

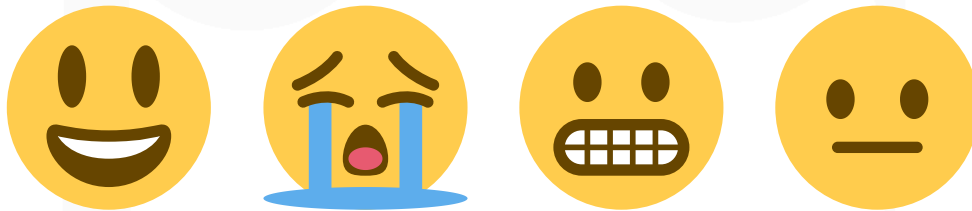
My Visit to

# Sixmile Leisure Centre



Everyone feels different when visiting a new place or trying something new. There are new sounds, smells and you may not know what to expect.

You may feel like this:



Here, at Sixmile Leisure Centre, we understand how visiting somewhere new for the first time can be a stressful experience for some of our service users.

We want to make sure that everyone has the best experience possible on every visit, so to make things easier we have created this Pre-Visit Guide so you, your child, young person or adult you are visiting with can be prepared and know what to expect.

If you require any more assistance, please do not hesitate to call our centre where our staff will be glad to answer any further queries.

We hope you enjoy all the facilities Sixmile Leisure Centre complex provides.

**At Sixmile Leisure Centre, you can go to:**

Fitness Suite  
Swimming Pool  
and Vending

# Location of Sixmile Leisure Centre



Sixmile Leisure Centre can be accessed via bus, car, cycling & by foot. Mossley West Bus/Train station is a 11 minute drive from the entrance of the building.



# Access to the Sixmile Leisure Centre



- Parking is free for all users.
  - The car park is located at the front of the building.
  - The car park type is open air/surface.
- 



- There are 8 Blue Badge parking bays within the car park.
  - The route from the car park to the entrance is accessible to wheelchair users with assistance.
- 



- The car park surface is tarmac.
  - There is a dropped kerb between the car park and the venue.
  - The car park does not have a height restriction barrier.
- 

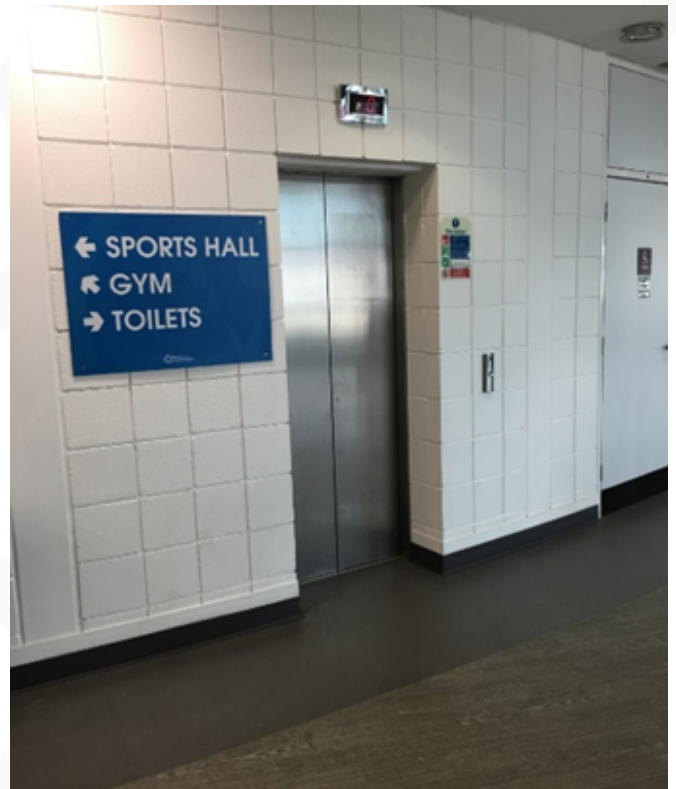




# Lifts

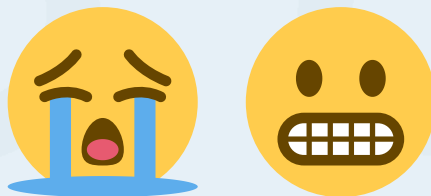
Sixmile has 1 lift, automatic push pad doors and accessible toilet  
Look out for these signs around the building.

There is a lift for public use.  
The lift is located opposite reception.  
The lift is a standard lift.  
The lift does have Braille markings.



---

It's normal to feel unsure about lifts. You may feel like this:



# Fitness Suite

The Fitness Suite at Sixmile LC features a variety of equipment

Music will be playing and machines running. It can be noisy at peak times



# Swimming Pool

The swimming pool hall can be a very noisy place! .



You may experience lots of different noises such as:

- Water running over pool edge into gutters.
  - People splashing water through swimming and play.
  - People laughing, shouting and playing boisterously.
  - Lifeguards blowing whistles.
  - Public announcement systems being used.
- 
- There is level access from the changing area to the swimming pool.
  - There is a wet side chair available.
  - There is a hoist for wheelchair users to access the water.
  - The hoist is manually operated.
  - There is a ladder type entrance into the water.
  - There is a handrail on both sides of the ladder





# Vending

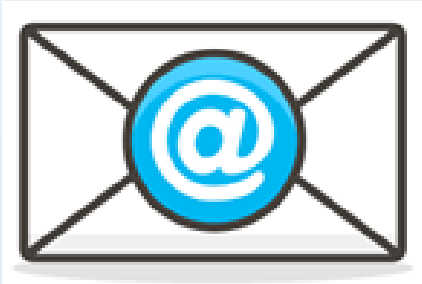
A selection of snacks, hot and cold drinks are available to purchase located at reception.

Swimming accessories also available.





# Contact Details



[more@antrimandnewtownabbey.gov.uk](mailto:more@antrimandnewtownabbey.gov.uk)



Telephone: 03001231580

## Opening Times

Monday	06:00 - 22:00
Tuesday	06:00 - 22:00
Wednesday	06:00 - 22:00
Thursday	06:00 - 22:00
Friday	06:00 - 22:00
Saturday	08:00 - 16:00
Sunday	08:00 - 16:00

## What if I need help?

Always make sure that you tell \_\_\_\_\_ if you feel nervous or anxious and use \_\_\_\_\_ to keep calm.

Staff are all there to ensure your needs are met; if you need any adjustments, for example, turning down the lights/music, they will be able to do so upon request.

Always make sure you stay close to whoever you come to the centre with and tell them if you are feeling worried or have any questions.



If you have questions during your visit to Sixmile Leisure Centre, please speak to the Duty Manager or an Autism Champion.

All staff are available to assist you. For additional requirements or suggestions, contact the Duty Manager or Autism Champions.

We hope this guide helps you navigate the facility easily.

**Thank you for visiting Sixmile Leisure Centre**

