



The Super Sensory 1Km

A resource for Parallel London by Jo Grace

Working on the Sensory Projects' principle that knowledge and a dash of creativity can make inexpensive items effective tools for inclusion The Super Sensory 1km should not only be a fantastic experience on September the 4th but also something wonderful for families and settings to share before and after the event.

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Overview

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Online shopping list for those keen to get resources ordered immediately.
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Parallel London for Sensory Participants.

Parallel London welcomes all people and hopes everyone will participate wholeheartedly on the day. We recognise that for some individuals a one off event, however fun, can be difficult to fully engage with. To support you in participating to the full we have created a Super Sensory 1km race suitable for those wishing to participate in a sensory way.

The Super Sensory 1km requires participants to exercise their senses over a 1km course comprised of a multitude of sensory experiences. It may be particularly suited to: individuals with profound and multiple learning disabilities; individuals on the autistic spectrum who engage with the world in a primarily sensory way and welcome the opportunity to rehearse a situation before entering it; individuals who need sensory support in order to be able to remember an event, these may be people with late stage dementia, people with specific brain damage, people with severe learning disabilities. Of course the sensory world is a lot of fun, and sensory stimulation supports everyone's memory, so although the Super Sensory may be particularly suited to some participants that does not mean everyone else cannot enjoy it too.

The Super Sensory 1Km can be 'trained' for just like any other race, it can also be re-run through the senses after the event as a way of connecting with a memory of the day. 'Training' for the Super Sensory 1km will support sensory participants to be able to fully engage on the day. The sensory experiences selected to be a part of the Sensory 1km have been chosen to be as engaging as possible to maximise the opportunity to participate.

Here's an overview of what to expect from the race:

	Spoken cue:	Sensory experience:	Sensory systems stimulated by the experience:
Start-100m	Ready steady go!	Starter gun Movement starts	Auditory Vestibular
100m-200m	Ready steady here we go! Red -Ready! Red – Ready! Red – Ready! Red!	Red balloons Red ribbons	Visual
200m-300m	Ready steady here we go! Steady, steady, steady!	Massage bug	Proprioceptive
300m-400m	Ready steady here we go! GOOOOOOoooooo!	Rallying cries of GOOOoooOO-woah- oh from everyone!	Auditory

400m-500m	We will keep a steady pace.	Clapped beat Inflatable clappers	Auditory Proprioceptive
500m-600m	We will roll a steady race.	Massage bug	Tactile Proprioceptive
600m-700m	We won't get in a spin; no we won't get in a spin.	Spin Circle	Vestibular
700m-800m	We will keep on going taking deep breaths in.	Eucalyptus oil	Olfactory
800m-900m	Rolling beneath a heavy load.	Bean bags	Proprioceptive Tactile
900m-Finish	Together we roll this sensory road!	A jubilant colourful, noisy, crowd of other racers. Fresh orange segments. Celebratory hugs. Medals.	ALL!

Resourcing the Super Sensory 1km: Information for Parallel London

Options have been given for **basic**, **intermediary** and for **wow** resources.

I've highlighted in each case the option I'd go for, choosing based on sensory and pragmatics and given a little FYI to explain my choices.

Ready Steady Go!

Basic – Clap hands on “Go”

Intermediary – Party Poppers to be pulled on “Go”

Wow – Starter pistol fired on “Go”

FYI For some of the young people I work with reacting to anything at all is a big achievement. Surprise sounds are often a good way of getting a flinch response, by including one with include those individuals who can only participate at this level.

Ready, steady, here we go. Red – Ready! Red – Ready! Red – Ready! Red!

Basic – Ask people to bring something red with them. Or provide red paper to put on wheelchair trays.

Intermediary - Red balloons to be fastened to fronts of chairs so that racers see a bobbing ball of red before them as they roll. (Although Wow shouldn't be too much of a leap and would make a great impression).

Wow – Red balloons for individuals and a series of red flags or ribbon curtains/arch ways to pass through and under. If some metallic red was included that would add to the visual experience as it captured the light. Add some helium to the balloons for extra magic.

