

Sensory Guide – Steps to Wellness 2025

June 28th, 2025

11:00 AM – 3:00 PM

Strokestown Park, Co. Roscommon

info@shamrock-squad.com

This guide is for visitors who have sensory processing difficulties. It explains what to expect so you can enjoy your visit in a way that feels right for you.

📖 A big map will be at the entrance to help you find your way.

🛍️ You will get a tote bag to carry your things and keep your hands free.

🧑🏻 Volunteers will wear pink vests. You can ask them for help any time.

Sensory Levels in Event Areas (1 = Low, 5 = High)

Area	👋 TOUCH	🍷 TASTE	👂 SOUND	👃 SMELL	👁️ SIGHT
Entrance	2	1	5	2	4
Workshops	2	1	3	2	3
Nature Trail	1	1	3	2	2
Sensory Tent	1	1	2	1	2
Expo / Fair	3	1	5	3	4
Cafeteria	2	4	3	4	3
Toilets	2	1	4	2	2
Parking	3	1	5	3	4

This table shows how strong each sense might feel in each area. 1 means very low/stable sensory input (calm), and 5 means high input (can feel busy or intense).

😞 If You Feel Overwhelmed

- 😊 Go to the Sensory Tent – it is a quiet space
- 😊 Sit down in the café or on the grass
- 😊 Ask a volunteer for help
- 😊 Use sunglasses, ear defenders, or other coping tools