

An Autism Friendly Line



the Todmorden Curve

**CRL**

Community Rail Lancashire



National  
Autistic  
Society



This project was funded by Arriva Rail North's seed corn fund and Community Rail Lancashire.

Ask for pens, crayons, ear defenders and sunglasses at stations with staff, but they might not always be available.

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# The line

The Todmorden Curve is the first direct train service for over 40 years which now runs between East Lancashire and Manchester, from Blackburn, through Todmorden and into Manchester Victoria.

The reinstatement of 500 metres of track known as the Todmorden West Curve has improved journey times between Burnley, Accrington and Manchester. This has put Burnley and Accrington within commuting distance of Manchester and opened up job prospects, as well as tourist and leisure opportunities.

The autism-friendly line dates are;

30th July (filming and photography will take place)

1st August

7th August

12th August

24th August

30th August



With thanks to those who helped develop and review this booklet, including Northern staff, Rob Osinski-Gray, Rhianna Aston, Hannah Mallot-Manning and family, the featured businesses, the Community Rail Lancashire team, the National Autistic Society and the fantastic students of Broadfield Specialist School!

Autistic people are welcome on the journey every day, just like everyone else, however the train line has organised autistic friendly days, in addition to trying to make train line as accessible as possible all year round.

All information in this booklet is accurate as of July 2019 and has been reviewed by the National Autistic Society.

The National Autistic Society is the UK's leading charity for autistic people and their families. Their goal is to help transform lives, change attitudes and create a society that works for autistic people.

More information can be found at

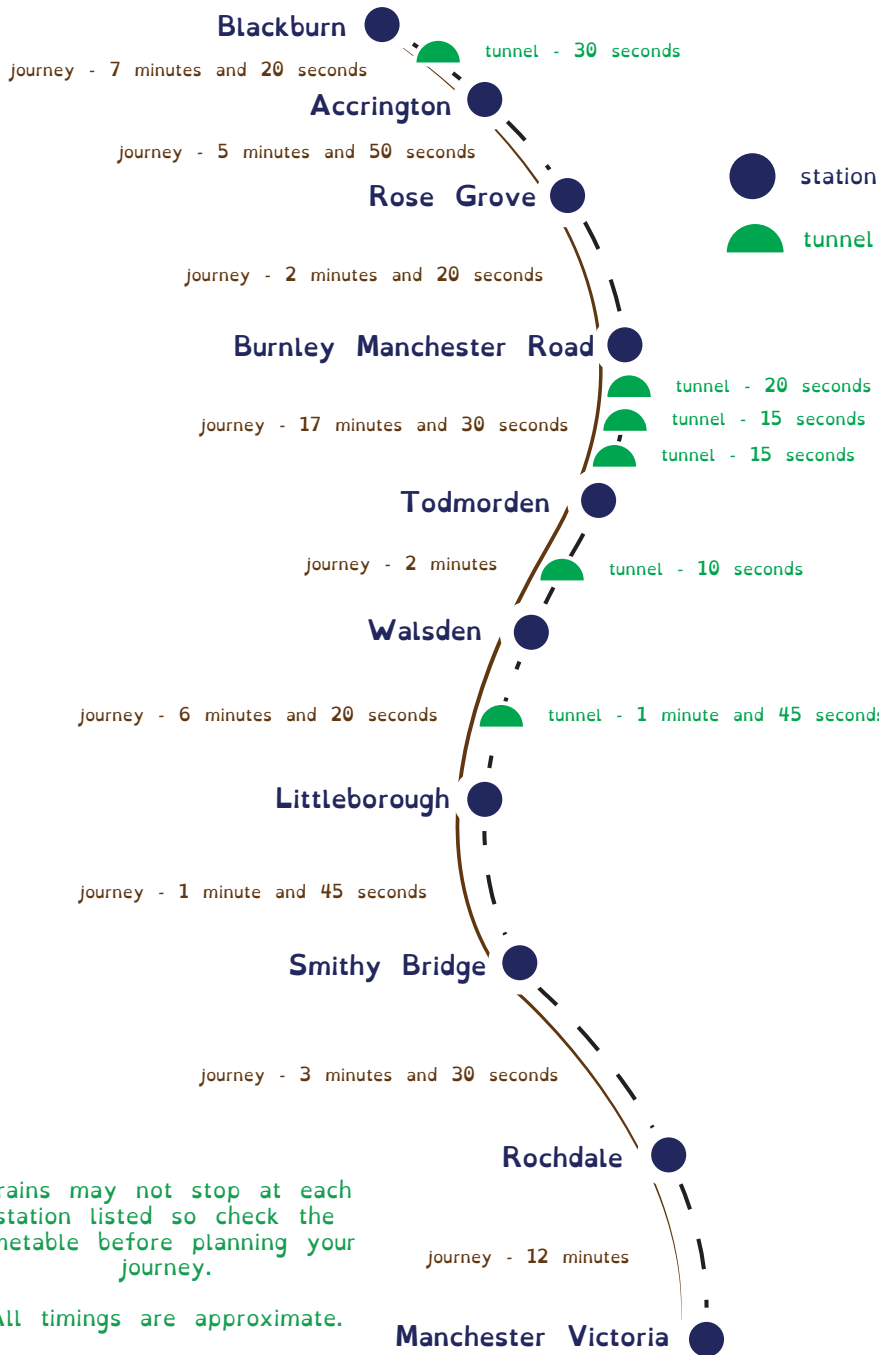
[www.autism.org.uk](http://www.autism.org.uk)

or by calling

**0808 800 4104**







Trains may not stop at each station listed so check the timetable before planning your journey.

All timings are approximate.

# General information and ticketing

To book travel assistance, call **0800 138 5560** or visit

[www.northernrailway.co.uk](http://www.northernrailway.co.uk)

Travel assistance can help you by making sure staff know you might need help getting on or off the train, or might have extra questions. Travel assistants work for the train company and usually also work on the trains or the stations. You only need travel assistance if you think you or your group will need extra assistance.

