

Sensory Pit Stop Evaluation Report

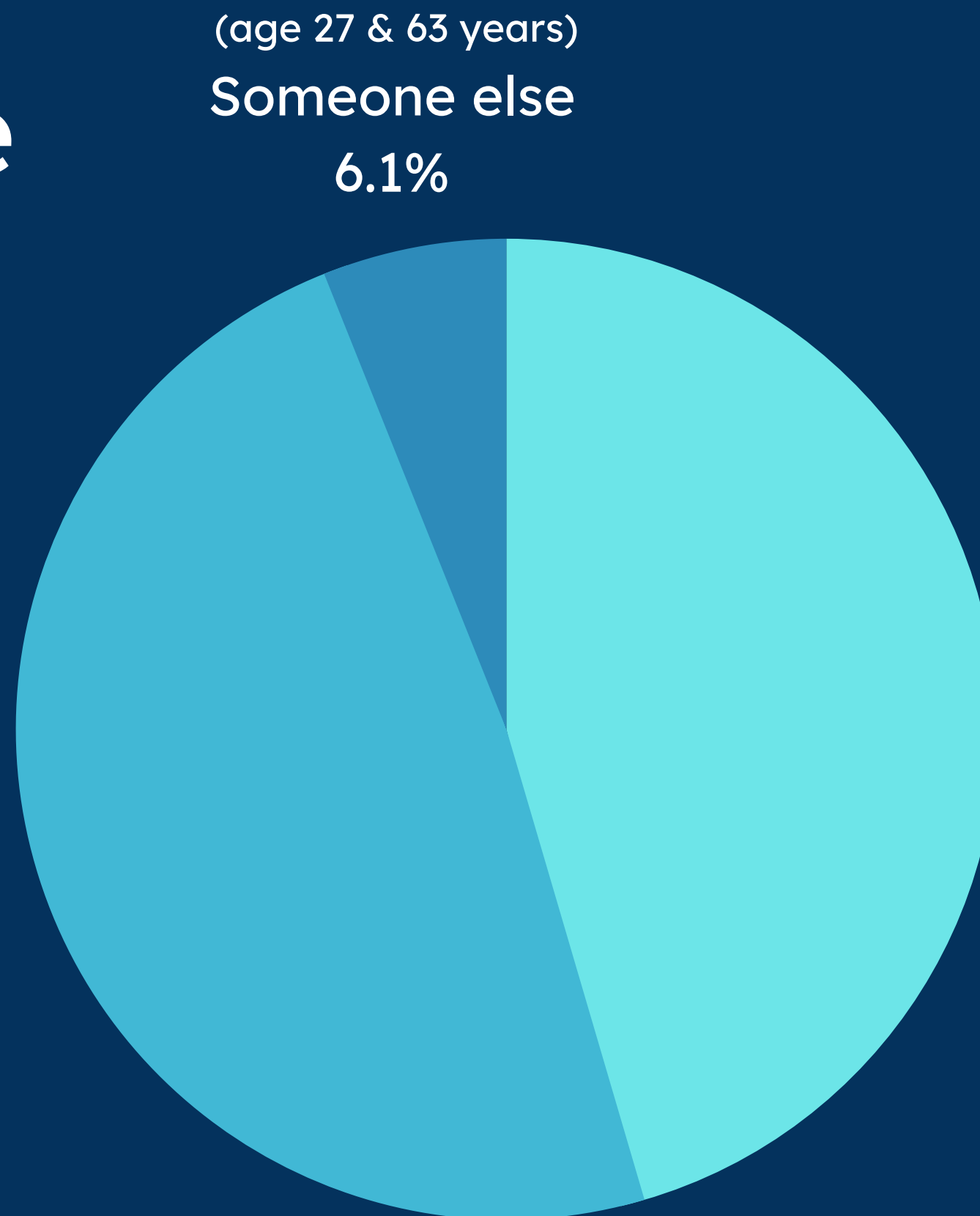
British Motor Show 2023

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33 people
completed the
survey

(1 – 14 years, mean age = 8)
Their child/children
48.5%



(age 27 & 63 years)
Someone else
6.1%

(age 19 - 55, mean age = 38)
Themselves
45.5%

People told us they **used** Sensory Pit Stop because...

“We needed to sit down and
my son became very
restless”

“Safe space cool room and
place to charge and sit
down”

“My son is undergoing an assessment for
Autism/ADHD. We came across ‘Pit Stop’ today
by chance as it was not highlighted on the
map. My son was finding the noise, lighting and
people very overwhelming, so we were so
grateful to have found it!”

“Being Autistic myself it is so
important and wonderful to have
such a space to escape too when
getting overwhelmed. It is rare,
no non existent, to find a place
like this at events”

“I felt I needed to
escape from the
mania of the
show”

“I’m autistic as is my son.
Its very loud and this was a
much needed haven from
the chaos”

People told us they **used** Sensory Pit Stop because...

“My son started
getting a little restless
and needed a place to
sit and unwind”

“My child has cerebral palsy is in a
wheelchair non verbal and non mobile. We
stopped to have a look at the facilities in
the pit stop. It was amazing colourful, cool
and peaceful.”

