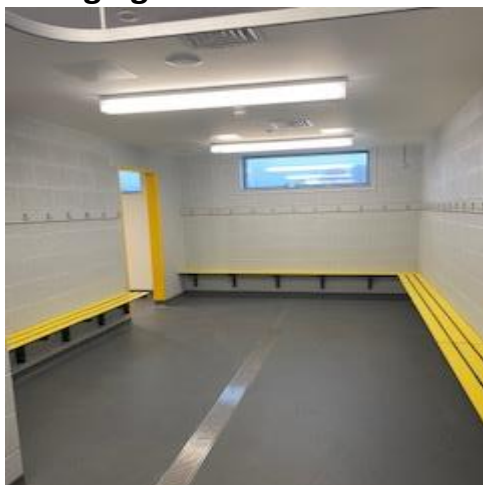
Lobby in Outdoor Changing Area

Corridor leading to Changing Rooms

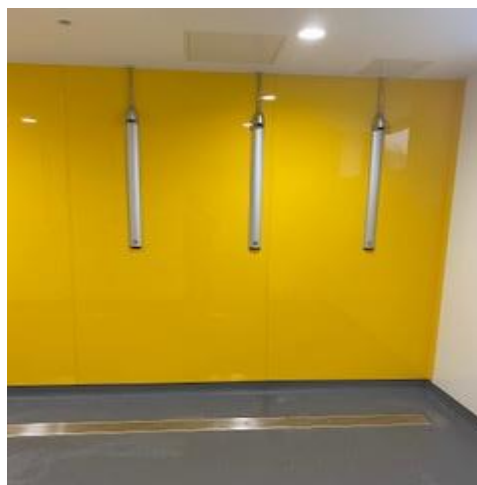


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Changing Rooms



Shower Area



Noises you might find in Outdoor Changing Area:

- Fire alarm testing, music and public announcements through speakers
- loud music playing
- People talking loudly or shouting at times

Smells you might notice in Outdoor Changing Area

- Cleaning Products after area has been cleaned
- Shower gel /Shampoo

Staff

During your visit to Dromore Community Centre if you have any questions or queries regarding any part of our facilities or your experience there, please speak to a member of staff, their uniform can identify them.



We hope this guide helps you navigate your way around our facility and makes it easier when you come and visit us.

We hope to see you soon on your visit.

For further information please contact
Armagh City, Banbridge and Craigavon Borough Council

 0300 0300 900

 info@armaghbanbridgecraigavon.gov.uk

 armaghbanbridgecraigavon.gov.uk

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