For ticketing purchases and information, visit [www.northernrailway.co.uk](http://www.northernrailway.co.uk)

Tickets can be purchased online, in staffed stations or from ticket machines. If there are no purchasing options in stations, tickets can be purchased on the train, but a 'promise to pay' must be acquired from the ticket machine (unless this is not operational). We strongly advise purchasing tickets ahead of time. A promise to pay means you can pay for your journey when you arrive at your destination. You can get them from ticket machines. Unless the ticket machine is broken, or there is no ticket machine or ticket office, you will need a promise to pay before you board or you may be fined.

Family tickets and disabled railcard discounts are available.

For up-to-date timetables, visit [www.northernrailway.co.uk](http://www.northernrailway.co.uk)

Services may be quieter off-peak between 09.30 and 15.30, but be prepared - it might get busy! Someone might sit next to you or your group, or you might need to stand. If you need to sit down, you can ask someone nicely if you can sit in their seat, if there are no seats free for you. Someone might also sit down next to you on the train. You can show the person your Autism Alert card or BlueAssist card.

Some trains have seats for people with disabilities.



If someone challenges you or your group, you could say; 'I need this chair please, I have a hidden disability called autism' and show your BlueAssist or Autism Alert card. If you need help, you can always ask the train conductor.

Parking is available (limited, charges may apply) at the following stations; Blackburn, Accrington, Rose Grove, Burnley Manchester Road, Todmorden, Littleborough and Manchester Victoria.

# Timetables (accurate as of July 2019)

## Blackburn to Manchester Victoria and Salford Crescent

| Monday to Friday        |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |  |
|-------------------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
|                         |   | A     | A     | A     | A     | A     | A     | A     | A     | B     | B     | C     | B     | A     | B     | A     | B     |       |       |  |
| Blackburn               | d | 06:19 | 07:14 | 08:19 | 09:19 | 10:19 | 11:19 | 12:19 | 13:19 | 14:19 | 15:19 | 16:17 | 17:19 | 18:19 | 19:19 | 20:17 | 21:20 | 22:19 | 23:19 |  |
| Church & Oswaldtwistle  | d |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |  |
| Accrington              |   | 06:27 | 07:21 | 08:27 | 09:27 | 10:27 | 11:27 | 12:27 | 13:27 | 14:27 | 15:27 | 16:25 | 17:27 | 18:27 | 19:27 | 20:25 | 21:30 | 22:27 | 23:27 |  |
| Rose Grove              |   | 06:34 | 07:28 | 08:34 | 09:34 | 10:34 | 11:34 | 12:34 | 13:34 | 14:34 | 15:34 | 16:32 | 17:34 | 18:34 | 19:34 | 20:32 | 21:37 | 22:34 | 23:34 |  |
| Burnley Manchester Road |   | 06:38 | 07:32 | 08:38 | 09:38 | 10:38 | 11:38 | 12:38 | 13:38 | 14:38 | 15:38 | 16:36 | 17:38 | 18:38 | 19:38 | 20:36 | 21:41 | 22:38 | 23:38 |  |
| Todmorden               |   | 06:55 | 07:49 | 08:55 | 09:55 | 10:55 | 11:55 | 12:55 | 13:55 | 14:55 | 15:55 | 16:53 | 17:55 | 18:55 | 19:55 | 20:54 | 21:58 | 22:55 | 23:55 |  |
| Walsden                 |   |       | 07:52 |       |       |       |       |       |       |       |       | 16:56 |       |       |       | 20:57 | 22:01 | 22:58 |       |  |
| Littleborough           |   | 07:02 | 07:59 | 09:02 | 10:02 | 11:02 | 12:02 | 13:02 | 14:02 | 15:02 | 16:02 | 17:02 | 18:02 | 19:02 | 20:02 | 21:03 | 22:07 | 23:04 | 00:02 |  |
| Smithy Bridge           |   | 07:04 | 08:02 | 09:05 | 10:05 | 11:05 | 12:05 | 13:05 | 14:05 | 15:05 | 16:05 | 17:05 | 18:05 | 19:05 | 20:05 | 21:05 | 22:10 | 23:07 | 00:05 |  |
| Rochdale                |   | 07:09 | 08:06 | 09:09 | 10:09 | 11:09 | 12:09 | 13:09 | 14:09 | 15:09 | 16:09 | 17:09 | 18:09 | 19:09 | 20:09 | 21:10 | 22:14 | 23:11 | 00:09 |  |
| Castleton               |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 23:14 |       |  |
| Mills Hill              |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 23:20 |       |  |
| Moston                  |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 23:24 |       |  |
| Manchester Victoria     | a | 07:24 | 08:24 | 09:24 | 10:24 | 11:24 | 12:24 | 13:24 | 14:24 | 15:24 | 16:24 | 17:24 | 18:24 | 19:24 | 20:24 | 21:24 | 22:29 | 23:33 | 00:23 |  |
| Salford Central         | a | 07:28 | 08:29 | 09:29 | 10:29 | 11:29 | 12:29 | 13:29 | 14:29 | 15:29 | 16:29 | 17:28 | 18:29 | 19:29 | 20:29 | 21:29 | 22:43 | 23:40 |       |  |
| Salford Crescent        | a | 07:31 | 08:32 | 09:32 | 10:32 | 11:32 | 12:32 | 13:32 | 14:32 | 15:32 | 16:32 | 17:32 | 18:32 | 19:32 | 20:32 | 21:32 | 22:46 | 23:43 |       |  |

