

Rooted & Rising

Frequently Asked Questions

Do I need a diagnosis to be able to attend this event?	No you don't. Anyone is welcome to attend; if you suspect you are neurodivergent or self-identify we will welcome you with or without a 'formal' diagnosis.
Is this event open to all genders?	Yes, this event is open to people of all genders. We recognise that hormones affect many neurodivergent people, regardless of gender identity. You're welcome here whether you're cis, trans, non-binary, or exploring your identity.
How can I let you know about my access needs?	You can share any access needs when you register, or email us in advance. We want to make this event as welcoming and comfortable as possible for everyone.
How can I let you know about my dietary needs/preferences/allergies?	You can share any dietary needs/preferences/allergies when you register, or email us in advance. We want to make this event as welcoming and comfortable as possible – if you need to bring your own safe foods with you, please go ahead being mindful that some present may have allergies.
Will I be able to ask questions during the day?	Yes, we as facilitators love and welcome questions. If you are asking other attendees present, please be respectful if they don't wish to answer questions.
How will the day be structured?	We have included an outline of the day below to support awareness of what will be happening during the day and in what order. We will have at least 2 short breaks (the first mid-morning and the second mid-afternoon) with 45 minutes for lunch.
Will we be spending time outside?	Yes, that is our intention regardless of the weather. Our indoor space has a no shoes policy so please bring slippers/thick socks for indoor use.

Do I need to bring outdoor clothes?	Yes, please wear clothes that you feel comfortable in and that are suitable for being outdoors. We suggest waterproof shoes and a waterproof coat for outdoor exploring.
Can I bring my own items that make me feel safe and comfortable?	Yes, we welcome you to bring whatever you need to feel safe and comfortable in this space. It could be your favourite socks, slippers, cushion, stim toy, blanket, noise cancelling ear plugs/headphones or something else. If you're unsure, just drop us an email.
Can I bring my own lunch?	Yes and please note that no reduction in price will be given for the cost of lunch which is automatically included in the ticket price.
Is there a space to go if I get overwhelmed?	Yes, you are welcome to make use of any of the outdoor space at anytime, or there are rooms upstairs in the building we'll be in that you can go to. We ask that you let one of the facilitators or the person supporting us know so we are aware.
Is the venue and surrounding areas accessible for a wheelchair?	The path to Oak House is accessible via wheelchair and there is step free access into Oak House. Paths in and around the woodland are not formally managed and therefore the ground is undulating and some areas may be overgrown.
Is there an accessible toilet onsite?	Yes, there is a fully accessible toilet and shower/wet room in The Hideaway which is approximately a 3 minute walk from Oak House.

If you have any questions
let Emily know



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