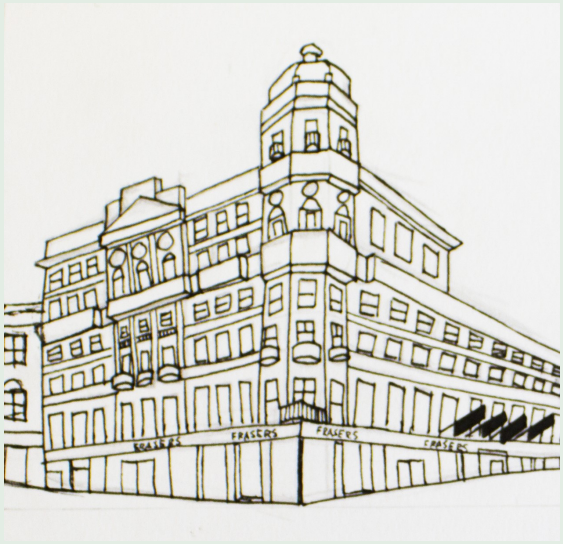
Autism Friendly guide to Glasgow

This booklet was created to help navigate through the information to highlight places of interest that promote Autism Friendly values or participate in Quiet Hour weekly or monthly.

Shopping & Food

St Enoch centre: Quiet & Safe Space accessible in Centre (during Centre operating hours). Hamleys will support customers where they can, Mon to Fri – 9am to 10am & Sun – 10am to 11am by keeping music to a minimum and offering any further assistance needed in store.

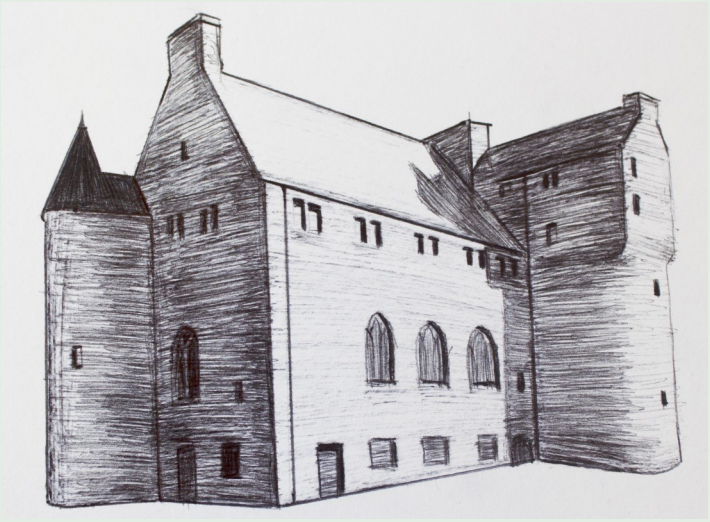


House of Fraser Buchanan street:
Quiet room on 3rd floor behind Linea till point

Buchanan Galleries:
Quiet hour every Saturday
from 9am-10am.

Morrisons: Quieter Hour' in all Morrisons stores every Saturday from 09:00 to 10:00 . Designed to help customers who currently struggle with music and the other noise associated with supermarket shopping.

Museums



Glasgow Museums are becoming more autism aware. In 2017, **the Gallery of Modern Art (GoMA), St Mungo's Museum,** and **the Riverside Museum** signed up to help Glasgow City Centre become autism-friendly.

These three venues have:

