

## INTRODUCING A WEEKLY QUIET HOUR AT FELIX ROAD

At Felix Road we believe all children have the right to free play. Creating a welcoming and accessible play environment is core to our values and we are working to increase accessibility for all children. Our playground is used by groups such as Bristol Autism Project, KHAAS and SEND Family Club. It is through conversations with these groups, and families of children facing disabilities and neurodivergence that we have decided to introduce a Quiet Hour on Sundays and at special events.

This hour is for children who need a calm and more relaxed environment to play in. These sessions are aimed at children with sensory and additional needs who may find an open access session overwhelming or maybe just need a bit of space to get comfortable before we open the gates to everyone else.

### What's changing?

The first hour of our Sunday open access session and special events will be a Quiet Hour (1 to 2pm)

### During the hour you can expect:

- ★ The gate will be kept closed – this is to give families the confidence that their child/ren can play freely in a secure space.
- ★ A playworker will be on the gate to welcome you! and your child/ren.



**Little Bag of calm, now available at Easton Community Centre and Felix Road Adventure Playground**

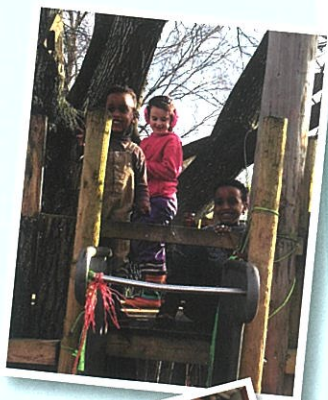
## SEND Family Club

For the past year, the SEND Family Club has been holding monthly Stay and Play sessions on the second Saturday of each month at Felix Road Adventure Playground. The aim of these sessions is to provide a safe and secure space for children with additional needs and their families to come together, play, connect and relax.

The Stay and Play sessions are led by parent volunteers who bring their own children along. The group was started by three local mothers who wanted to find a secure and safe space outside for their neurodivergent children to play freely.

The monthly sessions are very relaxed, and the focus is on giving the children the freedom to roam and play outside while ensuring their safety. Parents can unwind and chat while their children have the space to be themselves and explore the playground.

**Supported by Eastside Community Trust**



### SEND Family Club Activity session

**2nd Saturday of the month  
13:30 to 15:30  
at Felix Road Adventure Playground, BS5 0JW**

**MONTHLY STAY AND PLAY SESSIONS LED BY PARENTS, FOR CHILDREN WITH ADDITIONAL NEEDS AND THEIR SIBLINGS.**