**NOTE** A – To Southport / B – To Wigan Wallgate / C – To Kirkby

| Saturday                |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |  |
|-------------------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
|                         |   | A     | A     | A     | A     | A     | A     | A     | A     | B     | B     | C     | B     | A     | B     | A     |       |       |       |  |
| Blackburn               | d | 06:19 | 07:14 | 08:19 | 09:19 | 10:19 | 11:19 | 12:19 | 13:19 | 14:19 | 15:19 | 16:17 | 17:19 | 18:19 | 19:19 | 20:17 | 21:20 | 22:19 | 23:19 |  |
| Church & Oswaldtwistle  | d |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |  |
| Accrington              |   | 06:27 | 07:21 | 08:27 | 09:27 | 10:27 | 11:27 | 12:27 | 13:27 | 14:27 | 15:27 | 16:25 | 17:27 | 18:27 | 19:27 | 20:25 | 21:30 | 22:27 | 23:27 |  |
| Rose Grove              |   | 06:34 | 07:28 | 08:34 | 09:34 | 10:34 | 11:34 | 12:34 | 13:34 | 14:34 | 15:34 | 16:32 | 17:34 | 18:34 | 19:34 | 20:32 | 21:37 | 22:34 | 23:34 |  |
| Burnley Manchester Road |   | 06:38 | 07:32 | 08:38 | 09:38 | 10:38 | 11:38 | 12:38 | 13:38 | 14:38 | 15:38 | 16:36 | 17:38 | 18:38 | 19:38 | 20:36 | 21:41 | 22:38 | 23:38 |  |
| Todmorden               |   | 06:55 | 07:49 | 08:55 | 09:55 | 10:55 | 11:55 | 12:55 | 13:55 | 14:55 | 15:55 | 16:53 | 17:55 | 18:55 | 19:55 | 20:54 | 21:58 | 22:55 | 23:55 |  |
| Walsden                 |   |       | 07:52 |       |       |       |       |       |       |       |       | 16:56 |       |       |       | 20:57 | 22:01 | 22:58 |       |  |
| Littleborough           |   | 07:02 | 07:59 | 09:02 | 10:02 | 11:02 | 12:02 | 13:02 | 14:02 | 15:02 | 16:02 | 17:02 | 18:02 | 19:02 | 20:02 | 21:03 | 22:07 | 23:04 | 00:02 |  |
| Smithy Bridge           |   | 07:04 | 08:02 | 09:05 | 10:05 | 11:05 | 12:05 | 13:05 | 14:05 | 15:05 | 16:05 | 17:05 | 18:05 | 19:05 | 20:05 | 21:05 | 22:10 | 23:07 | 00:05 |  |
| Rochdale                |   | 07:09 | 08:06 | 09:09 | 10:09 | 11:09 | 12:09 | 13:09 | 14:09 | 15:09 | 16:09 | 17:09 | 18:09 | 19:09 | 20:09 | 21:10 | 22:14 | 23:11 | 00:09 |  |
| Castleton               |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 23:14 |       |  |
| Mills Hill              |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 23:20 |       |  |
| Moston                  |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 23:24 |       |  |
| Manchester Victoria     | a | 07:24 | 08:24 | 09:24 | 10:24 | 11:24 | 12:24 | 13:24 | 14:24 | 15:24 | 16:24 | 17:24 | 18:24 | 19:24 | 20:24 | 21:24 | 22:29 | 23:33 | 00:23 |  |
| Salford Central         | a | 07:28 | 08:29 | 09:29 | 10:29 | 11:29 | 12:29 | 13:29 | 14:29 | 15:29 | 16:29 | 17:28 | 18:29 | 19:29 | 20:29 | 21:29 | 22:43 |       |       |  |
| Salford Crescent        | a | 07:31 | 08:32 | 09:32 | 10:32 | 11:32 | 12:32 | 13:32 | 14:32 | 15:32 | 16:32 | 17:32 | 18:32 | 19:32 | 20:32 | 21:32 | 22:46 |       |       |  |

**NOTE** A – To Southport / B – To Wigan Wallgate / C – To Kirkby

These times are 24 hour times. 17:00 means 5pm, and 09:00 means 9am. If you need help with these times, ask a member of station or train staff.

\*The service also runs hourly on Sundays. The timetable is different and journey times are longer, so check before you travel.

## Salford Crescent and Manchester Victoria to Blackburn

### Monday to Friday

|                         |   |       | A     | A     | A     | A     | A     | A     | A     | A     | A     | A     | A     | A     | A     | C     |       |       |       |
|-------------------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Salford Crescent        | d |       | 07:57 | 08:57 | 09:57 | 10:57 | 11:57 | 12:57 | 13:57 | 14:57 | 15:57 | 16:57 | 17:57 | 18:57 | 19:57 | 20:57 |       |       |       |
| Salford Central         | d |       | 08:00 | 09:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 |       |       |       |
| Manchester Victoria     | d | 06:00 | 07:04 | 08:04 | 09:04 | 10:04 | 11:04 | 12:04 | 13:04 | 14:04 | 15:04 | 16:04 | 17:04 | 18:04 | 19:04 | 20:04 | 21:04 | 22:04 | 23:04 |
| Moston                  |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| Mills Hill              |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| Castleton               |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| Rochdale                |   | 06:14 | 07:18 | 08:18 | 09:18 | 10:18 | 11:18 | 12:18 | 13:18 | 14:18 | 15:18 | 16:18 | 17:18 | 18:18 | 19:18 | 20:18 | 21:18 | 22:18 | 23:18 |
| Smithy Bridge           |   | 06:18 | 07:22 | 08:22 | 09:22 | 10:22 | 11:22 | 12:22 | 13:22 | 14:22 | 15:22 | 16:22 | 17:22 | 18:22 | 19:22 | 20:22 | 21:22 | 22:22 | 23:22 |
| Littleborough           |   | 06:21 | 07:25 | 08:25 | 09:25 | 10:25 | 11:25 | 12:25 | 13:25 | 14:25 | 15:25 | 16:25 | 17:25 | 18:25 | 19:25 | 20:25 | 21:25 | 22:25 | 23:25 |
| Walsden                 |   |       | 07:31 | 08:31 | 09:31 |       |       |       |       |       |       | 16:31 | 17:31 | 18:31 |       |       | 21:31 | 22:31 |       |
| Todmorden               |   | 06:29 | 07:35 | 08:35 | 09:35 | 10:33 | 11:33 | 12:33 | 13:33 | 14:33 | 15:33 | 16:35 | 17:35 | 18:35 | 19:33 | 20:33 | 21:35 | 22:35 | 23:33 |
| Burnley Manchester Road |   | 06:45 | 07:51 | 08:51 | 09:51 | 10:49 | 11:49 | 12:49 | 13:49 | 14:49 | 15:49 | 16:51 | 17:51 | 18:51 | 19:49 | 20:49 | 21:51 | 22:51 | 23:49 |
| Rose Grove              |   | 06:48 | 07:54 | 08:54 | 09:54 | 10:52 | 11:52 | 12:52 | 13:52 | 14:52 | 15:52 | 16:54 | 17:54 | 18:54 | 19:52 | 20:52 | 21:54 | 22:54 | 23:52 |
| Accrington              |   | 06:55 | 08:01 | 09:01 | 10:01 | 10:59 | 11:59 | 12:59 | 13:59 | 14:59 | 15:59 | 17:01 | 18:01 | 19:01 | 19:59 | 20:59 | 22:01 | 23:01 | 00:01 |
| Church & Oswaldtwistle  |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| Blackburn               | a | 07:06 | 08:12 | 09:12 | 10:12 | 11:10 | 12:10 | 13:10 | 14:10 | 15:10 | 16:10 | 17:11 | 18:12 | 19:12 | 20:09 | 21:10 | 22:12 | 23:13 | 00:13 |