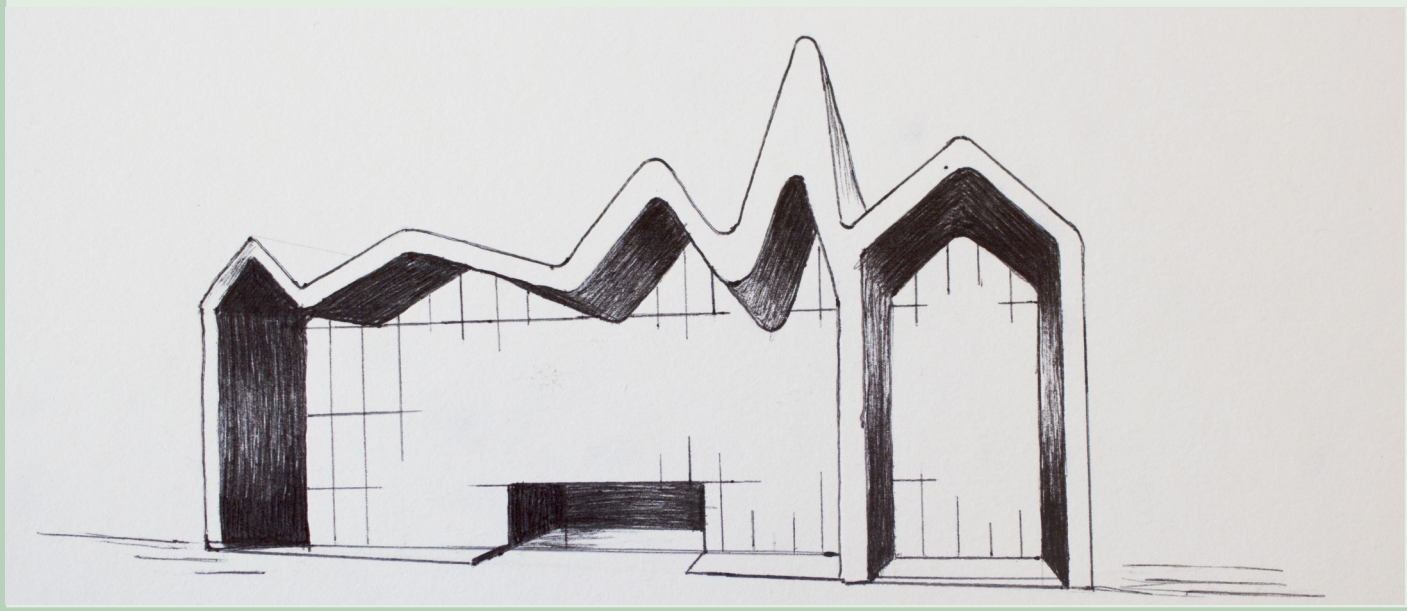
– Trained Autism Champions to raise staff awareness

– Visual storyboards / pre-visit information to help you plan your visit

– Sensory kits for you to borrow from reception

To see upcoming events that are autism friendly visit:

https://www.glasgowlife.org.uk/museums/autism-friendly-glasgow-museums/whats-to-come



Museums

Glasgow Science Centre : Monthly Autism Friendly Hours — all the same fun of GSC but with much less hustle and bustle on a Sunday morning!

2019 DATES

17th March, 21st April, 19th May, 16th June, 21st July, 18th August

TIMES

09.00–11.00 (Lighting and volume levels will resume to regular levels from 11am).

Centre for Contemporary Arts: Has quiet spaces identified. Ear defenders available. Staff trained to Autism Aware Champion accreditation of Glasgow City Council.

CCA: Centre for Contemporary Arts

Glasgow Museums aims for 2019 to make all their museums Autism Friendly, and many resources can be find on their website, such as illustration boards to prepare for visits.

Entertainment

Glasgow film theatre: Autism Friendly Cinema by National Autistic Society.
Access Film Club takes place on the 2nd Tuesday of every month.
The event starts at 6pm and usually lasts 2 hours.
There are no trailers at the beginning of the film.
The film starts straight after the introduction.

