

“Sensory integration is effective in addressing challenges associated with sensory processing problems and behavioural difficulties. Our new sensory stimulation equipment will make significant improvements to the learning, sensory development and emotional health of the adults and children who use the centre.”

**Yvonne Harrison**  
WHISH

## WHISH (Whitby Hidden Impairments Support and Help)

### Project:

Sensory equipment

### Subject:

Training, support and practical skills

### Location:

Whitby, North Yorkshire

### Overview:

WHISH is a self-funded, parent-led charity which supports approximately 150 children and young people in the Whitby rural area who have a hidden impairment.

The charity has created a multi-sensory sensory room to assist in the development of coordination, motor skills, colour recognition, communication and sensory skills of its users, who have impairments such as autism, diabetes and epilepsy, as well as rare chromosomal disorders.

The Sirius Minerals Foundation awarded WHISH £5,000 to contribute to the purchase of a range of multi-sensory equipment to put in the room.

The room has become a heavily used area in the centre and has helped to engage the senses of its users on a daily basis. It has been particularly beneficial in helping to calm overactive behaviours, controlling movements to assist in users' rehabilitation and providing a space for children to relax and bond with their parents or carers.

