



Delivering Special  
Provision Locally

# DSPL7 Provision Mapping Booklet

**2026 - London activities - SEND friendly**



This provision map aims to provide information on all support available for both parents of and professionals working with children and young people with Special Educational Needs and Disabilities (SEND). This booklet outlines local play schemes and activities available for CYP with SEND. Please visit the DSPL7 website to find booklets outlining support from other organisations.

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# Natural History Museum - Dawnosaurs

## For

neurodivergent children aged 5-15 and their families, including Autism, ADHD, Tourette's, OCD and other sensory processing difficulties.

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## What they do



Dawnosaurs is a free event for neurodivergent children which allows families to enjoy the Natural History museum free from the hustle and bustle of the general public, between 8:00 - 10:00am. Visitors have access to a wide range of galleries and activities, supported and led by experienced, neurodivergent-aware facilitators.

Not all areas of the museum will be open during Dawnosaurs but the Dinosaurs gallery is always open during these events. Temporary exhibitions may be open - you will be informed if they are or not prior to the event. The kitchen will be open for hot drinks and snacks.

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## Specific requirements

The event is best for children aged 5 - 15, and siblings are welcome. It is essential that all visitors book a free ticket online in advance - tickets are released for each event a few months in advance. Adults are limited to three per group.

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## Contact details

- **Address** - The Natural History Museum, Cromwell Road, London, SW7 5BD
- **Email** - [Dawnosaurs@Nhm.ac.uk](mailto:Dawnosaurs@Nhm.ac.uk)
- **Website** - <https://www.nhm.ac.uk/events/dawnosaurs.html>

**[Click here to find out more information and book](#)**

# Science museum - Early Birds

## For

neurodivergent children aged 4-15 and their families, including those with ASD and sensory processing differences.

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## What they do



Early Birds is suitable for those who benefit from visiting the Science museum free from the hustle and bustle of the general public. These events take place on selected Saturdays and Sundays across the year - the museum will be opened exclusively before or after hours, and wherever possible will have adjusted operations and/or lowered volume levels on exhibits.



As well as exploring some of the galleries, there will be a selection of fun workshops in a gallery space, and quiet areas for those needing to take a break.

Not all areas of the museum will be open during Early Birds - you will be sent a programme nearer the time which will explain the areas that you are able to explore.

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## Specific requirements

Suitable for children aged 4 - 15. Siblings are also welcome but all adults and children attending must book.

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## Contact details

- **Address** - The Science Museum, Exhibition Road, South Kensington, London, SW7 2DD
- **Telephone** - 033 0058 0058
- **Website** - <https://www.sciencemuseum.org.uk/see-and-do/early-birds>

**[Click here for more information and to book Early Birds](#)**

# Science museum - Night Owls

**For** neurodivergent individuals aged 16+ and their friends or family, including those with ASD and sensory processing differences.

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## What they do



Night Owls is suitable for those who benefit from visiting the Science museum free from the hustle and bustle of the general public. These events will take place on selected dates across the year - the museum will be opened exclusively after hours, and wherever possible will have adjusted operations and/or lowered volume levels on exhibits.

As well as exploring some of the galleries, there will be a selection of fun workshops in a gallery space, and quiet areas for those needing to take a break. Not all areas of the museum will be open during Night Owls - more details on exactly what to expect on the day will be sent out in advance of each Night Owls event.

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## Specific requirements

Suitable for children aged 4 - 15. Siblings are also welcome but all adults and children attending must book.

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## Contact details

- **Address** - The Science Museum, Exhibition Road, South Kensington, London, SW7 2DD
- **Telephone** - 020 7942 4000
- **Website** - <https://www.sciencemuseum.org.uk/see-and-do/night-owls>

**[Click here for more information about Night Owls](#)**

# Tate Modern - Relaxed Hours

**For** those with disabilities, those who are neurodivergent and those with sensory needs.

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## What they do




### ACCESS

#### Relaxed Hours: Theatre Picasso

A quieter time to experience Picasso's works in a new way with...

 Tate Modern

 Third Tuesday of the month at 10.00–11.00

On the third Tuesday of every month, the Tate Modern hosts relaxed hours between 10:00 - 11:00am for certain exhibitions. At this time, galleries will be open to limited numbers of people. These events are open to those with disabilities, those who are neurodivergent or any other visitors with sensory needs who prefer a more relaxed environment, plus their families, friends and carers. Resources will be available on the day, including:

- An access station
- Ear defenders
- A quiet breakout space

Tate staff will be aware that this is an access hour and will take this into consideration when looking after you and the artwork.

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## Specific requirements

Booking is required. Concessions are available.

