

# Lincoln Castle

Lincoln Castle hosts its Early Morning Explorers Session from 9 - 10am every other month. It is an **exclusive** hour for children with Autism and their families. Please contact their **Visitor Experience Team** by phoning **01522 554559** to find out when these are available. Carers are able to enter the site for **free** for these sessions.

The team at Lincoln Castle have undergone **Autism Awareness** training and worked alongside Lincoln's Parent Support Group PAACT who is affiliated to the Lincolnshire Autistic Society.

The Victorian Prison and Magna Carta experience will be adapted to create a more suitable environment for visitors with autism. Our Visit England Gold Accolade winning Front of House team will also be at hand to assist you throughout your visit. In the Victorian Prison they have a dedicated cell which

acts as **safe space** which will be available equipped with sensory toys. The Langton's Café team will also be serving Breakfast food and drink from 9 - 10am.

They can also provide **easy read** guides which are specifically designed for young children and adults with Autism, and these can also be downloaded in advance and as well as a Lincoln Castle Map to help navigate you around site. Ear Defenders are also available for hire from the Lincoln Castle Shop.



**01522 554559**

Email:

**lincoln\_castle@lincolnshire.gov.uk**

See their [Accessibility statement](#)

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The logo for Grantham Autistic Information Network (GAIN) is a red square with white text. The text is arranged in four lines: "Grantham", "Autistic", "Information", and "Network", with "(GAIN)" in a smaller font at the bottom.

Grantham  
Autistic  
Information  
Network  
(GAIN)

This guide is based on an email from Lincoln Castle to GAIN and their website.