

Newcastle Music & Art Therapy

Social Story





I am going to Newcastle Music & Art Therapy. Their clinic is at Unit 16, 363 Hillsborough Road in Warners Bay.



There is a carpark in front of the clinic, and I can enter through the front door. It is a flat entry.



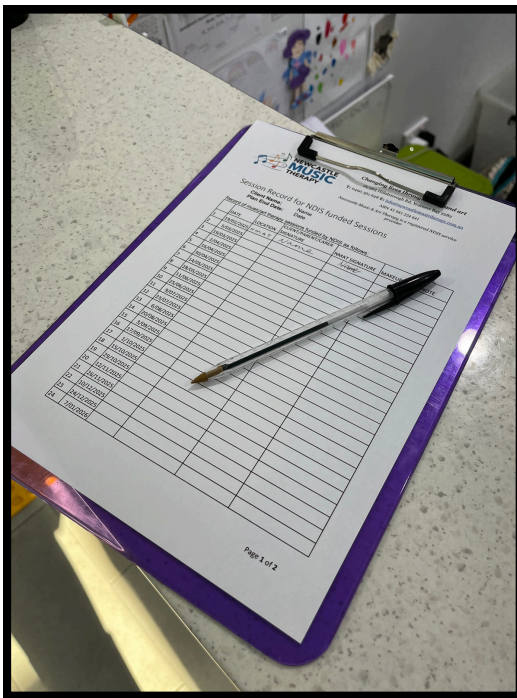


When I walk in the door, there is a foyer with a long bench seat. I can sit here to wait for my session to start. My music therapist or art therapist will come and get me from here when it's time to go in to the room.



There are toys and colouring sheets next to the bench seat, and books for both kids and adults to read. I can use these while I am waiting for my therapist. Most of the time there will be someone at the front desk. I can say hello to them if and when I feel comfortable.





I will need to be signed in at the front desk. My parent or carer will do this. Hand sanitiser and face masks are available here if I would like to use them.

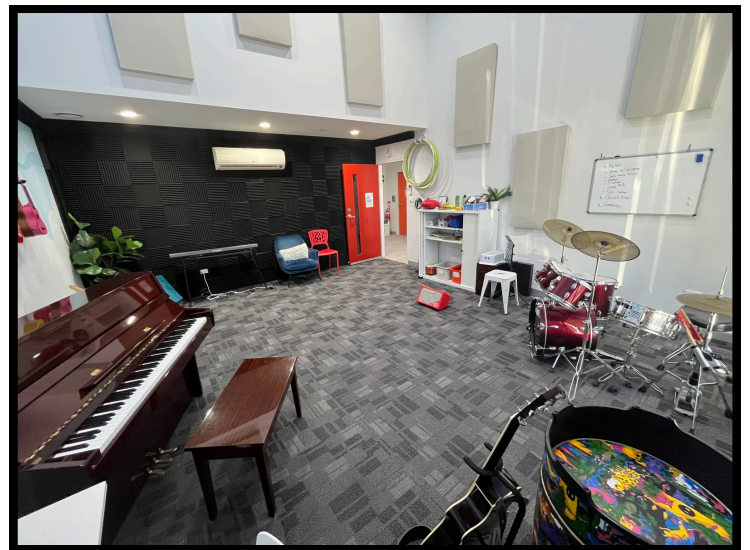


If I need to go to the toilet, I can go through the orange door in the foyer area. Anyone coming to the clinic is allowed to use the toilet.





There is one music room downstairs. It has a red door.



The red room is a nice big room with lots of instruments that I can use if I am doing music therapy in here.

This room doesn't have any stairs, so if I'm not able to use stairs this is the room I will be in.





There is one art room downstairs. It has a yellow door.



The yellow room is a nice big room with lots of art making materials that I can use if I am doing art therapy in here.

This room doesn't have any stairs, so if I'm not able to use stairs this is the room I will be in.





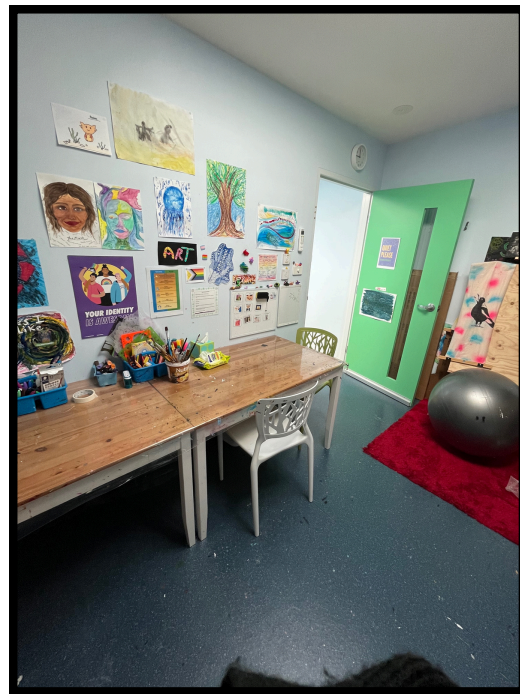
There are stairs to go up to the other rooms.
There are 16 stairs in a U shape.

If I need help going up the stairs there is a handrail, and I can ask my parent, carer or therapist for help as well.





There is one art room upstairs. It has a green door.