**NOTE** A – From Southport / C – From Kirkby

### Saturday

|                         |   |       |       | A     | A     | A     | A     | A     | A     | A     | A     | A     | A     | A     | A     | A     | C     |       |       |       |
|-------------------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Salford Crescent        | d |       |       | 07:57 | 08:57 | 09:57 | 10:57 | 11:57 | 12:57 | 13:57 | 14:57 | 15:57 | 16:57 | 17:57 | 18:57 | 19:57 | 20:57 |       |       |       |
| Salford Central         | d |       |       | 08:00 | 09:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 |       |       |       |
| Manchester Victoria     | d | 06:00 | 07:04 | 08:04 | 09:04 | 10:04 | 11:04 | 12:04 | 13:04 | 14:04 | 15:04 | 16:04 | 17:04 | 18:04 | 19:04 | 20:04 | 21:04 | 22:04 | 22:42 | 23:04 |
| Moston                  |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 22:49 |       |
| Mills Hill              |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 22:53 |       |
| Castleton               |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 22:59 |       |
| Rochdale                |   | 06:14 | 07:18 | 08:18 | 09:18 | 10:18 | 11:18 | 12:18 | 13:18 | 14:18 | 15:18 | 16:18 | 17:18 | 18:18 | 19:18 | 20:18 | 21:18 | 22:18 | 23:03 | 23:18 |
| Smithy Bridge           |   | 06:18 | 07:22 | 08:22 | 09:22 | 10:22 | 11:22 | 12:22 | 13:22 | 14:22 | 15:22 | 16:22 | 17:22 | 18:22 | 19:22 | 20:22 | 21:22 | 22:22 |       | 23:22 |
| Littleborough           |   | 06:21 | 07:25 | 08:25 | 09:25 | 10:25 | 11:25 | 12:25 | 13:25 | 14:25 | 15:25 | 16:25 | 17:25 | 18:25 | 19:25 | 20:25 | 21:25 | 22:25 |       | 23:25 |
| Walsden                 |   |       | 07:31 | 08:31 | 09:31 |       |       |       |       |       |       | 16:31 | 17:31 | 18:31 |       |       | 21:31 | 22:31 |       |       |
| Todmorden               |   | 06:29 | 07:35 | 08:35 | 09:35 | 10:33 | 11:33 | 12:33 | 13:33 | 14:33 | 15:33 | 16:35 | 17:35 | 18:35 | 19:33 | 20:33 | 21:35 | 22:35 | 23:15 | 23:33 |
| Burnley Manchester Road |   | 06:45 | 07:51 | 08:51 | 09:51 | 10:49 | 11:49 | 12:49 | 13:49 | 14:49 | 15:49 | 16:51 | 17:51 | 18:51 | 19:49 | 20:49 | 21:51 | 22:51 | 23:31 | 23:49 |
| Rose Grove              |   | 06:48 | 07:54 | 08:54 | 09:54 | 10:52 | 11:52 | 12:52 | 13:52 | 14:52 | 15:52 | 16:54 | 17:54 | 18:54 | 19:52 | 20:52 | 21:54 | 22:54 | 23:34 | 23:52 |
| Accrington              |   | 06:55 | 08:01 | 09:01 | 10:01 | 10:59 | 11:59 | 12:59 | 13:59 | 14:59 | 15:59 | 17:01 | 18:01 | 19:01 | 19:59 | 20:59 | 22:01 | 23:01 | 23:41 | 00:01 |
| Church & Oswaldtwistle  |   |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| Blackburn               | a | 07:06 | 08:12 | 09:12 | 10:12 | 11:10 | 12:10 | 13:10 | 14:10 | 15:10 | 16:10 | 17:11 | 18:12 | 19:12 | 20:09 | 21:10 | 22:12 | 23:13 | 23:52 | 00:13 |

**NOTE** A – From Southport / C – From Kirkby

These times are 24 hour times. 17:00 means 5pm, and 09:00 means 9am. If you need help with these times, ask a member of station or train staff.

\*The service also runs hourly on Sundays. The timetable is different and journey times are longer, so check before you travel.

# What to expect

Sunglasses and ear defenders are available (subject to on-the-day availability) at staffed stations along the line. Please request these from ticket office staff and return them at the end of your journey. The route features many bridges and tunnels, as well as other passing trains and passengers, all of which can be noisy.

Toilet facilities are available at stations as detailed in this booklet, but are also available onboard the trains.

The most comprehensive station facilities information can be found at [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

To view selected videos of the line, and common events that take place, such as a ticket check, visit our dedicated YouTube page by visiting [www.youtube.com](http://www.youtube.com) and searching for the 'Autism Friendly Railway' channel; look for the logo! Or, find us by visiting [www.downtheline.org.uk/projects](http://www.downtheline.org.uk/projects) and follow the link to the Autism Friendly Line, and through to our YouTube page.



