



**Dyffryn Conin has a range of sensory equipment to meet the needs of autistic children, adults, their families and carers. We hope this brings joy and sensory regulation to autistic people and families who may not have had the confidence to go on holiday or have a short break away before. Having spoken to autistic people, their families, experts and friends we do realise that our holiday home will not suit everyone's needs but we do hope that the steps we have taken will help more, enjoy a break away in Pembrokeshire.**

**We are very fortunate to be located in both a relaxing and reviving space. We aim to provide a comfortable home from home and a warm welcome to all.**

**There are a number of adaptations we have included to meet a range of sensory needs.**

**These include:**

- a downstairs bedroom with a double bed, so no need to navigate stairs, and a warm white dimmable main light fitting
- Lovely views from the upstairs bedroom windows and the large conservatory dining area with views of the garden and surrounding countryside
- neutral tones throughout
- warm, cosy house
- comfortable beds with Egyptian cotton linen with hypoallergenic pillow and mattress protectors
- clearly labelled hot/cold lever taps in kitchen
- thermostatically controlled shower mixer tap
- bath with mixer taps and shower head
- noise reducing composite sink in kitchen
- low decibel fridge and freezer in the utility room
- lighting not connected to same circuit as extractor fan in bathroom (known to be source of noise disturbance for autistic people) so it can be switched off

**We have also tried to ensure that Dyffryn Conin is a safe place for autistic people to relax and enjoy themselves, including:**

- Minimised the use of trinkets to avoid overstimulation and, hopefully, breakages
- integrated wires. We have tried, where possible to reduce the number of exposed wires around the house
- The hob and oven have a child lock.
- Lockable cupboards – magnetic locks on lower level cupboards in the kitchen and bathroom
- socket covers are available in the cupboard under the kitchen sink.
- A waterproof mattress cover for a single and double bed is available on request

**Our sensory equipment includes:**

A sensory area in the play room, designed to provide a calming space with a peanut yoga ball to be used for gentle relaxation and light movement, sensory cushions on the sofa and a weighted lap-mat dog. There is also extra sensory equipment available in the cupboard above the wardrobe in the family room for indoor use – this includes a selection of fidget toys and ear defenders. Plus an outdoor box with bubbles and some sensory balls stored in the cupboard above the fridge in utility room. For more active play and sensory needs, there is also a mat and crawl tunnel. We also have a swing outdoors for children to enjoy.

**Galaxy Projector**

The table top light projector turns the single bedroom into a sensory space, creating a calm and relaxing environment. There are a variety of options to choose from, including moving clouds, and galaxies of twinkling stars.

**White noise machine**

To be enjoyed by both children and adults alike. It can help with sensory regulation, relaxation and sleep. Stored in cupboard above wardrobe in Family Room.

**Weighted blanket**

The weighted blanket is known to calm, soothe and aid sleep. At Dyffryn Conin, we provide a weighted blanket for adults to use. We are aware that there may be adults who are autistic staying with us, and the blanket is intended for their use and comfort in the main King bedroom. There is also a weighted lap-mat of a dog available in the play room for a child to use.

**Black out blinds**

Dyffryn Conin bedrooms are fitted with black out blinds. With the exception of the single bedroom (which has a velux blackout blind), all of the main window blinds have a pulley cord with a safety clip. In the King size room and the family room, the velux windows are fitted with blackout blinds.

**Dyffryn Conin has a number of autism friendly and sensory features should you wish to spend some time outside.**

Follow the paths, lit up with solar lighting at night, around the house, to find different parts of the garden to enjoy a range of sensory features: Sit on the garden bench or chairs and listen to the birdsong and see the range of flowers and fauna around you. Look carefully and you may see the wind spinner and hear the wind chimes or the rustling of the trees. Relax and enjoy the peaceful surroundings.

Dyffryn Conin is set away from the main road, in a quiet rural area. Guests can enjoy our peaceful location yet benefit from it being only a short bus, train or car ride away from the local towns and different activities available in Pembrokeshire. There is plenty of parking on site at Dyffryn Conin including the option to use an easily accessible paved ramp to front door rather than a step. Last but not least, Dyffryn Conin is close to the village of Clunderwen where there is a convenience store, a pharmacy, an iron mongers and an outlet of Clunderwen Farmers. We are 4 miles from the pretty town of Narberth with a local doctors' surgery, independent shops, cafés, take-aways and restaurants, perfect for a stress-free stay. We really have tried to think of everything to ensure your time at Dyffryn Conin is enjoyable and autism friendly.

**Dyffryn Conin also welcomes non-autistic families who would enjoy the many features we have put in place to keep our guests, including young ones, happy. We hope you enjoy your stay at Dyffryn Conin Farm Holiday Let!**

Helpful tips for firework displays: <https://www.sensoryfriendly.net/6-steps-for-a-sensory-friendly-fireworks-experience/>

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