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## Contact details

- **Address** - Tate Modern, 53 Bankside, London SE1 9TG
- **Telephone** - (0)20 7887 8888 option 1
- **Email** - [hello@tate.org.uk](mailto:hello@tate.org.uk)
- **Website** - <https://www.tate.org.uk/>

**[For more information about Tate Modern](#)**

**[Relaxed hours - click here](#)**

# National Maritime Museum - SENsory Sailors

## For

Disabled children, children with additional needs and their families.

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## What they do

Once a month on a Saturday between 11am - 12:30pm, the National Maritime Museum hosts SENsory sailors for families of children with SEN. Siblings under 13 years old without SEND are also welcome and sessions ensure everyone in the family can participate in creative activities. Sessions are relaxed and children can leave the room at any time, but must be accompanied by their adults. A breakout space is also provided. As part of the booking process, families are asked about any needs your child(ren) have which will help the facilitator to develop activities that will engage your child and family, and be suited to their interests and access requirements. This information is not shared beyond the SENsory Sailors team.



## Specific requirements

Booking is required.

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## Contact details

- **Address** - National Maritime Museum, King William Walk, London, SE10 9NF
- **Telephone** - 020 8858 4422
- **Email** - families@rmg.co.uk
- **Website** - <https://www.rmg.co.uk/whats-on/national-maritime-museum/sensory-sailors>

**[Click here for more information on  
SENsory Sailors](#)**

# Tower Bridge - Relaxed Opening

**For** neurodiverse children and their families.

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## What they do



On the second Saturday of every month, Tower Bridge hosts Relaxed Opening for anyone who would like to explore the Bridge in a calm, tranquil atmosphere. This takes place between 9:30 - 11:30am, with the attraction opening to the general public at 11:50am.

To ensure the Bridge is as welcoming as possible we:

- Limit the number of people in the Bridge
- Turn off loud hand-dryers and replace them with disposable hand-towels
- Turn off loud soundscapes and video
- Run regular disability awareness sessions with staff
- Provide visual story to help you plan your visit
- Have Access Toolkits around the Bridge, which contain sensory items to help assist visitors who may be overwhelmed due to the new environment.

## Specific requirements

No specific requirements.

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## Contact details

- **Address** - Tower Bridge, Tower Bridge Road, London, SE1 2UP
- **Telephone** - 020 7940 8397
- **Email** - [learning@towerbridge.org.uk](mailto:learning@towerbridge.org.uk)
- **Website** - <https://www.towerbridge.org.uk/events/relaxed-opening>

**[For more information about Relaxed opening at Tower Bridge click here](#)**

# London Transport Museum Family Explorer

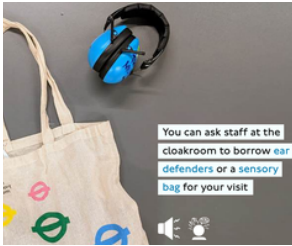


## For CYP with

SEN, including Autistic Spectrum Disorder.

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## What they do



The London Transport museum opens outside their regular hours on certain special days to allow families to enjoy the museum at a quieter time, free from the general public, and with many of the gallery sounds turned off. Explore the All Aboard family spaces in peace, have a go at holiday activities or get hands-on with genuine parts of transport history.

There is also now a sensory space at these events - feel free to use any of the sensory objects, including ear defenders, sensory bag and their bespoke stimming board, carefully crafted by their Learning Team to provide a calming sensory experience for visitors.



CYP under 18 and carers go free, adults are charged general admission rates.

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## Specific requirements

Advanced booking is essential as places are limited and must be booked online.

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## Contact details

- **Address** - London Transport Museum, 39 Wellington Street, London WC2E 7BB
- **Contact form** - <https://www.ltmuseum.co.uk/contact>
- **Telephone** - (0)343 222 5000
- **Website** - <https://www.ltmuseum.co.uk/visit/families/families-send>



**[Click here for more information about Family Explorer](#)**

# London Theatre - Relaxed and Chilled Performances

## For CYP with

SEN, specifically those with sensory and communication needs.

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## What they do



Many theatres in London have 'relaxed performances' which are adapted in a number of ways to reduce anxiety and create a supportive atmosphere, including adjusting light and sound levels, providing 'chill-out' areas and demonstrating an embracing attitude towards audience noise and movement in the auditorium. Families can also access support resources before the show to help them prepare for what's about to happen, and some theatres also offer familiarisation visits. Chilled performances take a more casual approach to noise and movement in the auditorium, but the performance itself is unchanged. This performance is ideal for people who feel more at ease knowing they can go in and out of the auditorium during the show.

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## Specific requirements

Booking required. The cost of these tickets is subsidised and families are given lots of support with the booking process.