# What to bring with you

## What to bring with you

The only thing you will be asked to show in order to travel is your ticket for you or your group. You should buy your ticket before boarding the train on the internet at [www.northernrailway.co.uk](http://www.northernrailway.co.uk) or at a ticket machine at the train station.

Don't worry if you are unable to book on the internet or if the ticket machine is broken or closed on the day, you can buy a ticket on the train with cash or a card. Whatever else you would like to bring is up to you.

Music players and game devices can be great for covering loud noises on the train, but make sure it is not very loud so that you can still hear safety announcements. Make sure you always use headphones.

Books and mobile phones can also be excellent for long journeys.

If you need medication - such as an inhaler, make sure you bring this.

If it's a hot day or raining you may need refreshments or umbrellas for your group.





# What to do if the plan changes

If things change, like a train delay or a cancellation, the first thing to remember is to stay calm. The rail company will make sure you get to your final destination, and they are there to help you.

If your train is delayed or cancelled, check a timetable or use your phone to check when your next train is.

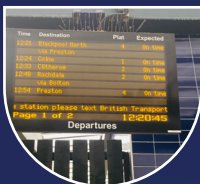
If you aren't sure, you can speak to a member of staff at the station. If there are no staff at your station, you can press the 'help' button on the platform, if there is one.

Otherwise, you can call the Northern customer helpline at **0800 200 6060**.

Trains often slow or stop on tracks; this does not mean there is an issue. Staff members will alert you to any delays or concerns as they happen.

If you lose something on a train, contact the Northern customer helpline above. If you see something that doesn't look right, feel unsafe or witness antisocial behaviour, contact the British Transport Police at **0800 40 50 40**, or text **61016**. In an emergency, always call **999**.

# Blackburn



Blackburn is a town in Lancashire, England, north of the West Pennine Moors on the southern edge of the Ribble Valley. Blackburn had a population of 117,963 in 2011. A former mill town, Blackburn was a boomtown of the Industrial Revolution and amongst the first industrialised towns in the world. Blackburn is a vibrant, happening place to be with great food, good sport and a fashionable heritage as well as a town centre that is creative, entrepreneurial and entertaining.



## Facilities:

Cash machine: No

Pay phone: Yes

Refreshment facilities: Yes

Toilets: Yes

Waiting rooms: Yes

Step free access coverage: Yes

Step free access note: access from station front to subway up 10 metre ramp or 4 steps from which a passenger lift and steep 20 metre ramp gives access to ticket office and platforms 1, 2 and 3 and by separate ramp to platform 4.

Lifts open for all services.



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Blackburn Youth Zone is a state of the art youth club facility located at the heart of Blackburn. Blackburn Youth Zone is a 21st century youth hub for young people aged 5 to 25 years old, aiming to irrevocably change the prospects offered to young people in the area. Every Sunday at Blackburn Youth Zone they run a Diversity session. Diversity is a fully inclusive session for young people with a disability or additional needs.

This is your chance to get active, socialise and have fun. Have a go at seated volleyball or train with Blackburn Rovers for the Diversity football team. Let out your creative side at one of the weekly drama workshops with action factory or get arty in the art zone, plus so much more.

For more information or to book a tour call 01254 292000. Diversity club runs every Sunday 10:00am -1:00pm. Membership is £3 for the year, with each visit costing 50p after this. The Zone is next to the station, and for further information give them a call or check online at [www.blackburnyz.org](http://www.blackburnyz.org)

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Café Northcote is opposite the station, and is in the heart of Blackburn's new Cathedral Quarter. You'll find exceptional tea and coffee from Northcote's suppliers and a simple, delicious menu all day, every day. The café offers modern food with an eclectic feel, always staying loyal to local producers and suppliers, using fresh ingredients of the highest quality.

It has a very calm, comfortable atmosphere, with very welcoming and friendly staff; perfect for a quiet lunch!

For more information, contact 01254 260520 or email [hello@cafenorthcote.com](mailto:hello@cafenorthcote.com)



# Accrington



The vibrant town of Accrington lies in Hyndburn in the heart of Pennine Lancashire. It is East Lancashire's best shopping district with fabulous independent boutiques, 21st century Arndale Shopping Centre and 19th century Victoria Market Hall, a grand Victorian building where market traders sell fresh Lancashire produce. Bargain hunters should pay a visit to nearby Oswaldtwistle Mills, housed in five former weaving sheds, which has over 80 discount outlets.

## Facilities:

Cash machine: **No**

Pay phone: **No**

Refreshment facilities: **No**

Toilets: **Radar key accessible.**

Waiting rooms: **Yes**

Step free access coverage: **Yes**

Step free access note:

Platform 1: step free access from Paxton Street, up steep 50m ramp with handrail or past the car park and a shallower ramp.

Platform 2: step free access up gently sloping footpath from Eagle Street.

Ticket office is on Blackburn/Preston Platform (2), with stepped footbridge between platforms comprising of 25 steps up and 24 steps down with rest platforms.



Explore Accrington town centre on the Accrington Acorn Trail, which takes you from the magnificent Town Hall, built in 1858 at the height of Accrington's textiles success, along Willow Street with its imposing houses and past Carnegie Library to the oldest part of town, along Warner Street.

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Vue Cinema Accrington can be found on Hyndburn Road and contacted at 0345 308 4620

On the last Sunday of the month, Vue host a sensory friendly screening designed to be an inclusive and welcoming environment for people with sensory sensitivities and their loved ones. They hope these screenings can act as a transition into regular cinema screenings for some guests, while making the cinema more inclusive and accessible for everyone who feels they will benefit from the environment. Ticket fees apply.

Sensory friendly adjustments include

- sound and lights on low
- no trailers
- freedom to move around
- take your own food and drink
- free entry for carers with a valid CEA Card.