FYI Red is the first of the colours our sense of sight learns to see, by providing bold red visuals we include those at the early stages of visual development as well as everyone beyond them in visual development. Red should also hopefully contrast nicely with the blue of the sky, standing out against a sunny background. We should avoid colours that will blend with the environment.

Ready, steady, here we go. Steady. Steady. Steady.

Basic – Person pushing jiggle chair slightly each time they say “steady.”

Intermediary – A 500ml or 1lt pop bottle filled with something that rattles. Ridges in the track to be bumped over, e.g. rope laid on the floor.

Wow – Individual hand held massagers to be carried by participants on this leg of the race. These are really wonderful. I have a couple in my kit and can almost guarantee a response to them from even the most profoundly disabled children I encounter. Tiger sell them for around £3-£4 each they can be purchased online via Amazon for closer to £9 and both need 3AAA batteries a piece.

https://www.amazon.co.uk/gp/product/B001VK1B4A/ref=oh_aui_detailpage_o01_s00?ie=UTF8&psc=1

FYI deep vibrations stimulate the muscles below the skin and so give the body more nerves to respond to what could be considered a ‘touch’ experience than just those in the skin. Vibrations are often the way to reach individuals who are deafblind, by including some really strong vibrations we are reaching out to individuals who may not be able to access other experiences in the race.

Ready, steady, here we go. GggoooooOOOOOoooooOOOO!

Basic – The human voice!

Intermediary – A really good human voice, lots of change in pitch and lots of enthusiasm.

Wow – More human voices a cacophony of siren-esque “Go”s

FYI In terms of the early development of hearing after we respond to rhythm (coming up in the next leg) we respond to the sound of our mother’s voice, female voices, high pitched voices and particularly sounds that change pitch, going high and low, are fascinating auditory experiences to those in the early stages of sensory development as most of our Super Sensory Racers are likely to be.

We will keep a steady pace.

Basic – Pusher creates a rhythm through their pacing or by patting the participant or patting their tray to a steady beat.

Intermediary – Pusher creates rhythm and this is supported through widespread steady clapping.

Wow – Pusher creates rhythm and supporters are given some kind of clapping device to create a steady beat in the air with (like football supporters have, or supporters at the Olympics)

FYI – a heartbeat rhythm is fantastically engaging and inclusive, those not able to access it auditorily can feel it on their bodies, even in their bodies. It’s one of the first sounds we hear in the womb so one of the sounds we have had the most practice at hearing.

We will roll a steady race.

Basic – Person pushing jiggle chair slightly each time they say “steady.”

Intermediary – A 500ml or 1lt pop bottle filled with something that rattles.

Wow – Individual hand held massagers to be carried by participants on this leg of the race. These are really wonderful. I have a couple in my kit and can almost guarantee a response to them from even the most profoundly disabled children I encounter. Tiger sell them for around £3-£4 each they can be purchased online via Amazon for closer to £9 and both need 3AAA batteries a piece.

https://www.amazon.co.uk/gp/product/B001VK1B4A/ref=oh_aui_detailpage_o01_s00?ie=UTF8&psc=1 (This can be re-used from station before)

FYI – same as with the other vibrations leg, I’ve included it twice as I know it will be such a super way of getting people’s senses stimulated, hopefully the racing as well will be suitably jiggly.

We won’t get in a spin. No we won’t get in a spin.

Basic – Person pushing turns the participant in a circle on the word “spin”

Intermediary – If appropriate to the individual person pushing spins the participant on the word “spin”

Wow – Some kind of amazing revolving table? More plausibly, enthusiastic supporters who would run alongside the participants and also spin and twirl.

FYI – spinning is fascinating to the vestibular system and to the visual system. Our eyes are drawn to rotation so seeing other races and supporters spin will be interesting for sensory participants and feeling the sensation of spinning will be interesting to their vestibular systems. We do need to be careful not to encourage people to spin continuously as this can be dangerous and some people will find spinning so much fun that they want to keep on and on. If we have someone like this on the day the best thing to do, other than encouraging them to stop spinning is to ensure they alternate between spinning clockwise and counter clockwise.

We will keep on going taking deep breaths in.

Basic – person supporting the participant breathes deeply for the participant to hear and feel.

