

SEND friendly places to visit/activities to do (updated July 2024)

- **Jump in at Enfield or Elstree**
<https://www.gojumpin.com/activities/trampoline-activities-for-additional-needs/>
Our Relaxed sensory sessions, ideal for SEN children & adults, include soft lighting and soothing or no music for a relaxed, safe & friendly low sensory space to play. Trampolining can help your children to feel relaxed and happy in a secure environment. Tickets to our Relaxed session must be pre-booked online - £9.95 per person.
- **National maritime museum** – sensory sailors sensory based play session led by SEN specialist
Takes place once a month on Saturdays – next event is on Saturday 10th June. Places are free but must be pre-booked
<https://www.rmg.co.uk/whats-on/national-maritime-museum/sensory-sailors>
- **Aldenham country park and farm**
SEND pavilion and adventure playground can be booked mornings.
<https://www.aldenhamcountrypark.co.uk/>
- **Safe outdoor space in Barnet**
To book a 90 minute session email: OutdoorSpaces@barnet.gov.uk
Book exclusive use of dedicated outdoor spaces within the borough for the whole family to enjoy • The scheme offers different types of spaces with play equipment including climbing frames, slides and basketball courts • Bring your own toys, games and refreshments.
- **Cineworld cinemas** provide monthly autism friendly screenings of popular films. You can get further information from your local Cineworld cinema
- **London Transport Museum** SEN early explorer mornings
<https://www.ltmuseum.co.uk/visit/families/families-send>
- **Science Museum** – hold a sensory event monthly for families with a child who has additional needs/sensory or ASD.
ickets are free but must be pre-booked
<https://www.sciencemuseum.org.uk/see-and-do/early-birds>
- **Natural history museum** – monthly event –
dawnasaurs@thenaturalhistorymuseum. 8-10:00 a.m. takes place monthly but tickets must be booked at least one month in advance.
- **The Engine Shed** is a specialist interest groups for autistic children and young people. www.engineshed.org.uk
- **RAF museum Hendon** - <https://www.rafmuseum.org.uk/> Tends to be less crowded early in the morning
- **Flip out** – Brent Cross <https://www.flipout.co.uk/locations/brent-cross> .
SEND sessions Saturday mornings 9:00-11:00 a.m. Space needs to be booked online.
- **Babylon Park** <https://babylonpark.com/>. No specific SEND friendly sessions but Saturday mornings tend to be quieter. Upstairs activities are more suitable

- **Santas Grotto** – Brent Cross Shopping Centre. Specific SEND ‘hour’. Need to book online
- **Kew Gardens** – book online. SEND family sensory tours last approx. 45 mins to 1 hour
- **Winter Wonderland** - early morning is quieter. If you have a sunflower lanyard you do not need to join the longer queues for Santa or the rides. Have been told that they are very SEND, aware even Santa himself, allowing children to wonder around the grotto and touch the decorations. There is also a ‘chill space’ with tables for eating which is away from the busier areas.
- **Malibu Soft Play** at Oakhill Park Café. <https://www.oakhillparkcafe.co.uk/>
- **Battersea Park Mini Zoo** (very near Sloane Square station and also there is a bus from the tube station to the zoo) is a super SEND friendly zoo, very small, in about 30 min you see all the animals (a good amount of insects, monkeys, parrots, raccoons, otters, pigs, ducks. 4 different playgrounds and a very good priced café SEND children pay only £5 ticket and carers go for free.
- **BABYLON PARK CAMDEN** – is an indoor themed park with lots of games etc. Upstairs is a sensory friendly soft play. Carers of SEND children go free. SEND hour on some Saturdays/Sundays where music is low and fewer people
- **LEGO CLUB** <https://thetoyproject.co.uk>. They also run a Summer club
- **Hampstead Garden Suburb Gardening club** – Contact Dominic 07881 782676. A time for parents and children to spend some time gardening and exploring together
- **Brent Cross Maze** - Beautifully immersive maze installation in Brent Cross, and you can go and get lost in its vibrant creativity throughout the summer! Very sensory experience also no pressure in activities etc is just for hanging around and explore the maze
- **LONDON SEA LIFE** (you will need to take proof that your child has a SEND diagnosis) Entry price will then be reduced and carer goes free.
- **GARLAND QUEUES** (sunflower lanyard, badge, wrist band, etc) identifies wearer as having a hidden disability/SEND. Many places will accept this and will mean that you do not need to wait to enter or may be able to jump the queue.
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- **Autism friendly places in London**
<https://london4littluns.co.uk/2023/07/19/a-parents-guide-to-autism-friendly-museums-cinema-and-theatre-in-london/>