

Kisharon Langdon

The Jewish Learning Disability
& Autism Community

ACCESSIBILITY SUPPORT BOX

You are welcome here

ACCESSIBILITY SUPPORT BOX

Helping everyone feel comfortable, included and able to participate

A briefing for synagogues and families using the box

Religious services can be busy and exciting, but for some people with learning disabilities and autistic people, a busy service can also feel overwhelming.

The Kisharon Langdon Accessibility Support Box has been created to offer a small amount of extra support during services. It is designed to help people feel comfortable and take part in a way that works for them.

Who is the box for?

The box is for children, young people and adults who may find busy services difficult because of noise, crowds, long periods of sitting, changes to routine or other sensory needs.

You do not need to have a diagnosis to use the box. If you think something in the box might help you or someone in your family, you are welcome to use it.

The box is not intended to be a general toy box. The items have been chosen because they may help with sensory regulation and concentration during a service.

What is inside the box?

The box contains a number of **combined quiet fidget spinner and popper**.

This is a small sensory item that can be held and used quietly during the service. It may help someone to focus, regulate themselves or manage the experience of sitting in a busy environment.

The box also contains printed and laminated resources including a **visual service guide** and **communication cards** that can help with communication and understanding what is happening during a service.

Can I bring my own sensory items?

Yes. You may find that you or your family member already has sensory items that work well for you.

You are very welcome to bring your own Shabbat/yom tov friendly items to use during the service.

Other items you may find useful include ear defenders, a finger maze or another quiet sensory item that works for you.

The most important thing is finding what helps you feel comfortable and able to participate.

Can I take the fidget spinner and popper home?

The sensory item in the box belongs to the synagogue and should be available for other people to use.

If you take it from the box during the service, please return it to the box at the end of the service so that it is ready for someone else to use another time.

If you would prefer to have your own sensory item, you are welcome to bring one from home.

How should the box be used?

The box should be used to support accessibility during religious services.

It is not intended for general play or entertainment.

Please take the item you need and use it quietly and respectfully during the service. If you no longer need it, please return it to the box.

Parents, carers and synagogue volunteers can help someone choose an item if they would like support.

What if someone needs a break?

Taking a break is okay.

Some people may need to leave the service for a short time because they are feeling overwhelmed. If the synagogue has a quiet space, families can use it when needed.

A person can return to the service when they are ready.

Taking a break does not mean that someone is not participating.

What might inclusion look like?

People participate in services in different ways.

Someone may move around, fidget, wear ear defenders, sit somewhere different, make sounds, take a break or leave and return to the service.

These things do not necessarily mean that someone is not listening or taking part.

Please avoid drawing attention to someone because they are behaving differently.

What should synagogue volunteers do?

Please make sure families know that the Accessibility Support Box is available and where it can be found.

If someone appears overwhelmed, you can calmly offer the box or explain where it is. Give the person time and space to decide what they need.

Please do not tell someone to sit still or be quiet simply because they are using a sensory item or moving around.

If you are unsure what would help, ask the person, their parent or their carer.

What if the box does not have something that I need?

The box contains only a small number of items. It cannot meet every person's individual needs.

You are welcome to bring your own sensory or communication items from home.

The aim is not to provide everything someone might need. It is to offer a simple starting point and to help make services more accessible.

Most importantly

Everyone should be able to feel that they belong in their community.

You do not have to participate in exactly the same way as everyone else.

Where can I find more support?

The United Synagogue has a range of accessibility and inclusion resources for families and communities. These include guidance on making prayer services more inclusive, information about quiet spaces and sensory resources.

You can find these resources on the United Synagogue accessibility and inclusion page: [United Synagogue Accessibility and Inclusion Resources](#)

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