

My new place plan

Think through access, comfort, travel and a flexible return plan.

Use the sections that help. Write, draw or complete this with someone you choose.

01 Where I want to go and why

Include the day and the part of the visit you would like to try.

02 Questions for the venue

Entry, toilets, seating, noise, quiet spaces, booking and anything else you need.

03 Getting there and home

Route, access, pickup point, times and current service alerts.

Check current venue and transport information. This worksheet is not an individual risk assessment.

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04 What would help me feel comfortable

A familiar person, a shorter visit, something to bring or time for a break.

05 My alternative plan

What I would like to do if plans change or I want to leave early.

06 After the visit

What worked for me? What would I keep or change next time?

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