

Arts and Culture Opportunities for SEND Families in the Local Area

Salford

Salford Community Leisure, The Den, Walkden

- Disability Dance, every Monday 5.45-6.30pm
The sessions combine movement and dance-based activities to music to encourage agility, balance and coordination. Classes consist of fun routines and activities that are designed so that everyone can join in and have a great time. These classes are suitable for everyone including wheelchair users and those with little mobility. Classes are free, but must be booked in advance - [Disability Dance - SCL](#)

Lowry, Salford Quays

- Relaxed Theatre Performances, various
A 'Relaxed Performance' is open to everyone, but the environment has been specifically adapted for individuals on the Autistic Spectrum, individuals with sensory and communication disorders, those with learning disabilities and anyone who would benefit from a more relaxed environment. These performances may include the house lights being partially left up, actors introducing themselves at the beginning of shows, and a reduction in loud noises and harsh lights. Audience members are permitted to freely roam the theatre and are not required to stay in their seats. Phones, tablets, and other electronic devices may also be used. A list of upcoming shows which offer relaxed performances is available here: [What's On | Lowry](#). Please check the individual show to see what date the accessible performance is.

Central Manchester

The Bridgewater Hall, Lower Mosley Street, Manchester

- Be Hear Now, Sunday mornings twice monthly
Be Hear Now is a relaxed music workshop programme, for children and young people with special educational needs and their families. Explore music, creativity and movement in these wonderful sessions, led by Beth Bishop, and featuring musicians from the Live Music Now team. A quiet, calmer sensory session, with a smaller group, particularly suited for young people with profound and multiple learning disabilities, runs from 10.30-11.10am. The open session for all children with additional needs runs from 11.45am-1.15pm. Tickets cost £5 for one participant and one carer is included free. More information and ticket booking are available on the website: [Be Hear Now | The Bridgewater Hall](#)

Manchester Art Gallery, Mosley Street, Manchester

- Open Doors, Saturdays once monthly at 10.00am
Open Doors is a series of creative sessions especially for autistic children and their families, run by Autism for the Arts. Families can get hands-on making art, explore the gallery together, or just chill out in The Lion's Den children's space. Check the calendar on the website for the next Open Doors session and reserve a free family ticket: [Open Doors Autism Friendly Workshops at Manchester Art Gallery](#)

Whitworth Gallery, Oxford Road, Manchester

- Sensory Mornings, Sundays once monthly, drop-in between 10.30am-12.30pm
Quiet and calm open-ended play sessions for children with additional needs and their families. Based in the art gallery space, there are play-objects to explore created by The Sensory Toolkit, as well as a creative making activity. The sessions are child-led and can be explored at your own pace. Find the dates for the next session on the website: [Sensory Mornings | Whitworth Art Gallery](#)

Greater Manchester

Z-arts, Stretford Road, Hulme

- Creative Care (4-7) at Z-arts, every Friday at 4.15pm
A free weekly inclusive art session for children aged 4–7 with additional needs — a calm, celebratory space where diverse ways of thinking and learning are actively encouraged. Register online: [Creative Care \(Reception - Year 2\) - Z-arts](#)
- Creative Care (8-16) at Z-arts, every Saturday at 10.00am
A calming, inclusive free art session that celebrates diverse ways of thinking and learning! You'll explore a range of art techniques – from painting and drawing to collage and mixed media. Register online: [Creative Care: Art for Kids with Additional Needs - Z-arts](#)
- Relaxed Theatre Performances
All Z-arts performances are relaxed, theatregoers are able to come and go from the auditorium as they need to, and the actors know that audience members may make noise or react in unexpected ways. Some performances have additional measures for those who benefit from an even more relaxed environment, such as reduced audience size and adjustments to sound and lighting. You can find details of these performances by going to the 'What's On' page on the website, and ticking the box that says "Show accessible performances only" [What's On - Z-arts](#)

Venture Arts, Old Birley Street, Hulme

- Young People's Art Clubs

Venture Arts is an award-winning visual arts organisation working with learning disabled artists. Their Young People's Art Club is for 8–18-year-olds, who are interested in art, to explore a variety of creative techniques, such as photography, film, animation, illustration, printmaking, ceramics and textiles. The Art Club is fully accessible and the professional artist team are experienced in working with young people with a range of support needs. Fill out the form on the website to register your interest and find out more information: [Young People's Art Clubs - Venture Arts](#)

Talbot House, High Peak Street, Newton Heath

- Sing and Sign, every Tuesday 5.30-7.30pm

Sing & Sign is a weekly evening event for learning disabled people of all ages and their carers. Learning disabled people and their carers have fun together learning sign language to music from a qualified Makaton teacher. Please see website for more details: [Events & Activities - Talbot House](#)

The Edge Theatre & Arts Centre, Manchester Road, Chorlton

- ASPIRE, every Monday 4.00-5.00pm

ASPIRE is a theatre project for young people with learning disabilities. An introduction to theatre and theatre technique, the sessions use games, drama, storytelling, music, movement to tell stories and is a chance for members to play, make friends, and build confidence through theatre. If you are interested in your child attending ASPIRE please email bookings@edgetheatre.co.uk or call 0161 282 9776.