



Visual Story: Autism-friendly gallery visit and workshop guide

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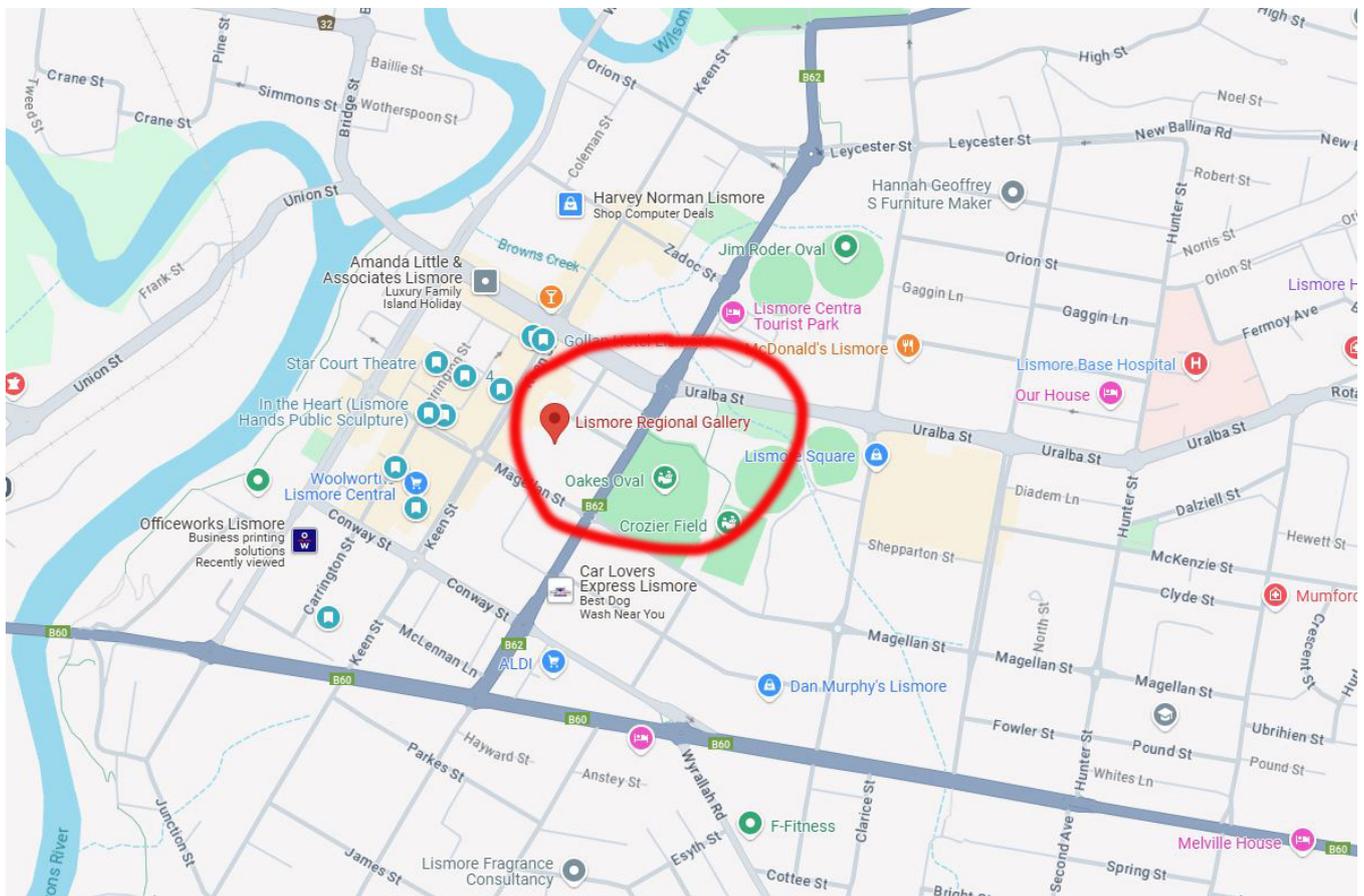
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What is a Visual Story?

Visual stories are written in an easy to follow and accessible format and are used to prepare a person for a new environment or situation by increasing predictability. This helps bring familiarity to a process and reduce anxiety and stress.

How to get to the Lismore Regional Gallery

Lismore Regional Gallery is located at 11 Rural Street, Lismore, Bundjalung Country.



Map of where to find Lismore Regional Gallery

All day parking is available directly behind the gallery in the Harold Fredericks Carpark ([google maps link](#)).

Once parked follow the colourful footpath to the Gallery.



View of the Gallery from Harold Fredericks car park

Arriving at the Lismore Regional Gallery

Entry is off the Lismore Quadrangle (green park).



Lismore Regional Gallery entrance

Entering the Lismore Regional Gallery

At the front desk there will be a volunteer to greet you. They will be wearing a name tag. You can ask the front desk person for help if you need it.



Front of house volunteer

Inside the Lismore Regional Gallery

Ground floor:

Toilets

Lift

Stairs

Gallery 5

Event Space

Artist Studio

First Floor:

Gallery 1, Gallery 2, Gallery 3, and Gallery 4



View of the stairs and lift on the ground floor

Exhibitions

You will find the exhibitions on the ground floor and first floor. To get to the first floor, take either the lift or stairs, pictured above.

Ground floor: Gallery 5

First floor: Gallery 1, Gallery 2, Gallery 3 and Gallery 4

Toilets

Toilets are located on the ground floor. Turn right once you pass reception before the lift. There is a wheelchair accessible and gender neutral toilet.



Accessible and gender neutral toilet on the ground floor

Events and workshops

If you are attending a workshop in the Event Space or Artist studio, these are located on the ground floor past the staircase. If you are unsure, the front of house staff can show you.



View of the Event Space from the corridor on the ground floor



View of the Artist Studio from the corridor on the ground floor

Sensory Toolkit

Exhibitions at Lismore Regional Gallery may have loud sounds, bright lights and flickering video. There may be groups of people visiting the gallery that make noise.

At Front of House we have a Sensory Toolkit available for visitors, which includes noise cancelling headphones and sensory toys. Please ask at the front desk for the Sensory Toolkit. You are welcome to bring and use your own items.



Gallery Rules

There are 3 important rules to follow inside the gallery to help keep you and the gallery safe.

Rule 1: Do not touch the artworks



Do not touch the art or display items.
This keeps you and the art safe

Rule 2: Quiet please



QUIET PLEASE

It's important not to scream or yell in the gallery.

It's Ok to talk or use a communication device inside the gallery if you need to.

Rule 3: No food or drink in the galleries



NO FOOD OR DRINK

Food and drink are not allowed in the galleries. You can consume food and drink in the Gallery reception, Event space and Artist studios.

There are other rules at the gallery. You will find pictures and signs of the other rules when you enter and inside the gallery. These rules keep you and the gallery safe. The gallery staff will also help you remember the rules if you forget.

Leaving the gallery

You can leave the gallery the same way you enter. The Front of House staff can show you where the exits are.

Thank you! And feedback

If you have any feedback you can email: art.gallery@lismore.nsw.gov.au
or call 02 6627 4600