

Restored Ammerdown Social Story



VISION

Ammerdown has lots of windows, for natural light. There is overhead lighting in the main areas. Most of the walls are a cream, neutral colour.



TOUCH

Ammerdown has beautiful gardens and grounds.
Grass areas to walk around in.



HEARING

The dining room, can get loud at meal times. You may prefer to eat in the lounge, or outside if the weather is nice.

The main meeting space can be loud, there is a courtyard next to this room, if you would like a moment of quiet.



SMELL

Food, drink and snacks are available in the dining room at mealtimes, and there is a bar in the lounge.

There are also different floral smells in the garden.



TASTE

Food, drink and snacks are available in the dining room at mealtimes, and there is a bar in the lounge.

There are also hot drink making facilities in your room.

I have lots of feelings.



Coming to the retreat, may evoke different feelings.

For example, anxious or nervous feelings of coming to a new place and meeting new people. Also, a range of emotions from the conversations you have with others.

Restored staff and volunteers are around to support where possible, and all participants are advised to be mindful of what we share in conversations with others.

There are lots of save spaces for some time away. Your room is a private space, also the gardens and grounds are an excellent place to have some quiet time.

We recommend bringing items that work for you in aiding with emotions. Fidgets, a weighted blanket, ear defenders or headphones etc.

Arrival



There is a large car park with several disabled parking spaces opposite the front door.

Upon arrival, you will enter through the white doors (the photo on the left.) You will be greeted by the Restored team in the reception (picture on the left) and told which room you have been allocated. There are stairs or a lift depending on your room.

Ammerdown staff may also be at reception to help facilitate guests.

Also available in reception is a little shop with some items you may need, in case you forget.

You will then have some time to settle in, before the first welcome meeting.

Your room



Your room will either be a twin or a double, and it will have its own private ensuite.

All bedding is provided and most (if not all) the rooms are a neutral décor and design.

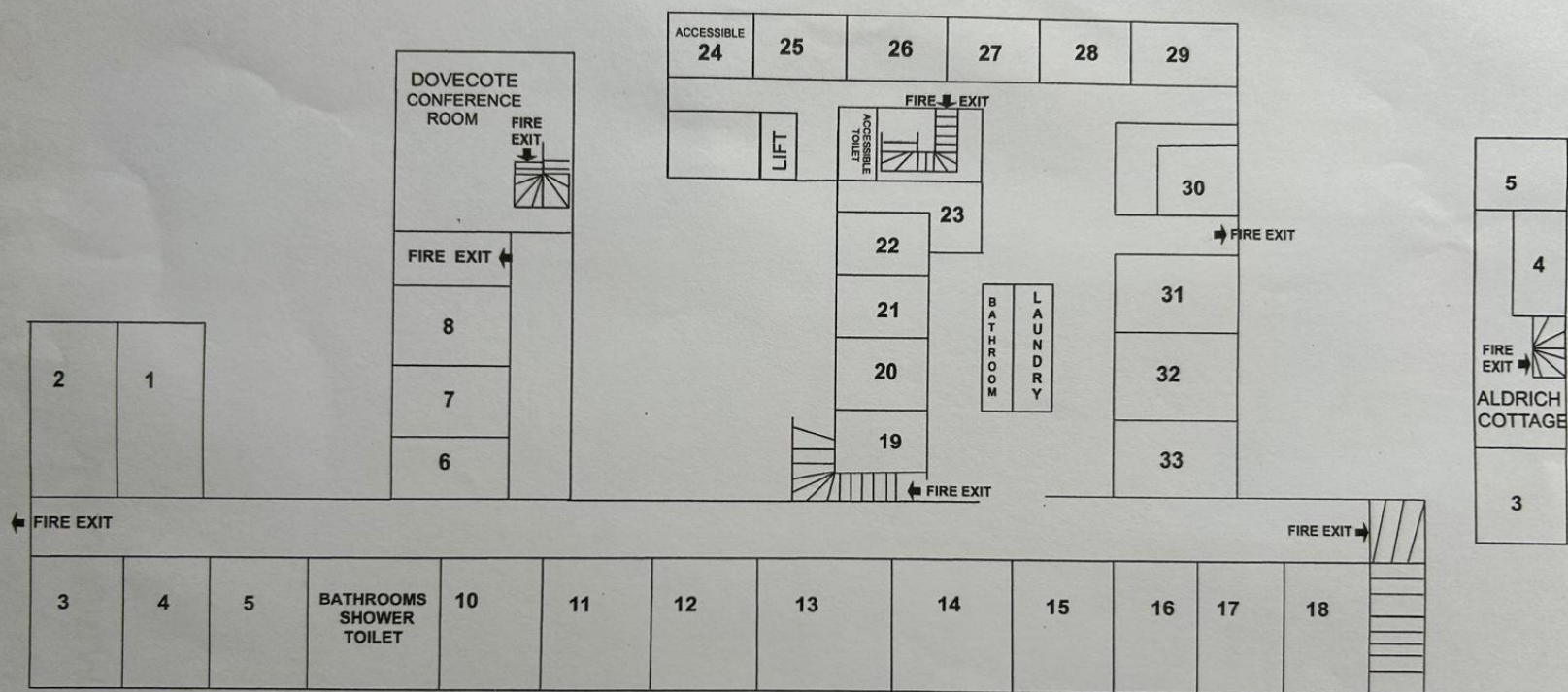
Most rooms are in the main building, some are in the cottage, which is extremely close by.