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Community Rail Lancashire is not open to the public, but has five community rail partnerships (CRPs) that cover a total of eight lines or routes, forming one of the biggest groups of CRPs in the country. Community Rail Lancashire is dedicated to inclusive education programmes, and is always delighted to hear from new schools and youth groups. They can be contacted at [info@downtheline.org.uk](mailto:info@downtheline.org.uk)



# Rose Grove



Rose Grove is a suburb of Burnley, west of the town centre. It is probably most well known for having one the last steam sheds on British Railways before the demise of steam in August 1968. The station is close to the Weavers Triangle on the Leeds Liverpool canal and to the Padiham Greenway.

The National Trust Property Gawthorpe Hall is accessible via the Greenway. Built in 1600, it was renovated in the 1850s by Sir Charles Barry who had previously designed the Houses of Parliament. Gawthorpe houses the North West's largest collection of portraits on loan from the National Portrait Gallery as well as The Gawthorpe Textiles Collection, a wonderful collection of intricate lace, embroidery and needlework put together by Rachel Kay-Shuttleworth, the last of her family to live in the hall.

## Facilities:

Cash machine: No

Pay phone: No

Refreshment facilities: No

Toilets: No

Waiting rooms: No

Step free access coverage: No

Step free access note:

Access to platform is down 34 steps with rest platform and handrail.



The Hall is a 30 minute walk from the station and further information can be found at [www.nationaltrust.org.uk/gawthorpe-hall](http://www.nationaltrust.org.uk/gawthorpe-hall)  
Entry charges apply.

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### Padiham Greenway

Unearth the stories of life in the past for both the rich and poor as you cycle along through Lancashire's landscape, discovering the place that once led the world in cotton production. Working mills, rich landowners' mansions, Victorian schoolrooms and beautiful parkland can all be found in the mill town of Burnley.

Start your journey at Queen Street Mill Textile Museum, the last surviving operational steam powered weaving mill in the world. Then go along the river and canal until you get to The Weavers' Triangle Visitor Centre and discover what it was like to live in a 19th century mill town.

Take a different route and start your journey at Towneley Hall where you can enjoy the beautiful parkland and visit the former home of the Towneley family. After exploring the house, meander through the grounds heading to The Weavers' Triangle.

Alternatively take the greenway from Padiham, which takes you on a gentle graded route through the town all the way to The Weavers' Triangle. Stop off on the way to admire the Elizabethan gem that is Gawthorpe Hall.

With interesting places to visit, a safe and enjoyable route and an abundance of cafés to refuel, you'll be sure to have a fun day out on your bikes on the Modern History Heritage Cycle Trail.





# Burnley Manchester Road



Burnley is a thriving market town surrounded on all sides by breath-taking Pennine countryside. Whether you like hiking, cycling, windsurfing, kayaking, horse riding, golf or sailing, it's all available right here. Hire a rowing boat or kayak at Thompson Park, or windsurf and sail at Clowbridge Reservoir.

Unwind and enjoy Burnley's waterways – the canal, rivers and reservoirs are great places to escape to; walk by the river, take a boat trip along the canal or go windsurfing or sailing on the reservoirs.

## Facilities:

Cash machine: **No**

Pay phone: **No**

Refreshment facilities: **mornings, Monday to Friday**

Toilets: **Radar key accessible.**

Waiting rooms: **Yes**

Step free access coverage: **Yes**

Step free access note: no access problems for disabled or wheelchair bound customers as the access to the platforms is via the ramps.

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Burnley Charter Walk Shopping Centre can be found on St James's Street and is a 12 minute walk from Burnley Manchester Road station, and has been recognised by The National Autistic Society for improvements made to the centre and staff training and awareness. The nationally recognised accreditation – known as “Autism Friendly” status – focuses on five key areas: customer information, staff/volunteer understanding, physical environment, customer experience and promoting understanding.

To achieve this high standard, the centre has made available some valuable resources including a new centre guide and autism cards. The guide is situated around the centre and available to download at home at [www.charterwalk.com](http://www.charterwalk.com) to help reduce the anxiety often associated with planning a visit to a new place.

The custom autism cards are available from centre management and the centre's website as a non-verbal way of communicating with staff members and fellow shoppers. For shoppers who struggle with sensory overload, a quiet hour takes place every Tuesday between 9 – 10am. Within this time, activities such as cleaning with machinery and maintenance are kept to a minimum and a number of retailers lower lights or cease playing music from stores.

The centre can be contacted at 01282 425368 or emailed at [info@charterwalk.com](mailto:info@charterwalk.com)



# Todmorden



There are many reasons to visit Todmorden - it has a long and spectacular history; it's high point being the Industrial Revolution. It is a bustling market town, with plenty of shopping opportunities, sitting on the Lancashire-Yorkshire border.

Todmorden sits firmly within West Yorkshire, since 1888, despite its Oldham postcode and the fact that most of its sporting teams play in Lancashire leagues! Todmorden is nestled at the convergence of three valleys, which provides the most jaw-dropping scenery for anyone with a mind for a walk.

## Facilities:

Cash machine: No

Pay phone: Yes

Refreshment facilities: No

Toilets: No

Waiting rooms: No

Step free access coverage: No

Step free access note: disabled assistance can be given to passengers arriving on platform 1 (trains to MCV). No assistance can be provided to customers arriving or departing from platform 2 because it is only accessed via underpass which has steps.

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Some of these beautiful walks follow canal routes, including a popular section of the Rochdale Canal from Todmorden to Hebden Bridge. It follows the flat towpath for just under 5 miles, so it's ideal for an easy family afternoon stroll. Along the way there are several pretty locks, old bridges, historic mills and nice views of the River Calder which runs alongside part of the canal.

The route starts in Todmorden and heads east along the towpath, passing Millwood, Lobb Mill, Eastwood, Charlestown and Calderside before coming into Hebden Bridge. Here you can catch a train or return along the towpath on foot if you prefer.

More information can be found at [www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk) by searching for the Rochdale Canal.



