

SEND-FRIENDLY ACTIVITIES & SESSIONS

Local activities for children and families

Looking for a quieter, more inclusive activity?
These sessions have been recommended for children with
SEND, autism, ADHD and sensory needs.

Great Things Happen Everyday



Every child,
every opportunity,
every day.

LOCAL TO NORTHCOTE (L9)



LUMIERE Sensory Centre (L9)

- ✓ Sensory soft play
- ✓ Inclusive environment
- ✓ 90-minute sessions
- ✓ Additional needs friendly

BOOK HERE:

lumierecharity.org/
service-page/soft-
play-sensory-1



JUMP INC Liverpool

SEN SESSION

Mondays
6:00pm – 7:00pm

- ✓ No music
- ✓ Reduced lighting
- ✓ Smaller numbers
- ✓ Free carer ticket

BOOK HERE:

jump-inc.uk/
adventure-trampoline-
park-liverpool/
activities/sen-sessions/



HOLLYWOOD BOWL Quiet Sessions

First Sunday
of each month

9:00am start

- ✓ No flashing lights before 10am
- ✓ Reduced noise
- ✓ Family friendly

BOOK HERE:

hollywoodbowl.co.uk/
liverpool-speke



ODEON Autism-Friendly Screenings

- ✓ Lights left on low
- ✓ Lower volume
- ✓ No adverts or trailers
- ✓ Freedom to move around

Usually held monthly
on Sunday mornings

FIND SCREENINGS:

odeon.co.uk/
accessibility/
autism-friendly/



WORTH THE JOURNEY



OTTERSPOL ADVENTURE SEN Sessions

- ✓ Reduced capacity
- ✓ No music
- ✓ Calm environment
- ✓ Shorter queues

Typical session
9:00am – 11:30am
Check website for
upcoming dates

BOOK HERE:

otterspooladventurecentre.co.uk/
sen-sessions/



GRAVITY MAX Liverpool ONE

- ✓ Bowling
- ✓ Arcade games
- ✓ Interactive activities
- ✓ Accessible facilities

Quiet periods and accessibility
support available – contact
the venue for details.

BOOK HERE:

gravity-global.com/
max/liverpool



THE SENSORY HIVE (Whiston)

A specialist sensory gym
popular with SEND families.

CURRENT SESSIONS

Sat	10:00am	Age 6 & Under
Sat	11:15am	Mixed Age
Sun	10:00am	Mixed Age
Sun	11:45am	Age 7–12
Sun	1:30pm	Complex Needs (13+)

BOOK HERE:

bookwhen.com/
thesensoryhive



ALSO WORTH EXPLORING



**Lifestyle Leisure
Centres**
Disability swimming,
inclusive family
swims and activities.



Vue Cinema
Regular
autism-friendly
screenings.



**National Museums
Liverpool**
Quiet sessions,
sensory resources
and SEND events.



**Liverpool SEND
Directory**
Find more local
services and support
for families.



SCAN ME



NEED ADVICE OR SUPPORT?

Our SEND Team is here to help families access
support, services, activities and advice.

✉ send@northcote.liverpool.sch.uk

☎ 0151 284 1919

WE CAN HELP WITH:

- ✓ SEND support and advice
- ✓ Neurodiversity information
- ✓ Local services and activities
- ✓ Referrals and signposting
- ✓ School support and provision

