

Our Sensory Gym

Our Sensory Gym was originally designed by Trudy Richards, our Specialist Occupational Therapist, and its evolution is overseen by the Occupational Therapy team at Psychology Associates.

It has been designed to provide an enriched environment for children and young people with sensory processing needs.

It can help young people and adults to process and integrate incoming sensory information in a safe and fun way.



Sensory integration helps to calm the nervous system and in turn this can improve the ability to stay regulated and learn.

The Sensory Gym can also help individuals improve balance, body awareness and co-ordination and fine motor skills.



If you would like to talk to a member of our friendly referral team please contact:

0300 303 5233

enquiry@psychologyassociates.org.uk

www.psychologyassociates.org.uk

For more information about our Occupational Therapy Services or any of our other services, please contact

Psychology Associates.



Cornwall Office:
41-43 Lower Fore St.
Saltash
PL12 6JQ

Exeter Office:
4/5 Southernhay West,
Exeter
EX1 1JG

"The quality of the individualised support provided by the agency is excellent"

Ofsted, March 2019



Making a meaningful difference



Occupational
Therapy Services
and our Sensory
Gym

What is a Sensory Gym?

A Sensory Gym is a safe therapeutic space, designed especially for suitably qualified Occupational Therapists (OTs) to use particular equipment (such as cushions, swings and monkey bars) and approaches to help people with sensory processing difficulties.

With careful guidance from the therapist, the Sensory Gym can provide a young person with sensory processing difficulties a safe, fun and non-intimidating space to explore and learn how to manage daily activities.

The Sensory Gym can be an environment for families to nurture attachments and relationships.



Where appropriate our Specialist OT may use a Sensory Attachment Intervention (SAI) informed approach. SAI is an approach based on well-researched theories and can help young people with a history of trauma experience feelings of safety and improve their ability to co-regulate with their parents/carers and eventually self-regulate.

How do I know if a child has sensory processing difficulties?

There are many different possible indicators that a child or young person has sensory processing needs. These may include:

- Hypersensitivity to light touch
- Feeding difficulties
- Sleep difficulties
- Poor concentration
- Unusual reaction to temperature and/or pain
- Oversensitive to noises (fireworks, hand dryers, traffic)
- Fine motor difficulties (holding a pen, fastening buttons)
- Poor concentration and attention
- Sensory seeking behaviours (fidgeting, holding a toy, sucking, swaying in chair)
- Poor body and spatial awareness, could describe them as 'clumsy'.



What other Occupational Therapy services do you offer?

We can offer a wide range of Occupational Therapy services to parents, carers, school and education staff and fellow health care professionals including:

- **Consultations** (offering verbal recommendations to parents, carers and professionals)
- **Occupational Therapy Assessments** (including written recommendations and assessment outcomes)
- **Treatment 'packages'** including regular **therapy**, using the sensory gym
- **Clinical Supervision** to fellow Occupational Therapists
- **Training and workshops** to fellow healthcare professionals.

"I found this training very useful and was able to identify areas of my work and the clients I work with where I will be able to implement the practical tips and strategies that were suggested."

Feedback from a Sensory Processing Difficulties Workshop, January 2021