“My son was
getting
overwhelmed at
the show”

“Because they felt
overwhelmed and needed a
space to dial things down a
bit”

“A chance to get away
from the crowds”

“Started off just to explore the
space but found it really helped
my son decompress after a
very busy day at the show.”

“Breast feed and
calm time with
baby”

People told us they **used** Sensory Pit Stop because...

“To escape the crowd, too busy and too hot.”

“Lunchtime, time out and a nap”

“The show can be a bit overwhelming for a kid”

“Charge our phones and calm down, keeping us calm and not so crowded around”

“Because they felt overwhelmed and needed a space to dial things down a bit”

“Found myself becoming overwhelmed and needed to find a calm space”

“My child was a getting distressed.”

“At the British Motor Show”

“We were just interested in what was on offer”

People told us they **used** Sensory Pit Stop because...

“To use the drawing and
relaxed environment”

“To calm down”

“My little cousin”

“Interested in the
experience”

“My daughter was finding
the day out overwhelming
and need time to recharge
and reset. My daughter is
autistic.”

“Because we
needed a quiet
place to
decompress”

“My son is autistic and
needed some space”

“Move away
from the event
hustle and
bustle.”

“Needed a rest, I was
feeling overwhelmed, so
came to the sensory room”

“To have some quiet”

“We needed to sit down”

100% of survey respondents reported Sensory Pit Stop to be a positive experience because...

“Very easy to use very
friendly people :)”

“Quiet, calming,
relaxing. Just perfect”

“They found a tent where
they could play and zone
away from all the noise and
crowds”

“Calm relaxing
space with lovely
cubicles”

“The calmness”

“Fabulous facility to
have at a big event
for children with
additional needs.”

“Lovely people and space”

“The lighting, quiet space
and tactile objects. The
Pom-Pom keyring with
helpful phrases was
extremely helpful for
helping him calm down”

“The quiet, the
space,
understanding, all
of it”

100% of survey respondents reported Sensory Pit Stop to be a positive experience because...

“Mood lighting, quiet and drawing”

“High footfall event. It was nice to move into a slower pace to recharge”

“It was quiet and peaceful”

“He liked the coloring area and the multicoloured lights in the NOOK space”

“It was a very calm and quiet space. It was tucked away from the main event. The little spaces to yourself. The lighting you could change to what you wanted. Colouring for children.”

“My son loves sensory”

“Well air-conditioned and a nice quiet space to be in especially with all the lighting and cool features”

“Very calming and quiet”

“Chilled out nice cool environment”

“Air con”

100% of survey respondents reported Sensory Pit Stop to be a positive experience because...

“He liked that it was quiet.”

“The low light, quiet space.
Cool.”

“The overall
ambiance”

“They’ve enjoyed the lights
and the colouring, and the
private spaces”

“They found it
relaxing”

“He immediately
went to play with the
lights and didn’t
moan about wanting
to go home”

“Quite entertaining
zone to catch a
breath”

“Welcoming, peaceful, and
a clam space”

“The wide space, places to
sit and the silence.”

“Drawing”

Respondents thought Sensory Pit Stop could be improved by...

“Wouldn’t of known it was here if not told but glad I found it”

“Advertise it”

“Snack perhaps”

“Signpost it! Make people aware that it’s there so that more people can use it!”

“Maybe a sound-proof cubicle for scent and soothing music. Nook can help.”

“As my child is non mobile it would be fantastic to have a mobile hoist so that they can be transferred to a bean bag to have a proper stretch out from the chair. Unfortunately due to weight it is very difficult to manoeuvre without a hoist.”

Respondents thought Sensory Pit Stop could be improved by...

“I’m not too sure to be honest but maybe a book area”

“More air con”

“More fidget toys.
Blankets.”

“Maybe one thing would be have something completely blacked out for total sensory isolation”

“Area was very quiet only my family and one or two others. I wonder if it were busier would it have had the same appeal. A code of conduct so people understand expectations whilst in the space might be useful/needed (not sure if I looked past one?)”

“Maybe some sensory simulation toys; fabrics etc”

“Have coloring and drawing available in the pods too”

100% of survey respondents felt that spending time in Sensory Pit Stop supported accessibility and inclusion to this event...

“I’m on the autistic spectrum sometimes I need extra time and need a quiet space”

“Breastfeeding Mums space”

“It is nice to meet like-minded people. I enjoy motoring/motorsport but have felt alone. I hope it appears at more events.”

“It took me a while to plug up the courage to attend the motor show alone. Finding out that the Pit Stop was here was a great relief and comfort.”

“I had nowhere to escape the chaos. Now I do. It’s a much needed decompress”

100% of survey respondents felt that spending time in Sensory Pit Stop supported accessibility and inclusion to this event...

“It gave us a break to reset, to check in with how we were feeling. It also gave me (mum) a chance to relax, be mindful and breathe as I also have M.E and can find noise very draining and overstimulating.”

“We were able to continue in the exhibition hall for another hour”

“I enjoy quiet spaces”

“Great to have a break from the bustle from the show.”