# Walsden



Walsden is a large, thriving village in the civil parish of Todmorden in the Metropolitan Borough of Calderdale, West Yorkshire, England. Walsden has many quaint features, but especially the **Cotton Weavers Café**, which has an extensive menu as well as daily specials, a junior menu and a toddler menu. They also have a children's play area so parents and carers can relax and enjoy while the children are playing. They are a 13 minute walk from the train station and can be found on Rochdale Road.

## Facilities:

Cash machine: **No**

Pay phone: **No**

Refreshment facilities: **No**

Toilets: **No**

Waiting rooms: **No**

Step free access coverage: **Yes**

Step free access note: station is unstaffed.

However no access problems for disabled or wheelchair bound customers as the access to the platforms is under bridge 100 yards down the road, this is quite a long access.

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An easy to moderate walk of 6.5 miles can also be enjoyed here; starting in the valley and following the Rochdale Canal before climbing onto the stunning scenery of the moors. Reaching Warland Reservoir a section of the Pennine Way is joined before dropping down into Calderdale to rejoin the canal. More information can be found at [www.walkingbritain.co.uk](http://www.walkingbritain.co.uk) under Walsden to Warland Reservoir, Walk 1411.





# Littleborough



Littleborough is part of the borough of Rochdale and is nestled in the foothills of the picturesque south Pennines. The town was an Urban District from 1894 until it became part of Rochdale in 1974. Littleborough's stone-built town centre is a designated conservation area because of its special architectural qualities.

## Facilities:

Cash machine: **No**

Pay phone: **N/A**

Refreshment facilities: **No**

Toilets: **No**

Waiting rooms: **Yes**

Step free access coverage: **Yes**

Step free access note: ticket office at floor level but platforms are up steps. Ramps to each platform too.



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Littleborough has many charming features, and Kelsall's bookshop must be mentioned for their large collection of specialist subject books for older young people and adult readers, including trains, transport and buses, which is sure to fascinate many young people. More information can be found at [www.kelsallsbookshop.co.uk](http://www.kelsallsbookshop.co.uk) or by calling 01706 370244, and is a 3 minute walk from the station.

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Hare Hill park is calm, beautiful and quiet; perfect for a family picnic. The park is a 9 minute walk from the station.

It is a traditional Victorian Park with many original features. It has a wide range of leisure facilities, and is also home to the Littleborough Library, and holds the Green Flag Award. There are a range of facilities at Hare Hill Park, including;

- Formal gardens
- Play areas
- Skateboard park
- Sports pitch area
- Bowling greens
- Historical features including a listed water wheel and The Bandstand
- Town library and information centre



# Smithy Bridge



Smithy Bridge is a suburb of Littleborough within the Metropolitan Borough of Rochdale, in Greater Manchester, England. Hollingworth Lake Country Park is close by. It also has a link to the Rochdale Canal and it was once a route on the packhorse trip through to Yorkshire.

## Facilities:

Cash machine: **No**

Pay phone: N/A

Refreshment facilities: **No**

Toilets: **No**

Waiting rooms: **No**

Step free access coverage: **Yes**

Step free access note: there is level access to both of the platforms via road and level crossing. Step free access from car park to station entrance but have to cross road.

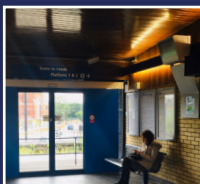
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Hollingworth Lake Country Park is a 28 minute walk from the station. Visitors can enjoy many outdoor attractions and an excellent Visitor Centre. Spanning 118 acres with the dramatic backdrop of Blackstone Edge, the lake is one of the most popular days out in the area.

With boating, a nature reserve, trails, events, guided walks, Visitor Centre, community arts, environmental exhibitions, play and picnic areas it is the perfect day out for all the family. The Water Activity Centre on Lake Bank caters for groups and individuals wanting instruction in windsurfing, dinghy sailing and other water-based sports, and now arranges training for groups in mountain biking and climbing. Activity charges may apply. The Lake is also a base for a sailing club and a rowing club. The Visitor Centre can be contacted at 01706 373 421



# Rochdale



Rochdale takes its name from its position on the River Roch and is probably best known for its Co-op, the beginning of the co-operative movement, which today still includes the well known national supermarket chain. Rochdale is also well known for its textile industries including cotton. Its magnificent Town Hall built in 1871 takes pride of place in the centre of Rochdale, its original clock tower destroyed by fire in 1883 and rebuilt in 1887 is also home to a majestic stained glass window.

The town itself has many shops, with a daily market and boasts two shopping centres with many well known stores. There are also many specialised stores surrounding on Drake Street, Yorkshire Street, Cheetham Street and The Walk.

## Facilities:

Cash machine: No

Pay phone: Yes

Refreshment facilities: No

Toilets: Yes

Waiting rooms: Yes

Step free access coverage: Yes

Step free access note: level access to the station and platforms via lift.



Rochdale's new leisure centre opened in Summer 2012 and Number One Riverside, the iconic public library and council offices building, is complete and open. Transport links into the town centre have been improved with the opening of the new Transport Interchange and the adjacent Metrolink stop.

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### The Greater Manchester Fire Service Museum

The Museum tells the story of firefighting, particularly in the Greater Manchester region, and is directly across the road from the train station. The area has played a significant role in the story of fire brigades and fire engineering. It's a calm museum to visit during the day, with twenty-three larger exhibits, plus by many other items of firefighting equipment, uniforms, models, medals and insignia, paintings, curios and other objects.

The museum is open on Fridays (10am to 4pm) and on the first Sunday in the month (10am to 4pm). Entry is free. From about October they do get busy with primary school visits, so are not quiet between 10am and about 2pm on most Fridays.

Everyone is very welcome regardless, and should feel free to call the museum to discuss quieter times as necessary. Contact them at 01706 341219. Charges may apply.

