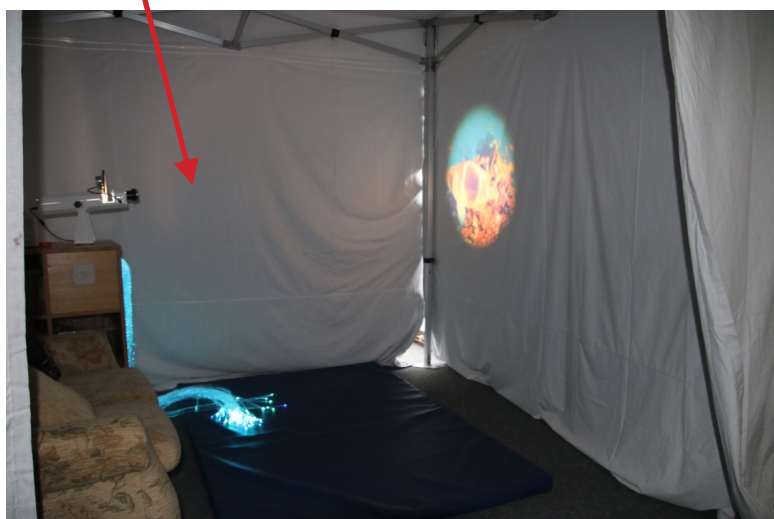


Autism Guernsey facilitates a variety of training courses, activity groups and children's clubs. Most of these courses and groups take place in a large room (known as the **training room**).

Sometimes staff will meet with individuals or smaller groups in this room.

In the training room you will see tables and chairs, projection equipment, white boards, and lots of autism-related resources, including books, leaflets and weighted items.



In the training room there is also a **sensory tent**.

Inside the tent there is seating, a soft mat on the floor, and some soft sensory lighting.

The tent is a safe, quiet space.

Some people find it helpful and relaxing to just spend some time quietly inside the tent. You can be in the tent by yourself, or with a family member or friend or member of Autism Guernsey staff if you prefer. You can enjoy the soft lights inside the tent, or even be completely in the dark if you wish.