
From: Adam Greenhalgh
Sent: 08 August 2022 12:20
To: Planning Planning
Subject: FW: Sensory friendly facilities, feedback on 2022/2452/P

Hi Planning Admin

Please could you redact and upload this one for me

Many thanks

Swimming Access Rider
Natalie Joelle Landaw Mott (Known as Natalie Joelle)

I am an **invisibly multiple-disabled** woman who is **mask-exempt** and at **high risk of clinical complications from Covid**

My Swimming Access Needs

1. I will need to **socially distance 2m**
2. I will need advice on **quiet times** to come when there are fewest other users
3. I am **highly sensitive to sound**. The sound of speech can at times cause me severe distress, and at this point I will likely need initially **no communication until I am able to approach you** and then **communication only in writing**
4. I may need support with safely **carrying my swim bag**
5. I will need to use an **alternative entrance** that is a busy way rather than going through a main entrance and communal changing areas where possible
6. I need a **safe, dry and secure place** to leave my disability adapted powered face mask out of direct sunlight
7. I will need a **separate space to change** away from other users, which can just be under a robe I will bring
8. I will likely need **somewhere secure, dry and out of the sun to leave disability first aid equipment** that may be larger than standard locker size
9. For outdoor swimming:
 - a. I will need a way to **enter the water very slowly** to allow for a slower pace of adjustment
 - b. I will need **safety support** with making sure I do not stay in too long whilst being unaware of time passing or becoming too cold, and **may need prompting to get out of the water**
 - c. I may need to be **accompanied on the water** by a member of your safety team where possible for this purpose
 - d. I will need **safety support** being prompted and ensuring I can put on my layers to **prevent hypothermia** during any loss of functioning and motor skills when cold that mean I am unable to do this independently
 - e. I will need **safety support** from someone to **check I'm not confused** before I leave

Emergency Information

- If I appear in **distress** (tearful, angry), stuck, confused, lost, or you are concerned about my safety, you can **help** by making available a **safe quiet place** with low sensory stimulus

where I can **lie down**; offering me a large glass of **water and blanket**; using very minimal words, and **not communicating** or asking me to make decisions until I am able to approach you.

- If I am already **semi supine and incommunicative, likely wearing something over my eyes and ears**, please **do not call an ambulance** or my emergency contact, as this is not an emergency situation but a planned-for recovery strategy that is most effective left undisturbed

[REDACTED]

[REDACTED]

[REDACTED]

Supporting Information

- **Autism:** How to create an Autistic-friendly environment: <https://livingautism.com/create-autism-friendly-environment/>
- **Repetitive Strain Injury:** <http://www.rsi.deas.harvard.edu/printable.html>
- **Complex Post-Traumatic Stress Disorder:** <https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/complex-ptsd/>

Thank you ☺

Adam Greenhalgh
Senior Planner

[REDACTED]



[REDACTED]

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Hi Adam

Please see below for your attention.

Regards

Mohammed Ahmed
Planning Assistant



The majority of Council staff are continuing to work at home through remote, secure access to our systems. Where possible please communicate with us by telephone or email.



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[EXTERNAL EMAIL] Beware – This email originated outside Camden Council and may be malicious Please take extra care with any links, attachments, requests to take action or for you to verify your password etc. Please note there have been reports of emails purporting to be about Covid 19 being used as cover for scams so extra vigilance is required.

Further to my last: realise I did not mention secure storage for disability equipment; including the option for disabled swimmers to leave things they need for swimming but find difficult to carry due to disability overnight between sessions. Best, Natalie



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Good evening,

I am an Autistic and multiple-disabled member of the bathing ponds who experiences severe sensory distress from sound (e.g. hand dryers especially Dyson-style; conversation) smells (e.g. spray deodorant), and temperature (e.g. heightened temperature sensitivity, combined with lack of disabled warmer water shower), which are all heightened when changing, leaving the water or entering spaces.

Autistic sensory distress is a serious issue that can result in loss of speech, ability to process language, ability to control actions including travel safely home, and loss of motor skills, including loss of the ability to move, for anywhere between minutes to months.

Autistic sensory distress can however be effectively prevented by small environmental adaptations.

Some of my personal and wearable adaptations (eg. wearing ear defenders) are practically unable to be used whilst changing, and there is therefore a need for some changes to the environment.

To help support myself and others please kindly include in your plans at the design stage disabled facilities that meet the access needs of neurodivergent and other people with sensory sensitivities such as my own, more information attached.

From looking at your plans this might include providing some disabled facilities in quieter areas of the site away from the noise and bustle of others. Often Autistic needs are lowest common denominator access needs that can improve environments for both disabled and non-disabled community of users by designing in calm.

Other ideas on first reflection that you may have already considered include warmer water disabled showers, parking for disabled scooters, buggy shuttle services for disabled swimmers who struggle to carry swim bags, provision of 'quiet areas', use of communication badge systems, as well as managed arrangements for disabled swimmers who still need to socially distance on the site and in the water.

As an incoming Autistic Specialist Educator for the NW London's NHS and disability studies scholar, I would be happy to be in touch with you to further inform your consultation should this be supportive.

Kind regards, Natalie

Natalie Joelle (she/her)



Selected Publications:

["radical gleaning": Doing Prac Crip](#), *Journal of British and Irish Innovative Poetry*
[Gleaning Lean Culture](#), *Interdisciplinary Studies in Literature and Environment*

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