Intermediary – participant brings a favourite scent with them to breathe in during this leg of the race.

Wow – Eucalyptus oil is wafted over the track, participants are given a little oil on a cloth to carry with them. (Ideally the cloth would be in one of those plastic take away boxes so that it could be taken home after the race in a sealed container so as to not lose its pungency).

FYI – smell is a really emotive sense, processed by our limbic brain not our thalamus, clear strong vibrant smells have been found to be stimulatory to the thinking brain. Although these tests were

done on smells like peppermint I imagine something invigorating like eucalyptus would do the same. I've chosen eucalyptus especially as I know it to be a scent that works well outdoors. Other strong fun fruity or minty scents could be used instead (of course it would be best to do any substitutions ahead of time so that people can train using a matching scent).

Rolling despite our heavy load.

Basic – supporter presses down on participant's shoulders

Intermediary – supporter places item on participant's lap so they can feel the weight.

Wow – participant's lap is piled with beanbags for them to carry. (Good chance of being able to borrow these from schools?)

FYI – pressure stimulates the proprioceptive system and is often found to be soothing. Applying pressure to a person is one way of telling them that they are here, by stimulating the proprioceptive systems of our races we are supporting them in being present in the moment and so getting the most out of the race experience.

Together we'll roll this sensory road!

Basic – supporter holds participant's hand and hugs them in celebration as they cross the finish line.

Intermediary – other participants roll/run with the participant. Participant joins in finish line celebrations

Wow – as they enter the final 100 meter's the participant enters crowds of other runners, hearing their shouts of encouragement, seeing the bright colours of their clothing. Upon crossing the line they are offered a refreshing fresh orange to taste and smell, they feel the weight of their medal and see it glinting in the sun, and receive celebratory hugs.

FYI – the best thing for participants to get out of this section of the race is lots of human contact, faces, voices, nearness, this stuff is all sensory gold, as we've not had a taste anywhere in the race yet it would be nice to offer one and an orange that was sharp and sweet would be great for palates that may not register subtler flavours, plus a fresh orange will have a lovely smell. There's some evidence to suggest fruity scents provoke feelings of joy, I imagine if this were explored it would be due to associations, and these associations are more likely for our participant's supporters than for the participants themselves but there would be a rubbing off effect.

Sample shopping list:

Starter's pistol – Already at venue?

Red balloons - £10-£20 depending on number

Massage toys - £4 each, ideal world one per participant

Eucalyptus oil - £5-10

Bean Bags – (could be borrowed from local primary schools if not already available on site)

Supporter clappers/ inflatable cheering sticks – optional, - around £1 per pair of sticks.

Fresh oranges – purchase on the day – 30p each

An online shopping list

For if you just want to go for it. Although I imagine a keen volunteer with a good shopping list, comfortable shoes and a budget could source as good locally in London.

[Red balloons](#) x100 or more

[Sparkly red curtain](#) x 10, one every 10 meters, or two every 20

[Ribbon to tie the balloons on with](#) x 1m per balloon

[Helium](#) – to make the red balloons that bit more interesting

[Massage toys](#) (Although Tiger is **much** cheaper if you can get someone there) x participant number

[Cheering sticks](#) x participants or x supporters for that leg – could just be for Parallel London people along the leg.

[Eucalyptus oil](#) x 1

[Plastic containers for sharing eucalyptus oil in](#) x participant numbers

[Fabric for putting the Eucalyptus oil](#) on x participant numbers alternatively [cotton pads](#) taped to the base of the box would work

[Bean bags](#) (get in multiple colours or all yellow and blue)

Resourcing the Super Sensory 1km: For sensory participants wishing to train prior to the event or wishing to continue racing after the event.

All good athletes train before they take part in sporting events and sensory athletes are no different. Training before hand will help you to understand what is going to happen on the day and will get your senses warmed up and ready to go.

Below you will find some simple suggestions for how you can resource the Super Sensory 1km in training as well as information about what you will find at the Olympic park on the day.

You are welcome to train over a 1km distance, introducing a new sensory experience every 100 meters, alternatively train over a shorter distance, practicing moving whilst exercising your senses. And of course if you want you may train on the spot, making sure you exercise your senses!

