

SEND friendly places to visit/activities to do (updated November 2025)

Christmas activities:

- Royal Greenwich Heritage Trust is running a [relaxed performance of Rumpelstiltskin](#) at Charlton House and Gardens on Sunday, 14th December. The performance lasts 45 minutes, with two start times of 11:00am and 1:30pm. Tickets for adults and children cost £8 each, and the event is wheelchair accessible.
- **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.
- **Santas Grotto** – Brent Cross Shopping Centre. Specific SEND 'hour'. Need to book online. Whispering Santa Sessions, designed to be calmer and more sensory-friendly with only 3–4 children per slot. Carers go free Slots run out very quickly, so the sooner you book, the better!
https://www.thegrotto.co.uk/london-ppc?gad_source=1&gad_campaignid=23151448929&gbraid=0AAAAAqWRS70uz8yICAPRv4IZxNzHi-KET
- **London Transport Museum** – Christmas early explorer morning Saturday 6th December 8:30-10:00. Will need to book.
- **Christmas at Kew** – light trail. Quiet Access sessions are available on: 29 November, 2, 17 and 27 December for visitors with hidden disabilities, such as autism. They offer a more comfortable experience whilst still benefiting from the sensory magic of Christmas at Kew. We ask that other visitors respect the quiet sessions and do not book during these limited time slots

Everyday events:

- **Barnet Positive Activities Holiday Project** Positive Activities is a community project for children and young people within the Borough of Barnet, especially for youths aged 0-19 and up to 25 with learning disabilities and / or Autism. Follow the link to book online
<https://barnetyouth.uk/Positive-Activities>
- **SENplay** - Unit 15a, 3 Boulevard Drive, Beaufort Park, Colindale, NW9 5JH, an inclusive play space for neurodivergent children aged 2-11 and neurotypical children up to age 5. Accepts short breaks vouchers
- **London Zoo** – offer a range of SEND friendly activities – check their website for more information
- **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 - Open Spaces Scheme** offers a safe space where children with SEND can play with their families. Sessions are unsupervised and families have exclusive use of the venue throughout their session. Venues include...Greentop Centre NW9 5WR, Oakleigh Park School of Swimming N20 9EZ, Mapledown School playground, at Unitas Youthzone in Edgware and in Hampden Way Nursery's front garden. For more information, or if you would like to book a session, please contact outdoorsproject@barnet.gov.uk
- **Cineworld cinemas** provide monthly autism friendly screenings of popular films. You can get further information from your local Cineworld cinema
- **Vue cinemas** offer autism friendly screenings on the last Sunday of every month. Check your local vue cinema for more details
- **London Transport Museum** SEN early explorer mornings when it is closed to the general public so need to book. Some gallery sounds and lights are turned off.
<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. Early birds session is a sensory friendly event which is held on Saturdays and Sundays throughout the year. Tickets are free but must be pre-booked
<https://www.sciencemuseum.org.uk/see-and-do/early-birds>
- **Postal Museum** also has a sensory space
- **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. Next dates are: 10th May, 23rd July, 11th October and 6th December 2025
- **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/> SEN resources, quiet Mondays, free autism friendly trail
- **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
- **Kew Gardens** – book online. SEND family sensory tours last approx. 45 mins to 1 hour
- **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 – (Claremont Park near new Brent Cross Station) 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..
- **Diana Memorial Playground** (pirate ship and beach) in Hyde Park. It is an enclosed area and the number of people is regulated.
- **Some West End Shows** provide relaxed performances: Lion King, Matilda and Frozen
- **The Gate Restaurant** in Islington provide autism friendly dining with a 'chill zone'
- **The Harry Potter Experience** – have a sensory room
- **Tower Bridge, London** provide relaxed sessions once a month on a Saturday. Booking is required
- **Discover Children's Story Centre in Stratford** – is a multi-sensory play space with noise and lighting levels easily changeable. Booking is required.

- **Autism friendly places in London**

<https://london4littluns.co.uk/2023/07/19/a-parents-guide-to-autism-friendly-museums-cinema-and-theatre-in-london/>

GARLAND QUEUES (sunflower lanyard, badge, wrist band, etc) identifies wearer as having a hidden disability/SEND. Many places including airports, some of the larger train stations, etc will accept this and it will mean that you do not need to wait to enter or may be able to jump the queue.