

Sensory-friendly Sundays

Life
the first
20 years

Dedicated quiet hours in the science centre

Explore all your favourite exhibitions and enjoy a relaxed performance in the North's biggest planetarium.

Lighting and sound levels will be altered to accommodate those with sensory needs.

Ear defenders, sunglasses and sensory bags are available to hire from reception (subject to availability).

Our autism-friendly hours are 9.30am – 11.00am. You are welcome to stay until we close at 6.00pm if you wish but please note that our normal programme, lighting and sound levels will resume from 11.00am.

FREE
carer
admission

NEXT EVENT: SUNDAY 1 MARCH, 9.30AM - 11.00AM

Life Science Centre, Times Square, Newcastle upon Tyne NE1 4EP life.org.uk

north east
autism society