Training tips:

Have your supporter read the cue line to you loudly and clearly with dramatic emphasis where indicated.

You can choose whether to hear the cue line once or whether to have your supporter repeat it as you race to the next station on the course.

Explore the sensory experience as you race along 100 meters.

Make sure no one distracts you from your training, stay focused!

Try to repeat your training regime as often as possible - always experiencing the legs of the race in the same order, and making sure your supporter sticks to the correct wording of the cue line so you know what to expect.

Ready Steady Go!

(Said with suspense for 'ready steady' and loud exuberance for 'Go!')

At the Olympic stadium you'll hear a starter pistol on the word "Go." You can practice for this using a party popper, or simply by hearing a loud hand clap.

Ready, steady, here we go. Red – Ready! Red – Ready! Red – Ready! Red!

(Said with a steady pace for ‘ready, steady, here we go’, and then as a call and response for the ‘Red – Ready!’ refrain, with ‘Red’ being a shout and the emphasis being placed on the start of the word for ‘Ready’ ending with a single shout of ‘Red’)

At the Olympic stadium race officials will hand you a red balloon to carry on the front of your chair down the 100 meters to the next station on the race. You can practice in training by holding and exploring red balloons, and by finding out how they respond when you wheel along. Your supporter may need to practice a little with fastening the balloon to your chair. If you are so fortunate a position to have two supporters you won’t need to fasten the balloon to your chair as your second supporter can run ahead of you holding the balloon in your eyesight.

Ready, steady, here we go. Steady. Steady. Steady.

(Said with the same steady pace for the first sentence, and then with a slightly nervous, mischievous edge to the voice for the ‘steady’s as if watching someone balance something they must not drop – but that, if they did drop it would be really funny)

At the Olympic park you’ll be handed a vibrating massager to carry down this leg of the race. You can practice in training by holding onto a vibrating toy or an electronic toothbrush. You can put an electronic toothbrush into an empty drinks bottle and screw the lid on tight for a safer way to feel the vibrations. Alternatively you can fill an empty drinks bottle with something that rattles as it moves, e.g. some marbles or powerballs, and feel the vibrations from them as you race along.

Ready, steady, here we go. GggoooooOOOOOoooooOOOO!

(Said with the same steady pace for the first part and then with a soaring cry for the GoooOOOOooo, try to have your ‘Go’ go up and down, so that it’s more of a Gooo woah oh)

At the Olympic park you will hear lots of people crying “GoooooOOOoooooOOO” in training get as many people as you can to join in and make an encouraging noise!

We will keep a steady pace.

(Said with a definite rhythm)

All endurance racers have to pace themselves so as not to get worn out before the finish line. At the Olympic park supporters will clap a steady rhythm to encourage everyone to keep going. You can train for this at home by hearing a steady beat.

We will roll a steady race.

(Said with determination, continuing the beat from the previous leg of the race).

The 'steady' in this leg of the race is the same as the 'steady' in the third leg of the race, so at the Olympic Park you will be passed the massager again to carry for the next 100 meters. In training you can practice in the same way as you practiced for leg three.

We won't get in a spin. No we won't get in a spin.

(Said with comedy innocence – this mischief tone of someone who knows they're going to do precisely what they promise not to).

It's important to keep your head and keep on ploughing forwards in a race. To remind ourselves what not to do we will spin on the word 'spin' in this leg of the race. At the Olympic park lots of people will be spinning with you. In training it is your job to get used to what this spin feels like so that you can really enjoy the whirl around on the day.

We will keep on going taking deep breaths in.

(Said with the continued steady pace)

At the Olympic park the smell of eucalyptus oil on in the air will encourage you to take deep breaths. You can practice at home with a dab of eucalyptus oil on a cloth to smell, or vapour rubs sold for breathing when you have a cold often smell of eucalyptus oil so a sniff of one of these could help you warm up your nose. Alternatively just practice taking deep breaths in and hearing and feeling someone else do the same.

Rolling despite our heavy load.

