



ENHANCING WELLBEING THROUGH SENSORY DESIGN

A photograph of a sensory room. The room is dimly lit with a blue hue. In the foreground, there is a small glowing screen displaying a game. To the left, a large, colorful, padded sensory pod is visible. In the center, there is a large, illuminated sensory wall with various panels and interactive elements. The floor is covered with soft, colorful mats and textured pillows. The background features a wall with a starry pattern and a window with blinds.

Introduction: Creating Calm, Connection and Inclusion

At GMT, we believe that every child and young person deserves an environment where they feel safe, understood, and empowered to thrive.

For neurodivergent individuals, sensory experiences play a vital role in emotional regulation, well-being, and learning. That's why we are proud to introduce the Sensory Pod—developed by Murrays Medical – a dedicated space designed to provide calm, comfort, and control in a world that can often feel overwhelming.

The Sensory Pod is more than a piece of equipment; it's a tool for inclusion. By offering a customisable sensory environment, it helps reduce stress, supports self-regulation, and promotes independence. Whether in schools, healthcare settings, or family homes, the Sensory Pod creates a sanctuary where individuals can recharge, focus, and feel a sense of belonging.

In educational settings, it creates a quiet retreat for students to recharge and refocus, improving engagement and learning.

In healthcare environments, it offers patients a calming space to manage anxiety and sensory overload.

Residential homes benefit by providing residents with a secure, soothing area that promotes emotional wellbeing, while personal homes gain a versatile sanctuary for relaxation and sensory regulation.

About us

GMT is dedicated to creating positive and lasting change for children, young people and families. We provide compassionate and practical evidence based support to neurodivergent children and young people and their families.

Our work is built on a neuro affirming approach that celebrates difference and promotes inclusion. Through our range of services, training and community initiatives, we aim to create environments where every child and family feels valued, understood and empowered to thrive.

The Sensory Pod is an extension of this commitment, designed to support regulation and wellbeing in residential, education and healthcare settings.

Our Partnership with Murray's Medical



Murrays Medical UK is a family run organisation and part of Murrays Medical, Ireland's largest supplier of daily living and mobility solutions. Since opening their UK office in 2014, they have been dedicated to providing high quality products that enhance independence, comfort and wellbeing across homes, schools and healthcare settings.

We are proud to collaborate with Murrays Medical UK to highlight and promote equipment that supports regulation, comfort and accessibility for neurodivergent children, young people and families. This partnership brings together our shared commitment to inclusion and quality, ensuring that the tools and resources we share make a genuine difference to those who need them most.

The Sensory Pod



The Sensory Pod offers a dedicated calming and interactive retreat for both children and adults. Designed for settings such as mainstream and SEN Schools, universities, hospitals, libraries and family homes, it features a spacious interior (approx. 244 cm x 123 cm x 183 cm) with five-colour LED ambient mood-lighting, built-in HD Bluetooth speakers, and an app/WiFi accessible screen for entertainment and learning – all without subscription costs.

It supports sensory needs, encourages independence and contributes to a more positive, inclusive environment by reducing stress for the user and caregiver alike.



Testimonials

The pods are amazing and our children love them. They have developed their own rota for using them because they're in such demand. They have become an invaluable space for students who need some quiet time and I've seen a couple of staff using them at the end of the day too...

Mrs. Emily Leonard, Headteacher, Melbury College SW20

I am a teacher in a special education class. We were thinking of ways to improve our sensory room to provide a sensory stimulating environment for our students. The children in our class often need a safe space to relax, away from the stress of the classroom.

When we heard about the Sensory Pod, I enquired via email and was met with a response almost immediately.

From the first email to the installation date, everyone we dealt with was more than helpful; we were allowed to view and test a pod to see if it would meet our requirements and improve our situation, we were given options of when installation would suit us and also various opportunities for personalisation on the Pod itself.

The process was swift and hassle-free from start to finish with installation taking only a few hours.

The Pod has made an excellent contribution to our multi-sensory room. The children love it and it certainly adds to the relaxing nature of the sensory room.

Dewi Harrison, UK

Benefits of the Sensory Pod

- Promotes emotional regulation by providing a safe, enclosed environment where children and young people can take time to self-soothe and recharge.
- Supports sensory needs through adjustable lighting, sound, and visual settings, allowing each individual to create a sensory experience that feels comfortable and calming.
- Encourages autonomy and independence by giving young people control over their own sensory environment, empowering them to manage moments of overwhelm or sensory overload.
- Creates a sense of security and belonging with a quiet, predictable space that reduces external stimulation and helps promote feelings of safety and calm.
- Enhances focus and engagement by supporting sensory regulation, helping young people to be more comfortable, grounded, and ready to learn or participate.
- Facilitates inclusion by recognising and accommodating different sensory profiles, making learning and community spaces more accessible and affirming.
- Supports wellbeing and connection by reducing stress and anxiety, and creating a positive space where young people can thrive emotionally and socially.
- Encourages strengths-based development by offering a tool that helps individuals understand and embrace their own sensory preferences and regulation strategies.
- Therapists can incorporate the Pod as a supportive tool within sensory integration sessions, helping individuals explore and regulate sensory input in a calm, controlled environment.



How to Experience the Pod First Hand

GMT are holding a Sensory Pod Launch
on the 30th January

During your visit, you can step inside the pod, learn about its features, and discuss how it can be integrated into your setting to benefit the people you support. Our team will be available throughout the session to answer questions, demonstrate its capabilities, and help you envision how the Sensory Pod can enhance your organisation's provision.

Book your Sensory Pod Experience Today
by visiting the link below or scanning the QR code



<https://GMTsSensorySolutionsDrop-In.eventbrite.com>

