

## Little Hiccups Stay & Play: Leeds Mencap Rules

Welcome to our inclusive Stay & Play sessions! These guidelines are here to help everyone enjoy a safe, welcoming, and "hiccup-friendly" environment.

### Accessibility & Facilities

We want everyone to feel comfortable and supported:

- **Step-Free Access:** The entire building is on **one level**, making it fully accessible for wheelchairs and buggies.
- **Security:** The site is **secure** with controlled entry/exit points to support children who may be flight risks.
- **Specialist Toilets:** We have a standard disabled toilet, baby changing facilities, and a full **Changing Places** toilet (including hoist and changing bench).
- **Parking:** On-site parking is available, including dedicated **Blue Badge parking spots** near the entrance.

### Play Areas & Safety

- **Sensory Room:** Open to children of all ages and abilities. This is a fully accessible, calm space for those who need sensory regulation. Please be mindful of others using the space.
- **Soft Play:** Strictly for children **aged 5 and under**. While much of the area is accessible, please note that some climbing sections may have restricted access for those with limited mobility.
- **Soft Play Rules:** No shoes in the soft play area (socks on, please!). No rough play or throwing toys.
- **Supervision:** Little Hiccups staff are here to support the session, but they are not responsible for supervising children; **this remains the parent/carer's responsibility at all times**.

### Age, Siblings & Guests

- **Target Age:** Sessions are designed for children **under 5**.
- **Older Siblings:** Siblings are welcome to join but must respect the play space and follow the **under 5s limit** for the soft play equipment.
- **Extra Support:** If your child needs a 1:1 carer or helper, they are more than welcome to attend with you.

### Health, Hygiene & Allergies



- **Allergy Safety:** To protect our community, **please do not bring your own food into the session.** We provide allergy-safe snacks based on your booking info.
- **Sickness:** Please do not attend if your child is unwell (fever within 24 hours or stomach bugs within 48 hours).
- **Sanitisation:** Hand sanitiser is available throughout the building; please use it before and after play.

### **Respecting Differences & Behaviour**

- **Neurodiversity:** We celebrate every unique child. Please be patient—some children may need more space or express themselves differently.
- **Compassion:** We understand that behaviour is communication. If a situation becomes unsafe, we may suggest a short break or redirection, always with kindness and care.

### **Emergency & Medical**

- **First Aid:** A first aid kit and trained staff are always on-site.
- **Medical Info:** Please ensure you have alerted us to any specific medical conditions or severe allergies during your online booking.
- **Emergency:** In an emergency, follow staff instructions immediately. Emergency exits are clearly marked and secure.

**By booking, you agree to follow these rules to keep our community safe and happy!**



The Queen's Award  
for Voluntary Service