“Quiet time away from the rush”

“With a 2 year old the show can become overwhelming and we enjoyed the quiet area to recharge and chill”

“Usually there is nothing available for sensory needs.”

100% of survey respondents felt that spending time in Sensory Pit Stop supported accessibility and inclusion to this event...

“Quiet place for the kids”

“It gave him time to relax, take in what he’s seen and process everything”

“My daughter is autistic and finds big/long days out overwhelming so it is nice to have a calm quiet space to go to. Recharge.”

“A relaxing calming space for my autistic son to get away from the busy and noisy show for some time”

“It’s relaxing”

“Air con”

“It was a wonderful and peaceful experience. My son wants the same cabin one at home.”

“It provides not only for breastfeeding mothers, young children but adults as well. I wish facilities like this were available more widely”

100% of survey respondents felt that spending time in Sensory Pit Stop supported accessibility and inclusion to this event...

“He found it relaxing and enjoyed it”

“Great idea, amazing opportunity to have some quite time with the kid”

“Calming, not a lot of noise, this doesn’t just benefit me but others with sensitive hearing or who struggle in crowded places”

“My ADHD child became overwhelmed and Sam from hard-up garage directed us to the sensory area where we were greeted and directed to a pod to relax.”

“Able to find some quite space and be alone”

“Nice to have sensory toys.”

“Calm, quiet and low lighting”

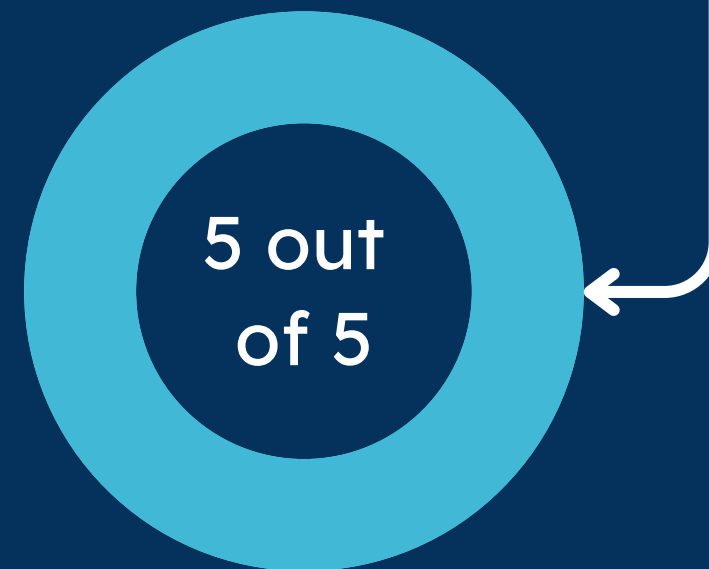
“Cold water”

“My son has autism so it’s been good for him to find a sensory room”

Respondents rated the
accessibility and inclusion at the
British Motor Show to be an
average of



Adults rated an
average of



Parents rated it an
average of



Respondents reported the British Motor Show's accessibility and inclusion to be 'Very good' because...

"Step free
well sign
posted"

"Good open spaces,
not too crowded,
friendly people to
help and a quiet
area"



"Plenty of space
to move
around."

"Easy to find.
Perfect location"

Respondents reported the British Motor Show's accessibility and inclusion to be 'Poor' because...

“No advertising of this space. Not enough seats elsewhere”

“Charging ~£5 for ear defenders (we forgot ours!) and not being aware that there was this great space available for him.”



“It would be wonderful if large events and buildings can either have a changing places toilet which is equipped with a bed and hoist or a portable toilet with a hoist such as a mobile.”

Respondents also shared some additional insights with us...

“Please attend more events.”

“I think it is great that additional needs are starting to be given more prominence at events allowing families to enjoy and not exclude member of their family.”

“I’m autistic myself so environments like these really help.”

“The lady we met there was a pleasure to talk to and shared her own story of how the Pit Stop came about. I really appreciated her opening up about this as I really felt that she understood the challenges we, as parents can have. This lovely lady also kindly gave my son a Pom-Pom keyring (as it was his birthday yesterday) which helped him regulate-he spent the afternoon rubbing it on his cheek and was calm. I really can’t thank you enough for making the whole day an enjoyable experience due to having space to take time out! Thank you, thank you!”

Respondents also shared some additional insights with us...

"He loved the experience and so do I.
Gave us ideas about how to make
better use of sensory spaces in our
home."

"thank you for
being here"

"We found this space so
useful and has inspired us
to make better use of
sensory spaces in our own
home"

"This is so needed for neurodiverse
people who find these types of
events overwhelming."

"This sensory space is so
needed at major events like
this for neurodiverse people
who find days like this
overwhelming."

"This room is a
good idea!
Thanks"

"I'm really grateful that this
space was there today. It
completely stopped my son
having a meltdown later in
the day as he was
struggling."



The evaluation was conducted by Dr Keren MacLennan, Assistant Professor in Neurodiversity, Durham University
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Data collection was supported by Lara Maher, Research Assistant, University of Reading

This project received ethical approval from Durham University ethic committee (PSYCH-2023-07-20T12_51_11-fmrt96)

Sensory Pit Stop was created by:



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