(Said with continued pace, sounding a little tired)

It's only natural that towards the end of a race athletes feel tired and weighed down. At the Olympic park you'll get a sense of this as bean bags are piled onto your lap. In training you can practice with your own bean bags and if you do not have any, then anything a little weighty in a fabric bag will do.

Together we'll roll this sensory road!

(Said with joyous celebration)

At the Olympic park on the day of the race as you enter the final 100 meters of the course you'll be joined by runners and rollers taking part in other races and distances, you'll see the bright colours of their t-shirts, hear them and their supporters. When you cross the finish line people will celebrate

with hugs, you'll be offered the taste of a fresh orange and you'll get a shiny medal. It will be a multi sensory extravaganza! In training you may want to practice tasting a slice of fresh orange or sharing hugs with your supporters.

Taking part on the day

The Super Sensory 1km is due to start at 12:07 you are free to complete the course at any speed but we anticipate it taking between 15 minutes for the incredibly speedy and an hour for those making the most out of the experience.

Prior to taking part you are invited to explore the accessible attractions in the festival, among which you will find Jo Grace of The Sensory Projects who helped us put together the Super Sensory 1km. Jo will be running a series of warm up workshops for sensory athletes wanting to fit a little more training in before the event.

After the event Jo will be running a follow up workshops for supporters, in which she'll share information about how to get more out of the Super Sensory 1km at home and how to take your sensory athleticism forwards.

Supporters and participants are welcome to attend both events but the morning event will be targeted at participants whilst the afternoon event will be aimed at supporters.

Super Sensory warm up workshop

A workshop for sensory athletes taking part in the Super Sensory 1km and anyone else who is interested in having a go at some sensory challenges.

Get:

- A sneak preview of what will be out there on the Super Sensory 1km
- A chance to practice your sensory skills for the Super Sensory 1km using real resources and alongside other participants.
- All your senses stimulated, warmed up and ready for action.
- To try out some sensory sports not in the Super Sensory 1km.
- To make new friends and have a really fun inclusive time.

Keep on racing workshop

A workshop for supporters of sensory participants in the Super Sensory 1km; and for anyone else who is interested in learning more about sensory engagement work.

Learn:

- The reasons behind the choices of experience in the Super Sensory 1km.
- How to choose future sensory experience for your sensory athletes.
- How to use the Super Sensory 1km to support your sensory athletes' ongoing sporting achievement.

Outline for A4 tri fold leaflet introducing the Super Sensory 1km

Side one

Front cover:

The Super Sensory 1km

Parallel London

Image: Ideally one that references an aspect of the event, e.g. a person with profound disability with a red balloon bouncing in front of their face

4th September

12 noon

Inside or back flap:

Photo of Olympic stadium

Blurb about Parallel London, including logistical information about the event and link to webpage

This from your website?

This disability-led event celebrates our magnificent diversity as well as what unites us. All ages. All abilities. No cut-off times. No excuses. Run it, walk it, push it or be pushed – anything goes!

And that's not all. We're making the most of the spectacular venue with a family festival. We'll be showcasing the very best in accessible attractions across art and culture, technology, food and drink, and health and fitness.

Inside or back flap:

Photo of me or of a spread of sensory items.

International inclusion and sensory engagement consultant, and founder of The Sensory Projects, Jo Grace has designed the Super Sensory 1km on behalf of Parallel London. Jo believes that with the right knowledge and a little creativity inexpensive resources can be used to effectively include people with profound disabilities. In all her work Jo seeks to contribute to a future where people are understood in spite of their differences. In creating the Super Sensory 1km for Parallel London Jo has drawn upon her knowledge and creativity to bring together a race you can enjoy on the day, and also one that you can train for beforehand and build on afterwards to get the absolute most out of the experience.

Side Two

Opens out to a full A4 page

First two sections

Image of the track, circled with information boxes proposed as follows.

- The Super Sensory 1km is for sensory athletes, including athletes with profound and multiple learning disabilities and athletes with profound autism and anyone else for whom the sensory world is their optimum mode for engaging with the event.
- Over the 1km track athletes will exercise seven sensory systems as they meet new sensory experiences every one hundred meters. [It would be good to support this one with the names of the seven sensory systems bursting out of the artwork behind](#)
- Athletes can train for the Super Sensory 1km prior to the event. Visit –website address – for more information.
- For the final 100 meters of the race Sensory Athletes will be joined by athletes completing the X and X races. There will be no winners, at Parallel London all participants cross the finish line as equals. We can't wait to see you there!

