

# ACCESSIBILITY & SENSORY TOOLBOX

"A synagogue is a place where Jews come together to pray, to learn, and to celebrate life. It is a home for the soul, a place where we find community and belonging." - Rabbi Lord Sacks

Our recommendations include accessibility and sensory items that engage the different senses as much as practicable on Shabbat. As you will see, the cost of each item is maximum £25, making these items accessible as well as affordable.



## MAGNIFIERS

Magnifiers for visually impaired are devices specifically designed to assist individuals with low vision in magnifying text, objects, and images.

**Approximate Cost:** £6

**Where to Buy:** [Amazon](#)

**Note:** Some magnifiers come with LED lighting. These are not permitted on Shabbat.



## EAR DEFENDERS

Ear defenders are ideal for managing auditory input, specifically designed to be lightweight and comfortable, catering to anyone with sensory sensitivities such as autism, ADHD, and anxiety. They facilitate focus and self-regulation by significantly reducing noise.

**Approximate Cost:** £15

**Where to Buy:** [Sensory Direct](#)



## WOBBLE CUSHIONS

Good posture promotes concentration and learning. Good posture allows the attendee to concentrate on the task at hand instead of focusing on how they are sitting. Adults and children will benefit from this resource in services or long presentations. Children will benefit from this resource in Children's Service.

**Approximate Cost:** £20

**Where to Buy:** [Sensory Direct](#)



## FIDGET TOY

By providing tactile and visual stimulation, fidget resources can help improve focus and concentration.

**Approximate Cost:** £0.25-£25 depending on volume

**Where to Buy:** [Amazon](#), [Sensory Direct](#), local shops



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## Suggestions for Introducing Items to the Community

Every community is different and we therefore understand that there must be more than one way to introduce these essential items to meet the needs of your members.

Many of the disabilities these items address are invisible and therefore it may not be known that certain members would benefit from them. We therefore recommend purchasing at least one of each item to start with.

Ideally, these items should be made accessible to those who need them, ideally without needing to request them. We understand that, for some items, that is unrealistic for a variety of reasons, we have therefore outlined a few ways to introduce these items to your community.

Please choose whichever way works best for you and your members. We would love to hear alternatives that you come up with so please do be in touch with other creative ways you offer these items to your attendees.

**Label all items as Shul property. Keep the items in baskets on a table outside of the service or on the welcoming table (if you already have a place where kippot are kept for those who need, these can be kept next to them). Include a note on the table explaining that all items should be returned at the end of the service or event.**

This may not work for the fidget toys in some communities. If that is the case, use this method for the other items and consider some of the options below for the fidget toys:

- Once a year, buy branded fidget toys for all children and/or adults in the community for them to keep. Encourage them to continue to bring the fidget toys from home if they benefit from it.
- Designate someone in the men's and ladies' sections in shul as the fidget spinner distributor. All fidget spinners should be returned to them at the end of the service.

Please note that the goal of fidget toys is to enable members to engage in shul life, not be a distraction from it - please invite the users to bring it into the service with them.

**Label the magnifiers as Shul property. Keep magnifiers near the Siddurim**

**Create packs (bags) that people can collect when they come into shul that contain a wobble cushion and a fidget toy. Attendees who would benefit from these items can take a pack and return everything in the pack at the end of the service.**

Another idea is to add other items to the packs like books, riddles (etc) according to age group that children can use while sitting with their parents during the service. Remember that the Wobble Cushion and Fidget toys are meant for adults also so packs should be created for them as well.