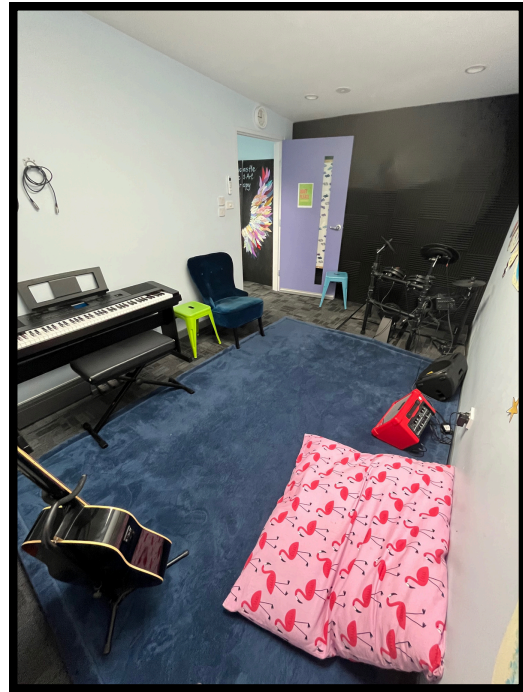
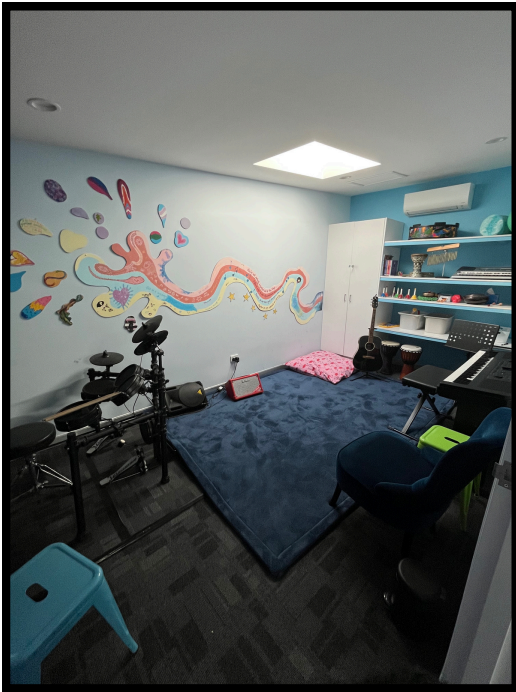


The green room is a cosy room with lots of art making materials that I can use if I am doing art therapy in here. I can sit at the tables on a chair or an exercise ball, or sit on the floor.



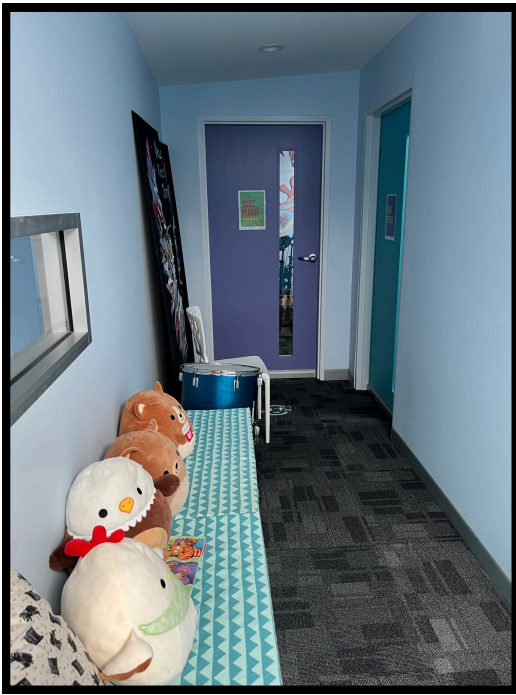


There are two music rooms upstairs.
This one has a purple door.



The purple room is a cosy room with lots of instruments
that I can use if I am doing music therapy in here.
I can sit on a chair or the floor, or stand up and move
around.





The second upstairs music room has an aqua door.



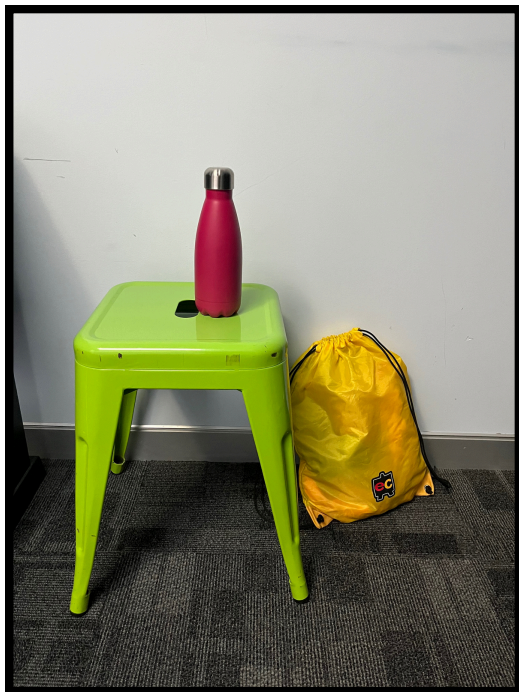
The aqua room is a cosy room with lots of instruments that I can use if I am doing music therapy in here. I can sit on a chair or the floor, or stand up and move around.





All of the rooms have air conditioners and light switches with dimmers on them.

I can ask my therapist to make the room warmer or colder, or to make the room brighter or darker.



I can bring my belongings into the therapy room with me.

I can bring a water bottle in with me, but I can't eat food while I'm in my music or art therapy session.





In my music therapy session, I can choose to play any of the instruments in the music room.



At the start of my session, I can make a visual schedule with my music therapist, or my music therapist can make one for me, so that I know what is going to happen.





In art therapy, I can choose any art materials I feel comfortable using. There are shelves with all of the art materials on display.

If I find it too hard to choose, my art therapist can help me.



There are aprons I can wear to protect my clothes, and sinks where I can wash my hands if I need to.





At the end of my session, my therapist will take me back into the foyer and will say goodbye to me.



I will come back to Newcastle Music & Art Therapy for my next appointment in 1 or 2 weeks.