Third section

The Festival

Parallel London is not all about the race: in our Festival zones you'll find a cherry picked sampling of the best accessible attractions. Food and drink, active lifestyles, family fun zone, arts and culture, technology. Within the festival you will also find a selection of workshops including the:

Super Sensory Workshops

Super Sensory Warm Up

In the morning Super Sensory 1km participants, and anyone else interested in the sensory world, can attend a 30 minute sensory warm up in preparation for the main event led by Jo Grace. There will be two warm up sessions, one starting at 10:00 and another at 11:00.

Keep on racing

After the Super Sensory 1km Sensory Athletes' supporters are invited to attend an information sharing workshop delivered by Jo Grace that will teach you how to use the principles and insights gained through the Super Sensory experience to continue to support your sensory athlete in the long term. The workshop will begin at 2pm and end at x.

To find out more about the workshops visit – website address -

Draft of a possible article to advertise the event. I have contacts in relevant online places like The Special Needs Jungle, I imagine PMLD link would love to run an article, they're currently sourcing for their summer issue which is about activities. You may be able to get it published somewhere more London centric, or someone more notable. I could write another article explaining the choices behind the various experiences on the course which would be of interest to people who support sensory participants.

True inclusion from Parallel London

(Including #incloosion)

Parallel London is a truly inclusive event, by reaching out to individuals with profound and multiple learning disabilities they're not just being inclusive by providing ramps and toilets (although, don't worry, there will be ramps and toilets, they've very important*), they're not just being inclusive by saying you can come and "no one will mind" – is inclusion really achieved by promising that no one will mind if you make a noise, or look a bit different. As if not minding is a generous act! Parallel London wants everyone to be able to take part, so there are races of different lengths, and you can run, or roll, or be carried or cartwheel, it all counts. There are also no finish times so you can complete the course in the time that suits you. It's about participation not competition. But those wishing to compete can do so against themselves as everyone will be timed so the option is there to challenge yourself, can you complete the course in a certain time?

Many people (Pope John Paul II, Hubert H Humphery, Pearl S Buck, Cardinal Roger Mahony, Samuel Johnson, Ghandi, Jimmy Carter) through history have pointed out that a society is judged not by what it provides for the strongest of its members but by how it acts towards those who are weakest and most vulnerable. But really this isn't a statement that needs a list of referees: It is a self evident truth. Individuals with profound and multiple learning disabilities are among the weakest and most vulnerable of our society, and they get left out, overlooked, isolated, and excluded. I could give a similar string of references for this sentiment, maybe not of Popes, Professors and Presidents, but of people like Dr Forester <https://sheridanforster.com.au/2016/05/23/people-with-profound-intellectual-and-multiple-videos-in-online-training/> and the campaigners at [PAMIS](#), [Changing Places](#), [#Notanurse](#) but and me.

So how do you include someone with a profound disability in a sporting event? Is it not by its very nature an exclusive event: only for those who are physically able? Well we have to think about what sport means, the very first part of the Oxford English Dictionary definition says it is "An activity involving physical exertion and skill." If you imagine a sporting great you probably imagine someone who tries really hard, someone who pushes up against the limits of what is possible for their body, someone who persists in spite of pain and obstacles and injury and set back. If I do a line up in my mind's eye of all the people I know or have heard about or have seen on TV the individuals I know with profound and multiple learning disabilities who fight to use their bodies on a daily, hourly, minute by minute basis, who try so hard that sometimes they fall asleep exhausted by their exertions, who have to practice hundreds and hundreds, nay even thousands and thousands of times to get mastery of their faculties so that they can use their eyes for seeing, their hands for

reaching out and touching things, these individuals easily stand shoulder to shoulder in my mind with Jess Ennis and Paula Radcliff. And so on the day when you see them competing in the Super Sensory 1km, don't cheer them on out of a sense of "oh how cute," you wouldn't do that to Jess, or to Paula, cheer them on as the athletes they are.

