

Healing Arts ↪ Scotland

Access Resource List for Venues by EDJI Arts for Healing Arts Scotland

This resource list has been compiled to help venues welcome disabled visitors and people with access needs attending Healing Arts Scotland events. Resources are organised by format to support different learning styles. An “Action” section is also included for you to use as a guide to support your venue and team to be as accessible as can be.

This list is intended as a starting point - not an exhaustive guide. The most effective access provision begins with a conversation with your visitors about what would help them.

Read

Alzheimer's Society: Dementia-Friendly Resources

Practical guidance on making organisations more dementia-friendly, including environment audits, signage, customer experience, and staff awareness. Particularly useful for front-of-house teams and volunteers: <https://www.alzheimers.org.uk/get-involved/dementia-friendly-communities> and [Dementia-friendly-arts.pdf](#)

Battersea Arts Centre: Relaxed Venue Guide

One of the strongest examples in the UK of embedding access throughout an organisation rather than treating it as an add-on. Their framework covers physical, emotional, digital, creative, structural and community access: [Relaxed Venue | Battersea Arts Centre](#)

Parkinson's UK: Information for Organisations

Helpful background on the realities of living with Parkinson's, including fatigue, mobility changes, communication difficulties and fluctuating symptoms: [What is Parkinson's? | Parkinson's UK](#)

ME Association: Understanding ME/CFS

A useful introduction to energy-limiting conditions, post-exertional malaise and the importance of pacing. Particularly valuable for venue staff who may not understand why someone may need to sit, rest, leave early or change plans at short notice: [The ME Association - The ME Association](#). Can also use: [What is ME? - Action for ME](#)



The Social Model of Disability

An essential foundation for understanding access. Helps organisations shift from focusing on a person's impairment to identifying and removing barriers in environments, systems and attitudes: [Social model of disability](#) | [Disability charity Scope UK](#)

Birds of Paradise Theatre Company

A disability-led arts organisation based in Scotland that provides practical resources, training and guidance to help cultural organisations improve accessibility and inclusion. Their website includes toolkits, access planning resources and examples of good practice from across the arts sector: [Resources - Birds of Paradise Theatre Company](#)

Ramps on the Moon

A disability-led arts organisation supporting cultural venues to embed disability equality and anti-ableist practice. Their resources, case studies and learning programmes help organisations move beyond compliance and create lasting, meaningful change in accessibility and inclusion: [A Framework for Anti-Ableist Organisations - Ramps](#)

Attitude is Everything

Excellent guidance on improving accessibility in arts, music and cultural venues: [Attitude is Everything - Improving access together](#)

Disability Information Scotland - Accessible Environments Guide

A Scotland-wide signposting guide covering accessible venues, AccessAble, Tourism for All, and practical guidance on accessible toilets and mobility aids: [Accessible Environments - Disability Information Scotland](#)

Hidden Disabilities Sunflower: About the Scheme

an introduction to the Sunflower Lanyard scheme - a voluntary, discreet signal that someone may need additional patience, understanding, or assistance. Highly relevant for visitors with Parkinson's, ME/CFS, or dementia, whose needs are often not visually obvious: [What is the Hidden Disabilities Sunflower?](#)



Watch

Touretteshero - Jess Thom.

Videos exploring access, inclusion, creativity and the development of relaxed approaches within arts venues: [Touretteshero – Changing the world one tic at a time](#)

Dementia Friends: Online Awareness Session

free 45-minute session (available online) that gives people a practical understanding of what it is like to live with dementia, and simple actions they can take. Over four million people in the UK have become Dementia Friends through this programme: [dementiafriends.org.uk](#)

Kinetics: Short Film (Parkinson's UK)

Based on the true story of Sue Wylie's journey to being diagnosed with Parkinson's, this film depicts the impact on everyday life and the experience of living with the condition. Suitable for anyone working in a public-facing or support role. Available via the Parkinson's UK Learning Library: [DT2 Productions: films and plays by Sue Wylie exploring living with Parkinson's](#)

Attitude is Everything Webinars

Recorded sessions on accessibility, audience welcome, communication and inclusion in cultural settings: [Attitude is Everything - Improving access together](#)

Arts Council England, Access and Inclusion Case Studies.

Videos and presentations from organisations that have embedded accessibility into programming and visitor experience: <https://www.artscouncil.org.uk>

Crip Camp, Netflix

I'm not your inspiration, thank you very much, Ted talk with Stella Young

TED Talk

Listen

The Dementia Podcast (Alzheimer's Society)

Conversations with people living with dementia, carers and professionals: <https://www.alzheimers.org.uk> (Search "Dementia Podcast".)

Disability Matters Podcast

Explores disability, inclusion and accessibility through lived experience: <https://disabilitymatters.org.uk>

Parkinson's UK Podcasts and Personal Stories

First-hand accounts from people living with Parkinson's that can help venue teams understand day-to-day experiences: <https://www.parkinsons.org.uk>

The Rest Room Podcast (ME/CFS)

A highly regarded podcast featuring people with ME/CFS discussing energy, access, participation and everyday life: <https://www.therestroom.co.uk>



Action

1. Complete an Access Walkthrough

Visit your venue, and note every barrier, as if you were:

- Using a wheelchair
- Experiencing fatigue
- Living with dementia - think about spatial awareness, perception of things such as black mats in the entryway
- Navigating with a sight or hearing barrier
- Sensitive to noise or crowds - announcements etc.
- Attending alone for the first time

2. Produce a Simple Access Guide

Include:

- Parking and drop-off information
- Step-free routes
- Seating availability
- Accessible toilets
- Quiet spaces
- Expected noise levels
- Contact details for access enquiries
- Videos of how to navigate your building once inside

3. Create a Quiet or Rest Area

a dedicated low-stimulation space can support visitors with dementia, Parkinson's, ME/CFS, anxiety, sensory sensitivities or fatigue. Review Signage. Check that signs are:

- Clear
- Consistent
- High contrast
- Easy to read
- Positioned at decision points
- This is particularly beneficial for people living with dementia.

4. Brief Front-of-House Staff and Volunteers

A short pre-event briefing should cover:

- Invisible disabilities
- Flexible communication
- Offering help without assumptions
- Responding calmly to access requests
- Awareness of fatigue and cognitive overload

5. Adopt Relaxed Venue Principles.

Consider:

- Allowing movement in and out of spaces
- Reducing unnecessary rules
- Offering seating options
- Providing advance information
- Reducing "access fuss"

These are core principles of the Battersea Arts Centre model.

6. Involve Disabled People

Ask people with lived experience to review access information, venue layouts and visitor journeys before the event.

NB: Please consider purchasing ear plugs in advance of the event and advising delegates that they are available for those who may need them across the event.

Access Package created by:



Equity, diversity, justice and inclusion support for the arts and cultural sector

For further information please email Rekha Dosaj at rey@edji-arts.com