PG TIPS: SENSORY REFRESH AND ACCESSIBLE SPACES





What is Sensory Refresh?

Sensory Refresh is an event designed for students to explore their Sensory Profiles.

By exploring the senses, you can discover what helps you focus or relax throughout your studies

Find out more about Sensory Refresh here:



Exploring your ideal study space:

- ☐ Location
- Collaborative or independent
- Seating
- ☐ Headphones or external noise
- ☐ Fidget toys/ Sensory objects
- Lighting
- ☐ Computer station or laptop
- Natural or artificial smells

Library Sessions:

Week 4:

Sensory Crafts Wed 31st Jan, 3pm-5pm Training Room

Week 7:

Sensory Refresh Wed 21st Feb, 2pm-4pm Rootes Learning Grid

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The library has a variety of accessible and sensory rooms for staff and students who are registered with the University's Disability Services.

They are designed to help support students who find it more difficult to study in other allocated study areas.

Find out more about accessibility in the library here:



You can book an accessible room through our website:



Scan the QR code below



Sensory/ accessible spaces that are accessible for everyone:

Breathing Space, Library
Floor 1

Relaxation Room,
Postgrad Hub

Assistive Tech Area, Library Floor 1