

# Sensory Equipment and Resource library

The sensory equipment and resource library is based at the Independent Living Centre. The Independent Living Centre has large white doors with yellow rails outside. These doors take you through to the main centre reception



The entrance doors will open automatically as you walk towards them. A volunteer from the library will welcome you.



You will wait in the reception area until you are taken through to the Library room. There is usually no-one else in the Centre when the Library is running so it is quiet.



When it is time for your appointment the volunteer will take you to the library room which is along the corridor.. The library room is quite small and private. We will close the door if you want us to. Your appointment will last for 40 minutes.



Independent Living Centre  
1 -2 Bernard Way  
Newport PO305YL  
  
01983 241494  
[www.peoplesmatteriw.org](http://www.peoplesmatteriw.org)



# Coming to the library

## What is the library?

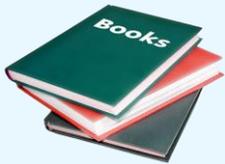
The Library can be helpful to adults and children who experience issues with sensory processing. You do not need to have a diagnosis. Some of the sensory equipment that people think about buying is very expensive. We want people to be able to try it first. When you have tried it, you can decide if it was helpful or not. We do not sell any products but we can give information about where to buy them. We can also give information about other services that might be helpful. **You will need proof of your address if you want to borrow anything from the library**

## Who will I meet?

Claire and Linda are volunteers at the library. We will meet you at the door, show you where to go and help you in the library. We will talk to you about what we have in the library and what might be helpful.



The volunteers are not trained OT's or physiotherapists. They cannot give medical advice.



## Books

We have lots of books about Autism and Aspergers that you can borrow. Books can be borrowed for 3 weeks. We have books for children, adults, parents and carers. A full list of our books is on the People Matter IW website.



## Weighted therapy

We have weighted blankets that can be borrowed. We also have lap pads and shoulder wraps. We will have to weigh the person that is using it. We have sensory and pressure clothing to try, sensory hug t-shirts and compressions vests. You can borrow these for 2 weeks.



## Equipment and clothing

We have peanut balls, ear defenders and headphones, light filters, wedge cushions, a dark den, sensory lights and lots more. Some equipment can be looked at only in the Centre. Some is available to borrow for 2 weeks.