

ARRIVAL AT THE CREIGHTON CENTRE

WHAT TO EXPECT



Please press the large silver “PRESS TO OPEN” button.

The door will automatically open inward.



Immediately to your right upon entering, you will find the reception desk.

Please sign in on the “Visitor Log” upon arrival.



There is a small waiting area with a few chairs located directly adjacent to the reception desk.

Room 14 (marked with the red cross) where our group sessions are held, is located directly in front of the entrance.



ROOM 14.

A group facilitator should arrive prior to the scheduled start time to prepare the space.

If the lights are on and you feel ready and comfortable, please knock on the door, and you will be admitted to settle into the room.

If you arrive to find the lights off or if you need a moment to settle after traveling, please feel free to wait in the designated waiting area. A staff member will assist you shortly.



The room where our group sessions will take place.

Please be aware:

As Gyre Collective is still in the early stages of our operations, we currently experience space constraints within the facility and **do not have access to a dedicated quiet area at this time.**

We are working towards assembling a **sensory regulation toolkit** in the near future, which will include items such as *ear defenders, stress balls, and fidget toys* to support individual needs within the current limitations.



Located just beyond the main waiting area, there are additional seating and tables within the kitchen.

You are welcome to use the kettle to prepare tea or coffee.



However, please note: This is a shared space, and the Creighton Centre does not provide refreshments.

If you would like a drink, please ask the group facilitator, who will be able to access our supplies from the storage cupboard.



TOILETS

Following the corridor through the kitchen, you will find two toilet facilities.

