



## Uniting Local Area Coordination

# A Social Story about going to the Kiama Sounds of Jazz and Blues Weekend

**ndis**

**Uniting**

Delivering the NDIS in your community

## Introduction

This story helps me learn about a new place before I go.

Reading this story can help me feel ready.

It is good to read this story 2 or 3 times before the festival.

This story was made by Uniting Local Area Coordination.

# Getting Ready

- I am going to a music festival in Kiama.
- The festival will be busy and loud.
- There will be music, dancing, and many people.
- I can bring things to help me stay calm.  
I might bring headphones.  
I might bring sunglasses.  
I might bring a favourite toy that helps me feel calm.
- I will wear comfortable clothes and shoes.
- I might walk or stand a lot.
- I can wear my Sunflower lanyard.  
This shows people I may need help.



## Arriving at the music venue

- It might be crowded when I get there.
- People in bright vests or staff shirts can help me.



# At the Festival

- I will hear loud music
- I might hear singing, clapping, and cheering.
- I might hear people talking on loud microphones.
- I will smell lots of different food.
- I can choose what I want to eat.
- I can choose to dance or sit down.



## Taking Care of Myself

- If the music is too loud, I can wear my headphones.
- If the crowd feels too busy, I can move to the back.
- I can find a quiet space to take a break.
- If I need help, I can find a staff member.
- It is okay to take a break if I feel overwhelmed.



## Leaving

- When the festival is over, it will be time to go home.
- If I use the bus, I might have to wait in line.
- I can be patient.
- I can think about the fun I had.



# About Uniting

Uniting NSW.ACT contributes to the work of the Uniting Church in NSW and the ACT, through social justice advocacy, community services and spiritual care.

We provide services for people through all ages and stages of life, and drive solutions to systemic issues so people experiencing disadvantage can live their best lives.

Our purpose is to inspire people, enliven communities and confront injustice.

We value diversity and always welcome everyone exactly as they are.