

Sensory courses, resources and support to create a better awareness and understanding of sensory processing difficulties.



Sensory Spectacle

www.sensoryspectacle.co.uk

Booking Information

The Sensory Dining room

The Sensory Dining room is an experiential workshop where you will learn how sensory processing difficulties (SPD) might impact your mealtimes. You will experience food based sensory difficulties as well as environmental processing difficulties all based on real life descriptions!

This experience was created in collaboration with Queensmill School, London. Last summer the Guardian newspaper wrote an [article](#) about how they support children during mealtimes. Pearla's Palate serves a 3 course meal which you will eat during the workshop which is based on research which we gathered alongside Queensmill.

Aims / Outcomes from the Sensory Dining room

- A better insight into how SPD might impact mealtimes. We highlight difficulties with food as well as environment.
- A personal experience of how you might feel with a SPD during a mealtime.
- An opportunity for personal reflection which has been shown to benefit working practice, build confidence with personalising sensory support needs.
- A better understanding of sensory needs.
- Develop ways to overcome some mealtime challenges in your setting.

What happens

- We will come to your setting and create this experience for as many people that your kitchen and dining room can hold throughout the day.
- The Sensory Dining room can be booked solely as the 20 minute meal experience, or combined into a workshop lasting 2.5 hours.
- You will be served a 3 course meal based on descriptions of some of the difficulties people with Sensory processing difficulties experience.

What we need

- We will need 1.5 hours beforehand to set up in your dining area and full access to your kitchen.
- We bring our own chef to cook the meal but will use your crockery and onsite cooking facilities
- Projector / screen to play video
- Information in advance of any allergies N.B – all participants take part in the Sensory dining room at their own risk.

The Sensory Diningroom can run one session for your group or can run up to 3 sessions throughout the day.

To book the Sensory Dining room experience please email us at hello@sensoryspectacle.co.uk