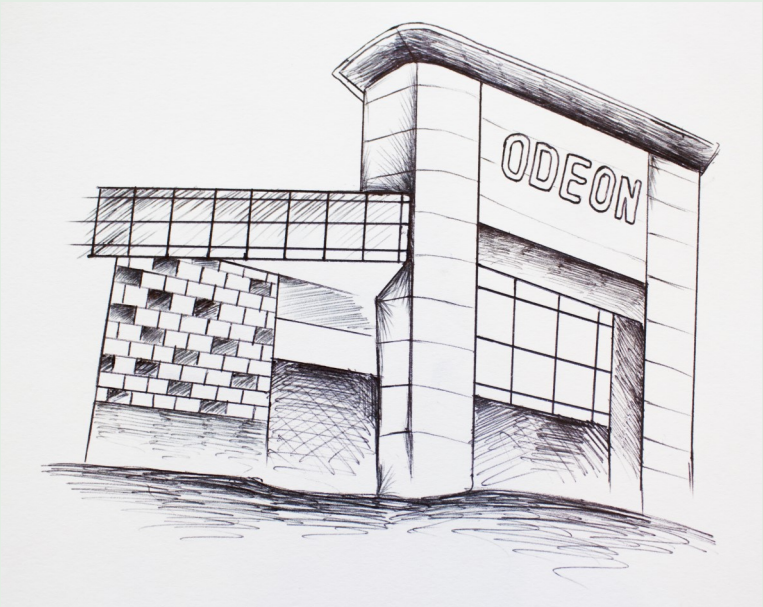
Cineworld hosts autism friendly cinema screenings on the first Sunday of every month at 11am

Vue Cinemas host an autism friendly cinema screening on the last Sunday of every month at 10:15am.

Showcase Cinemas have autism friendly screenings on the second Sunday of every month at 10am

Entertainment

ODEON Cinemas host screenings suitable for those on the autistic spectrum each month at selected cinemas



Citizens theatre often runs relaxed performances. With adjustment to light music, and the public can move freely in and out of the theatre as needed.

Toll cross swimming centre: Ability counts (autism) – weekly drop-in sessions at Toll cross Swimming Centre delivering football, dance, multi-sports and soft play all aiming to develop young person's coordination, social interaction and communication.

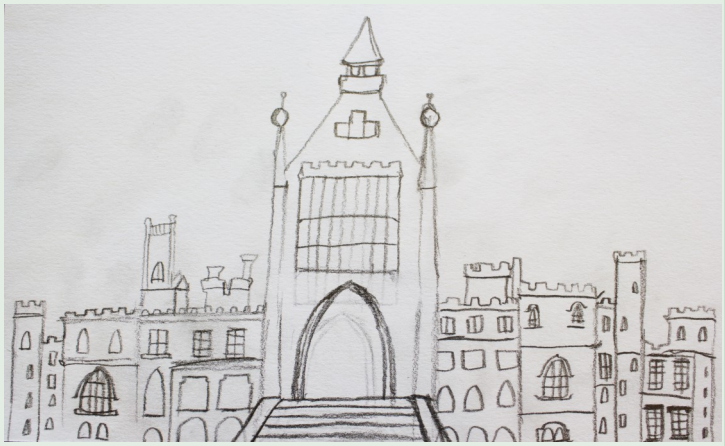
Trips away

Chessington World of Adventures

Ride Access Passes are available for those who may struggle to understand the concept of queuing, find it difficult to follow instruction or get distressed waiting for long periods of time. The pass gives you 10 tokens to use, each for one turn on a ride.

Alton Towers

Ride Access Passes are available to guests who struggle to stand for long periods of time due to a disability. Guests who have the correct documentation can get one free carer ticket and a second carer ticket half price.



Legoland Windsor:

Legoland lets one carer in without charge while those with additional needs can request a ride access pass.

More information

Keep up to date with information on what businesses are Autism Friendly Award holders. Awarded by the National Autistic Society for businesses and public places that make the difference for autistic visitors. For more information visit:
https://www.autism.org.uk/professionals/autism-friendly-award/people/holders.aspx

https://www.scottishautism.org/

The website offers other information such as tips on family life, trips and tips and suggestions how to prepare your child when you take them on a trip. National Autistic Society is there to help you sent you in the right direction and give advice on how to deal with unexpected situations.

Glasgow is working hard on becoming the first Autism Friendly city. More information can be found on:
https://www.glasgowcitycentrestrategy.com/project/autism-friendly-city-centre

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