Restored have sole use of the building, so noise in conference rooms, or communal spaces shouldn't be an issue in the evenings.

Ammerdown has two bedrooms with bathrooms that are specially fitted for disabled users, one on the first floor near the lift and one on the ground floor.

Below is a floor plan, or first floor bedrooms. There are a couple of rooms, on the ground floor.





Meeting Rooms



The main meetings will be in the John Todd room, which opens to a beautiful courtyard. If you need a quiet moment, or some space outside. This is a green dot on the map below.

This may be a noisy and busy space, feel free to sit or stand where you are most comfortable. There is no pressure to attend activities or meetings, however you will be very welcome.

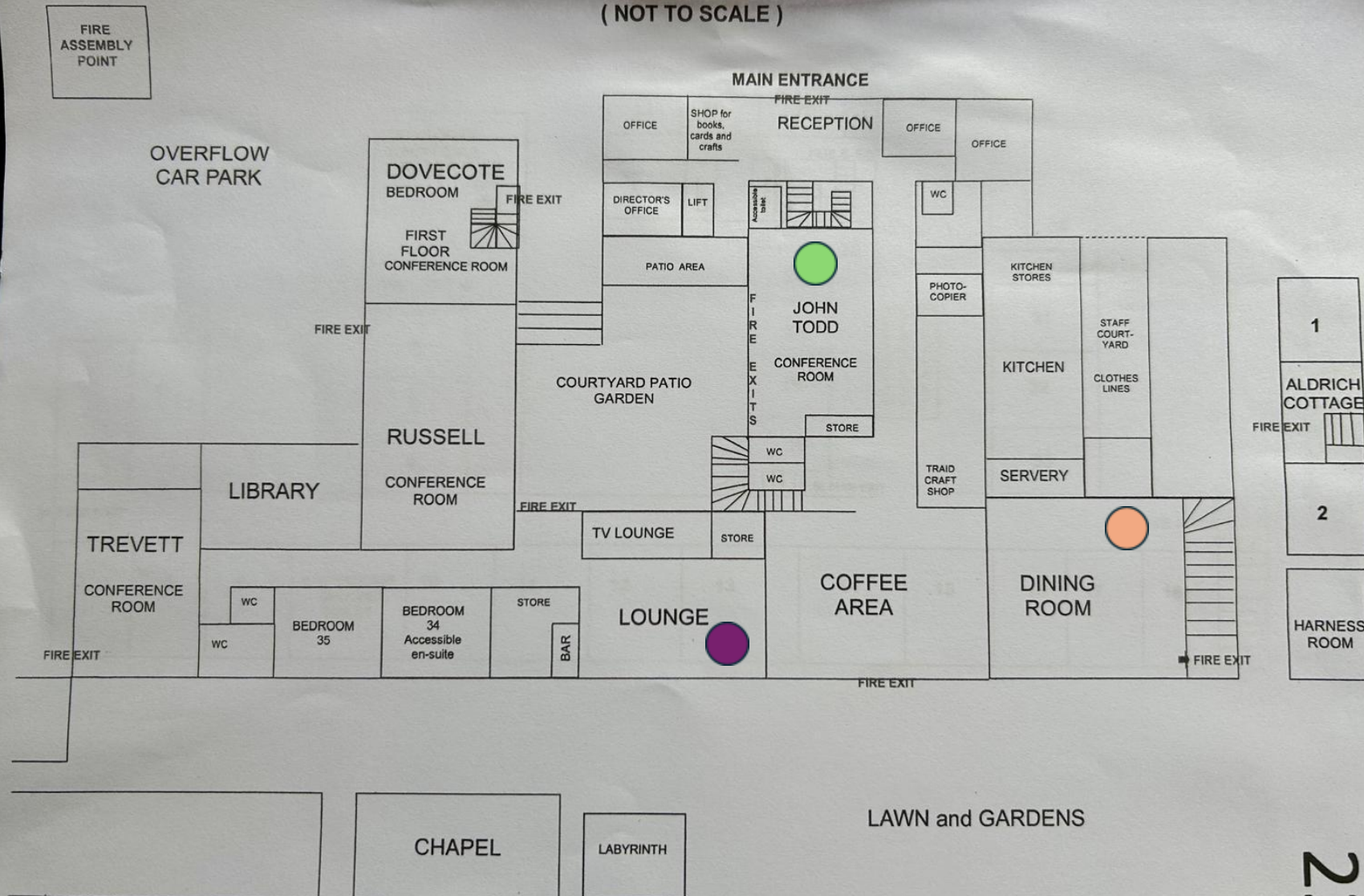
Ammerdown has other communal spaces, where there will be other activities happening over the weekend. The location will be in the programme. You are welcome to look in the room and familiarise yourself with the space, before the activity if it is vacant.

The entire ground floor is wheelchair accessible and the main conference rooms are all on the ground floor.

There is a toilet for disabled users next to reception and another one upstairs that can be accessed via the lift.

They also have hearing loops in the conference rooms and chapel.

AMMERDOWN CENTRE - GROUND FLOOR PLAN
(NOT TO SCALE)



Meal Times



Meals are served in the dining room (orange dot on the map). This space can be noisy and may have different smells and textures.

We have a lot of amazing conversations around the table, sharing with one another.

You are welcome to eat outside or in the lounge if you feel overwhelmed.



The lounge is an indoor social space, there is a bar where drinks can be purchased.

There are moments during the weekend, where this may be a quiet space or it can be busy.