

## Sussex Mindfulness Centre 2026 Conference - Neurodiversity/Accessibility Information

### Getting to the Friends Meeting House

The Friends' Meeting House is a lovely, historic building in the centre of town, less than a mile from Brighton train station. It is also close to many bus routes (your nearest stop will be on North street, the clock tower, the Old Steine or Churchill Square where most Brighton buses go). If you are driving, there is no on street parking nearby, but there is a car park very close by (Lanes car park, Black Lion St, Brighton, BN1 1ND, costing £33.50 for 9 hours). There is cheaper parking available at Brighton train station (£19.10 for the day) and at Regency Square (£22.50 for 9 hours or £25 for 24 hours). Please note that if you want to stay for the book signing at the end, please allow an extra 15 minutes for this after the conference finish time.

Below is a photo of the Friends' Meeting House. When you arrive at the main entrance, we will ask you for your name so that we can tick you off on the register. We will also offer you a name badge.



We recommend contacting us before the conference or arriving at the start of the time window for registering (at 9am, or very soon after) if you have a specific seating requirement.

### Neurodiversity Information

This is a neurodiversity-friendly conference. If you have a sensitivity to sound, we recommend sitting either at the back of the main room (and on the right-hand side if you don't want to appear in any photos) or on the upper balcony level. Alternatively, if you would like to sit closer to the front, please feel free to bring your noise cancelling headphones or loop ear plugs with you. Please also feel free to bring along any stim/fidget toys that don't make a sound.

If you find it difficult to sit still for long periods and would like to be able stand whenever needed during the talks, we will direct you to the reserved seats that are suitable for standing, at the back row of the main meeting room. Please contact us before the event or arrive at the start of the time window for registering (at 9am, or very soon after) to secure one of these seats.

If you don't want to appear in any photos, please either sit towards the back on the right-hand side as you enter the main meeting room from the main entrance shown above (these seats will be marked), or alternatively please sit on the upper balcony level where you won't be photographed.

## Accessibility information

### Hard of hearing

If you wear hearing aids that have a T setting and work with the hearing loop system, you do not need to sit near to the speaker, as the loop will amplify the speaker's voice. More recent hearing devices do not have the 'T' setting and work independently of the loop system to amplify the speaker's voice.

If you are hard of hearing and do not wear hearing aids, we recommend arriving at the start of the time window for registering or returning a little early from lunch/breaktimes and choosing a seat close to the speaker.

All Sussex Mindfulness Centre staff and volunteers wearing a white Sussex Mindfulness Centre T-shirt will be on hand to assist you throughout the day. Our staff will be positioned throughout the venue and will also be based at the reception desk all day.

### Wheelchair access

The venue can be accessed via a ramp on the lefthand side of the building and the entire ground floor is wheelchair accessible.

There is one accessible toilet on the ground floor.

You will be invited to attend one of six workshops on the day, three of which will be on the ground floor. The other three workshops are accessed via one or two flights of stairs. Once you have chosen your workshop, you will be notified of its location in advance and will be given the option to swap to a workshop on the ground floor.

If you are a wheelchair user and would like a space reserved for you in the main meeting room for the keynote talks, please contact us before the conference by emailing [spft.smc@nhs.net](mailto:spft.smc@nhs.net)

All Sussex Mindfulness Centre staff and volunteers wearing a white Sussex Mindfulness Centre T-shirt will be able to assist with any accessibility related questions that you have throughout the day. Our staff will be positioned throughout the venue and will also be based at the reception desk all day.

If you would like any further information or have any ideas about how we could improve our neuro-inclusivity and accessibility at our conference, please email [spft.smc@nhs.net](mailto:spft.smc@nhs.net).

## Main meeting room

Below is a photo of the meeting room at the Friends Meeting House, where all of the talks and one of the workshops will take place. Please let us know in advance if you would like to request a specific seat (for example, an accessible seat or a sitting/standing seat at the back of the main meeting room, or a seat where you won't be photographed). There is also an upper balcony area behind this where you can sit.

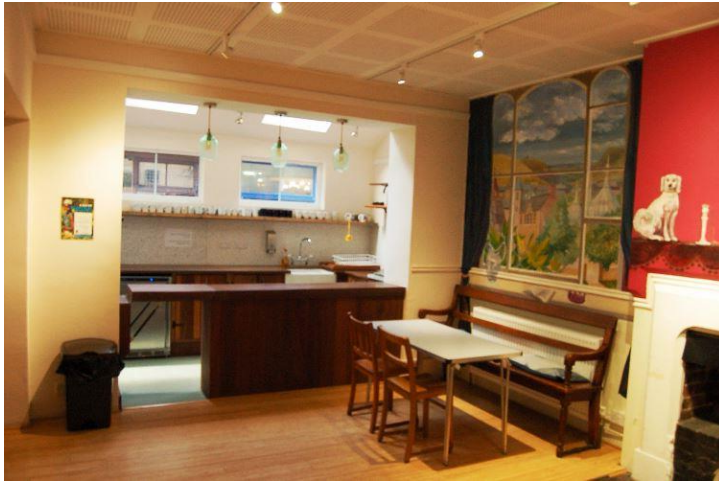


After registering, please leave something non-valuable on your chosen seat. And you can then either head to the café area (through the front left door of the main meeting room), the Lecture Room or the garden until just before the conference starts, at 9.30am.

There is a café and lecture room available for your use during the break and lunch times

Here are photos of the café and lecture room at the Friends Meeting House.





There is also a quiet room available for your use during lunch and break times

Here is a photo of the quiet room. You are welcome to eat and drink in here, but please be careful, as this room has a new carpet.



## Workshops

Here is where the six workshops will be taking place (as soon as the rooms have been decided for each workshop, we will update this information):

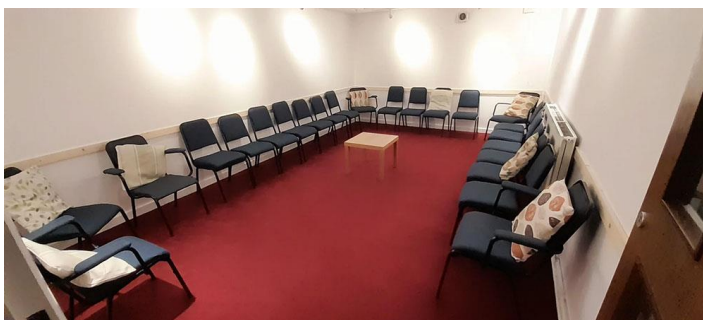
Main meeting room (11.1m x 8.7m) on the ground floor:



Lecture room (8.1m x 5.7m) on the ground floor:



Quiet room (5.9m x 3.7m) on the ground floor:



Room 2 (5.7m x 3.6m) on the 1<sup>st</sup> floor (accessible via stairs):



Room 3 (5.7m x 4.2m) on the 1<sup>st</sup> floor (accessible via stairs):



Room 6 (5.7m x 3.6m) on the 1<sup>st</sup> floor (accessible via stairs):

