

Neurodiverse welcome!

How can we make our worship more accessible for those with neurodiversity? Here's our tips to improve church services

1 LEARN ABOUT NEURODIVERSITY

Understanding more about conditions such as autism, ADHD, dyslexia and Tourette's will help us to recognise that neurodiversity is about different ways of thinking, sensing and interacting - not a deficiency.



2 CREATE A SENSORY-FRIENDLY ENVIRONMENT

Offer quiet spaces or sensory rooms. Reduce harsh lighting, loud music or strong smells, where possible. And allow people to use noise-cancelling headphones (*pictured left*) or comfort items.

3 USE CLEAR, PREDICTABLE COMMUNICATION

Keep language simple and direct in services and notices. Provide visual schedules or service outlines. Avoid metaphors or idioms that may be confusing.

4 BE FLEXIBLE WITH EXPECTATIONS

Don't expect eye contact, handshakes or verbal responses. Allow people to leave and return during services without judgement.



6 USE INCLUSIVE LANGUAGE OR IMAGERY

Avoid language that implies brokenness or that healing is needed for neurodiversity. Emphasise belonging, dignity, and the image of God in all people.

5 OFFER ALTERNATIVE WAYS TO PARTICIPATE

Allow people to engage in worship in a way that suits them - standing, sitting, drawing or moving. Provide online or written versions of sermons or prayers.

7 TRAIN VOLUNTEERS AND STAFF

Offer basic neurodiversity awareness training. Encourage empathy, patience and non-judgemental attitudes.



9 INCLUDE NEURODIVERSE VOICES IN PLANNING

Ask neurodiverse individuals what they need and what works for them. Involve them in leadership, planning and feedback.

8 CELEBRATE NEURODIVERSE GIFTS

Invite the neurodiverse to share their talents in music, art, tech or theology. Affirm their contributions as part of the Body of Christ.

10 PRACTICE RADICAL WELCOME

Make it clear that all are truly welcome - on posters, websites and in sermons. Follow up with genuine relationships (*pictured above*), not just surface-level inclusion. More on www.portsmouth.anglican.org/disability