

Resources

We have hundreds of **FREE** resources for you, including videos, downloads, podcasts and much more. We also have books and sensory support items available to purchase at our online shop.

Videos



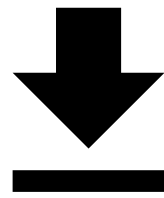
We have hundreds of videos on our YouTube channel to help build your understanding and give you the tools you need to support adults and children with SPD.

Podcast



Join Becky for our 'Living a Sensory Life' podcast as she chats to other professionals about SPD, as well as insights from adults and children with SPD themselves.

Useful Downloads



We have a variety of information sheets for you to print off or download, all to help build your understanding of SPD and the services we offer.

Shop



We have a variety of books and sensory items available to purchase online.

Also, look out for our sensory subscription coming soon!

For all of our resources visit our website, where you can also sign up to our newsletter and find links to our social media channels.



Follow us and help us to spread the word



Living a Sensory Life Podcast



Becky Lyddon Founder & Trainer

Becky has a wealth of experience working with adults and children with complex health needs and disabilities. She qualified as a Makaton tutor and has won awards for her immersive installations focussing on the sensory world.



Becky has produced hundreds of videos, resources and training and travels far and wide raising awareness and educating on SPD.



Supporting people with SPD

Training | Insights | Resources

www.sensorspectacle.co.uk