

Sensory Guide

This guide is designed to tell you a bit about what to expect when you visit our museum at Jarrow Hall.

Please be aware before visiting us that it can be quite cold in some parts of the museum, so you may want to bring an extra layer.

Our museum can be busy at times, and sometimes we have big groups visiting us. The best times to come if you would like to have a quieter visit would be on Thursday and Friday mornings.

Please feel free to refer to the sensory map on the back of this leaflet to guide you on your visit.

When you first enter the museum, our **entrance** room is well-lit and generally quiet by both artificial and natural light.

You will then move into our **atrium**. The atrium can be cold as it is open to the air. It is lit mostly by natural light and can be quite noisy and busy.

You can access our **toilets** from the atrium, with baby change facilities and a disabled/gender neutral bathroom. They are lit with artificial light and can be cold. These areas also can be busy and noisy.

When you leave the atrium you come into a corridor area, which is well-lit by artificial light but can be noisy when it is busy.

From this corridor you can access our **temporary exhibition** space to your right. This room has mid-level lighting and is mainly lit by natural light. It can be quite noisy, particularly as there are engagement activities for visitors to enjoy. Our temporary exhibitions change throughout the year, so there may be differences between visits.

From the corridor, you move into the **reception** area. This is well-lit with artificial light but can be noisy and busy. Our staff at reception will give information about your visit and take payment. You can buy food, drink and other items here. The scanner beeps loudly when scanning items.

At reception, you can also ask our receptionists for a **sensory pack**. These contain ear defenders and an assortment of sensory and fidget toys.

From here you can move into the main museum. This takes you into our **Age of Bede** gallery, which has low lighting and is generally quiet. However, there are dioramas with audio recordings which are activated by a motion sensor.

After this you then enter our **Golden Age of Northumbria** gallery, which is mostly lit by natural light. There is also seating in this space. This gallery also contains engagement activities and so it can be noisy in areas.

You then move into our **Monastic Life** gallery. This space has activities to engage with and can be noisy. This area is mainly lit by natural light.

After this you then move into our **Rotunda**. This space is well-lit with natural light and is generally quiet. Be aware that standing in the alcoves around the room you triggers a voice recording.

You will then move into the **Death of Bede** gallery, which has low-lighting and is generally quiet. There is also seating in this gallery.

The final gallery is our **Abbadia Reliquary** display, which is well-lit and generally quiet.

Leaving the museum space will take you out into our **main corridor**, which is well-lit with natural light. There is seating and tables in this area. It has activities and can be noisy and busy as people move through the space or sit at the tables to do activities. From this space you can also access our farm and Anglo-Saxon village.

KEY



Low light



Low noise



Mid-level/
natural light



Mid-level noise



Well-lit



High noise



Seating

