



## Access Specifications for Participants with a Disability

Frequently asked questions relating to access.

<b>Event name</b>	MaaMaa and Nonna's Kitchen
<b>Themes</b>	Food, Multicultural
<b>Participation</b>	Central to the experience is hands-on making of a flour and water based dough recipe.
<b>Content warning</b>	The flour used in this workshop contains gluten.
<b>Age Recommendation</b>	Ages 2-4 with a parent one parent/carer to support each child

### Attention Information

<b>Session duration:</b>	60mins
<b>Are participants in a fixed position or are they free to move around space.</b>	The majority of the experience children and their carer will be sitting on a small stool at a low table making dough from scratch. There are intervals however of moving around the space to have sensory play at flour table and put their dough to rest in another part of the space. Children can stand up during the making if preferred.
<b>Is it appropriate for Participants to make noise/move around (eg. a relaxed environment):</b>	This is a relaxed performance environment. There is a performance that requires concentration and instruction but it is also a workshop environment that allows for conversation and movement between instruction. A breakout room with low lighting, will be accessible from inside the space if you need respite during the performance. Our facilitators can point this out to you when you arrive. You are also welcome to leave the Centre for Creativity and re-enter at any point if needed.
<b>Are audience members expected to read text within the space:</b>	No.

### Effects and Sensory Information

<b>AUDIO</b>	
<b>General audio information</b>	There are music and sound cues played throughout the performance.
<b>Loud volume audio/music</b>	No
<b>High-pitched tones</b>	No
<b>Unexpected sounds</b>	No
<b>Repetitive noises</b>	No



<b>LIGHTING</b>	
<b>General Lighting information</b>	The space will be well lit throughout the performance in warm lighting. The lighting will be turned lower at the end of th performance. There are a string of festoon lightbulbs also strung up in the space which will be on throughout.
<b>Flashing lights</b>	No
<b>Strobe lighting within the sensitive range of 15-25 hertz:</b>	No

<b>EFFECTS</b>	
<b>Smoke/Haze, Props or other special effects</b>	No

<b>MATERIALS</b>	
<b>Food and dough</b>	<p>The experience is sensory and some participants can feel uncomfortable getting sticky hands while making the dough. There are wash stations available in the space if this needs immediate attention. All audience are invited to wash hands at beginning and end of workshop.</p> <p>Participants are offered fresh cooked Chinese mantao buns and Italian focaccia bread to eat at the end of the workshop. This is made to the same recipe but is not the dough that has been made during the workshop by participants.</p> <p>You are also invited to take your own creation home to bake (takeaway containers will be provided).</p> <p>Ingredients used are:</p> <ul style="list-style-type: none"><li>· Plain flour</li><li>· yeast, sugar</li><li>· salt</li><li>· olive oil</li><li>· rosemary</li><li>· sweetened condensed oat milk</li></ul>

<b>OTHER</b>	
<b>Aprons</b>	Carers and children are given a cooking Apron to help protect clothing. Please note that Aprons do not offer full cover. All products used in the workshop are washable.
<b>Hand Wash</b>	As you enter the space there are buckets of water and towels set up for hand wash before the workshop begins and again at the end. There are also sanitary wipes available. If hand washing needs to occur during the experience one of the facilitators can assist in accessing hand wash.

Note: if there is information you require that has not been included, please contact the Sydney Opera House Access team at [accessibility@sydneyoperahouse.com](mailto:accessibility@sydneyoperahouse.com) or call 02 9250 7777.