The Super Sensory 1km will be a 1km race during which participants will have the opportunity to test their seven sensory systems against experiences designed to appeal and challenge them. The final 100 meters of the race will merge with the final 100 meters of those completing the xK and the xk, adding an extra sensory element for the sensory participants of the colour, noise and companionship of the other racers and making a symbolic statement that no matter what time we took to complete the course, which course we did, and how physically able we are, at Parallel London we all finish as equals together.

*Oh and about those toilets.

At the top of this article I mentioned that ramps and toilets are important. Of course they are, physically inaccessible buildings are not inclusive, it doesn't matter how fantastic whatever is going on inside of them is if you can't get in it's no use. Changes in government legislation over the past decade have meant that we are now all used to seeing ramp access to buildings and I am sure you expect to see a disabled toilet in all public places. But how many Changing Places toilets have you seen?

With X Changing Places toilets in the venue already and with the X bringing X more portable Changing Places loos Parallel London will not only be the biggest all inclusive sporting event it will also be the most Changing Places toilets in one location!

Disabled toilets are only suitable to individuals who are able to lift themselves from chair to toilet and back again. People with disabilities which prevent them from doing this need hoists. Without hoists the people who care for these individuals must lift them manually, which is dangerous to everyone involved. Without suitable changing beds and the individuals themselves must lie on the floor of the toilet to be changed. Of course protective mats can be placed on the floor first, but think about it, even with a mat down would you want to lie on the floor of a public bathroom? Yet for many people it is a choice between this or sitting in soiled underwear. Which choice would you make? Perhaps neither sounds appealing, you'd rather just stay at home? And so it is easy to see why people with profound disabilities remain hidden in our society, because if it is simpler, healthier, and more hygienic to just stay home, then it's very likely that this will be the decision made and society will miss out on their wisdom and wit, and they will miss out on this big wide world and all that's in it to see and sense.

For more information about Changing Places visit www.changingplaces.org

And on twitter look up the Changing Places consortium on @CP_Consortium and check out the hashtag #incloosion and if you're really brave why not take part in the barefoot challenge and help raise awareness of the need for Changing Places toilets #barefootchallenge

by : Jo Grace of The Sensory Projects @Jo3grace <http://jo.element42.org>

Me myself and I chatting about permutations for the workshops.

With extra time for the afternoon workshop I could also cover:

- What sensory athletes can achieve through participating in sensory sports.
- Ideas for alternative sensory sporting challenges.

Which would give people a lot of extra information as to what they could do as a result of the event (would be especially good for those attending from adult care)

If possible I'd like to make the morning workshop quite short, to suit the needs of the sensory participants, and perhaps do several 30 minute workshops with space between them to allow for questions and free exploration of resources.

I'd very much like to be track side supporting the sensory participants as they race.

Ideally the afternoon workshop would be quite long, in an hour I could achieve all in black type above, in an hour and a half I could do the rest, and in two hours I'd have time for more detail and questions. I imagine families might send one member, e.g. mum or dad, to the workshop whilst everyone else explores the festival, and other visitors to the event, e.g. teachers, may choose to attend as a bit of independent CPD.

If this isn't possible then I could simply do a mirror workshop in the afternoon for participants and their families where we could relive the glory of the race and I could give families snippets of information about what they could do with the race format once they're home. This wouldn't have as much impact as really getting some knowledge out there.

If I ran the afternoon as a single long session I could advertise it to families in the morning and during the race and would advertise it across social media and the SLD forum before hand as a good way to pick up a little extra CPD.

Another option could be to offer two different hour long workshops and hope people would come to both? Or offer a single hour with an optional half hour extension? It's tricky because I want to just grab people and tell them everything that would be useful for them, but if I hole them up in a classroom for an hour or two that's an hour or two they spend missing out on the rest of the day. Maybe I should just stick to the top three bullet points and do an hour long session, and let people who want to contact me for more info via email, skype, facebook, the usual routes!

I think the ideal outcome is two workshops in the morning run time of 30 mins each, with gap in between for people to explore and ask questions.

Then the race.

Then one hour long