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## Contact details

- **Website** - <https://officiallondontheatre.com/access/relaxed/>

**[Click here to view relaxed performances](https://officiallondontheatre.com/access/relaxed/)**

# London Zoo - Relaxed Opening Tours

**For**

neurodivergent people.

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## What they do



London Zoo's relaxed opening hours allow neurodivergent people and others who would benefit from a calm and safe environment, to enjoy the Zoo. Visitors arrive outside of opening hours (either before the zoo opens or after it has closed, depending on the time of year) and enter via a special entrance to be guided around and shown some of the incredible wildlife by a member of the Engagement and Community team.

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## Specific requirements

Tours are free to attend but must be pre-booked with a valid Membership, Fellow, or Patron card, or a General Admission ticket to London Zoo.

A disability concession ticket entitles the holder to a free companion or carer place with each ticket.

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## Contact details



- **Email link** - [https://zsl.londonzoo.seetickets.com/customerservice?\\_gl=1\\*174xiqX\\*\\_ga\\*MTY3ODAyOTQ3My4xNzE3NDE4NTc4\\*\\_ga\\_MWZNVH9X89\\*MTcxNzQ5MzY2MC4yLjEuMTcxNzQ5MzcZMS4wLjAuMA..](https://zsl.londonzoo.seetickets.com/customerservice?_gl=1*174xiqX*_ga*MTY3ODAyOTQ3My4xNzE3NDE4NTc4*_ga_MWZNVH9X89*MTcxNzQ5MzY2MC4yLjEuMTcxNzQ5MzcZMS4wLjAuMA..)
- **Website** - <https://www.londonzoo.org/plan-your-visit/events/relaxed-opening-tours>

**[Click here for more information London Zoo - relaxed opening times](#)**

# Kew Gardens - Children's Garden quiet sessions

**For CYP with** SEND, such as ASD and/or sensory processing needs.

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**What they do** Kew Gardens host quiet sessions where families are invited to enjoy the sensory elements of the Children's garden. These gardens are closed to the general public to allow children with SEND, like ASD and/or sensory processing needs and their parents/carers to have a more comfortable visit. During the quiet sessions fewer people than usual are admitted and easy access is ensured to avoid potentially stressful queues.

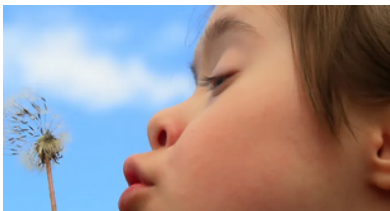
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**Specific requirements** Suitable for children aged 2 - 12 years old. Events are free of charge but tickets must be booked in advance. Only one booking per person/membership can be made - you can book up to 4 children's tickets (including siblings) and no more than 3 adults per booking. Adults will not be permitted unless accompanied by a child.

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**Contact details**

- **Address** - Kew, Richmond, London TW9 3AE
- **Telephone** - 020 8332 5655
- **Email link** - [info@kew.org](mailto:info@kew.org)
- **Website** - <https://www.kew.org/kew-gardens/whats-on/childrens-garden-quiet-sessions>



**[Click here for more information - Kew Gardens quiet sessions](#)**

# Discover's Story Worlds - Sensory Adapted Events

## For CYP with

SEN or an additional learning need

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## What they do

Discover has two floors of magical Story Worlds and a Story Garden. These are immersive, exploratory play spaces where children and their imaginations can roam. This includes sensory light displays, tactile cave spaces, illustration stations and a story factor. Discover aims for all events to be as accessible as possible, but also has a programme of Access Enhanced events, including a sensory adapted session. These are modified in various ways to make them more suitable for certain families with SEN, including:



- Explicitly indicating that the audience is welcome to move around, make noise and leave/re-enter the session throughout.
  - Lower capacity and holding sessions at times when Discover is generally quieter throughout the building.
  - Lights and sound levels adapted to make these sessions less overwhelming, and a specific chillout area outside for those who need a break.
  - Ear defenders for those who need them (these are always available on request at reception).
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## Specific requirements

Suitable for 0 - 11 years old. Booking is required. Disabled visitors are entitled to one concessionary ticket and one free companion/carer ticket.

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## Contact details

- **Address** - [383-387 High Street, Stratford, London, E15 4QZ](#)
- **Telephone** - [020 8536 5555](tel:02085365555)
- **Email** - [bookings@discover.org.uk](mailto:bookings@discover.org.uk)
- **Website** - <https://discover.org.uk/access/>

**[Click here for more information - Story worlds](#)**



# Delivering Special Provision Locally

## Who are we?

DSPL7 supports parents and carers, staff in early years settings, schools, and further education colleges, by ensuring there is a range of provision and support services within the St Albans and Harpenden area for children and young people with additional needs.

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## Contact us



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[www.dspl7.org.uk](http://www.dspl7.org.uk)