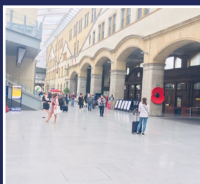
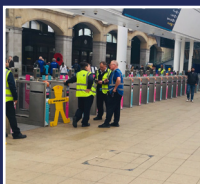
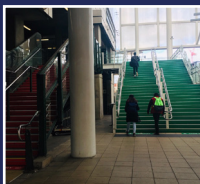
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Rochdale Exchange shopping centre is a 16 minute walk from the station, and can be contacted at 01706 655726 or [info@rochdaleexchange.co.uk](mailto:info@rochdaleexchange.co.uk)

The Centre has launched a 'quiet morning' initiative in support of autistic shoppers and those with sensory impairments. Running every Saturday morning, Rochdale Exchange Shopping Centre's 'quiet morning' campaign will be taking place from 8am until midday. By turning off the centre music, a more calming and relaxing environment will be created for customers who require a less stressful setting to make their visit a more enjoyable experience.



# Manchester Victoria



Known throughout the world as the birthplace of the industrial revolution, Manchester has a proud history in science, politics, music, arts and sport. And today the city combines this heritage with a progressive vision to be a city that delivers surprise and delight in equal measures. Manchester city centre is jam-packed with unique and eclectic restaurants, shops, museums and galleries. The city region is easily navigated, with great transport links both in and around Greater Manchester.

## Facilities:

Pay phone: **Yes**

Refreshment facilities: **Yes**

Toilets: **Yes**

Waiting rooms: **Yes**

Step free access coverage: **Yes**

Step free access note: level access from the concourse direct to platforms 1, 2 & 3. Access to platforms 4 & 5 from platform 3 via an accessible lift or up 29 steps, across the footbridge (25 paces) and down by the accessible central lift or 29 steps to platform level. Access to platform 6 is also across the footbridge (37 paces) and down via accessible lift or 29 steps on to the platform. Lifts open for all services.

Youthful, diverse, energetic and bursting with character; Manchester is one of the most exciting places to visit in the UK right now where everybody and anybody is very warmly welcomed.

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The Science and Industry Museum features a wide range of activities, though it can get busy during the summer holidays, so it is best to contact the museum ahead of time at [contact@scienceandindustrymuseum.org.uk](mailto:contact@scienceandindustrymuseum.org.uk) or call **0161 832 2244** to ask if there are groups booked on specific dates and to ensure quieter times.

The Science and Industry Museum is devoted to inspiring visitors through ideas that change the world, from the Industrial Revolution to today and beyond. On the site of the oldest surviving passenger railway station, in the heart of the world's first industrial city, alive with innovative discoveries in science and technology – they have a fantastic 'Experiment' floor full of activities for children and young people, as well as some incredible displays of trains, engines, aircraft and technology. The museum is a 20 minute walk from the station.

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Manchester Art Gallery run 'Open doors', a creative workshop especially for autistic children.

- Galleries open at 9.15 so you can experience the gallery at a quieter, calmer time
- Artist led workshops and activities
- Staff trained in Autism Awareness
- A quiet room available for moments that might be a bit difficult

Next sessions are 9:15-11:15 am on the 20th July and 15th September.





Please call Katy McCall on 0161 235 8869 if you have any questions or would like to find out more. The gallery is a 13 minute walk from the station.

Manchester Museum also offer Autism Friendly Early Openings on the second Saturday of every month, 9.15-10.30am.

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Fanboy 3 is Manchester's favourite gaming destination, now at 25 Hilton St with an all new air conditioned organised play space and boardgame cafe. Coming up in July, check out Isle of Kats, brand new Magic Prereleases, Pokemon, Yugioh and more!

They can be contacted at 0161 247 7735 and are a 12 minute walk from the station.

They also run a quiet shopping event once a month on Sundays from 10am-12 (times are subject to change, call before attending), where groups of young people with autism and other needs have the shop exclusively open to themselves before opening times. Entry is £2 but this is discounted off any games purchased.

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Cat Café Manchester Cat Café UK is on a mission to make people feel better. They believe that cats can help us physically, mentally and emotionally. Research has shown that hearing a cat purr can lower your blood pressure and stroking a cat can slow your heart rate. So by stopping, resting, and watching, it is Cat Café's aim to enable people to become more mindful and present in their day-to-day lives.

They have periods during the weekdays where they are quieter than usual. These tend to be in the evenings from 5pm to 7pm They recommend customers ringing to see which hours are quietest for that day.

Customers can either book online at [www.catcafe.co.uk/book](http://www.catcafe.co.uk/book) or they can come as a 'walk-in'. Booking online means customers pay £12 per person for an hour with all their drinks included. Walk-in customers pay £1 per person for every 5 minutes. They charge walk-ins on their way out of the cafe based on how long they have spent inside. Again all drinks are included in this.

Bookings are recommended at the weekends.

Cat Café is a 6 minute walk from the station, and entry charges apply. They can be contacted at 0161 222 4960 or [manchester@catcafe.co.uk](mailto:manchester@catcafe.co.uk) Please contact the café to secure your place. Please note age restrictions may apply.



# An Autism Friendly Line



## the Todmorden Curve

The Todmorden Curve is a multi-million pound investment; the first direct train service for over 40 years which now runs between East Lancashire and Manchester, from Blackburn, through Todmorden and into Manchester Victoria.

The reinstatement of 500 metres of track known as the Todmorden West Curve has improved journey times between Burnley, Accrington and Manchester. This has put Burnley and Accrington within commuting distance of Manchester and opened up job prospects, as well as tourist and leisure opportunities.

The autism-friendly line dates are;

30th July (filming and photography will take place)

1st August

7th August

12th August

24th August

30th August

This does not restrict your travel to these dates (depending on ticket purchasing), but means staff have been made aware of passengers who may require additional assistance on these days, and resources such as sunglasses and ear defenders will be available (subject to on-the-day availability) at staffed stations along the line. Selected Northern staff members have also been trained in autism-friendly practises with the National Autistic Society.



This project was funded by Arriva Rail North's seed corn fund and Community Rail Lancashire.

**CRL**  
Community Rail Lancashire