



My visit to the Showcase

A Monthly Mixer Social Story

Wednesday 21 October 2026
Armidale City Bowling Club
10am – 3pm

About this story

This story explains what to expect when you visit the New England Community Showcase.

It will help you prepare, explore stalls, meet people and enjoy activities during the event.

You will also learn about taking breaks, staying safe and asking for help.

Going to the Showcase



Today I am going to the New England Community Showcase.

The Showcase is on Wednesday 21 October 2026.

It is at the Armidale City Bowling Club.

I can visit between 10am and 3pm.

There will be people, stalls and activities to explore.

Before I go



I can plan what I would like to see and do.

I can look at the Exhibitors Book to learn about the stalls and activities.

I might bring water, headphones or other things I need.

I can go by myself, or with a friend, family member or support person.

I can ask questions before I go.

Arriving at the Showcase



When I arrive, there may be lots of people, sounds and activities.

I can take my time as I enter the building.

There will be people who can help me find my way.

I can ask where the toilets and quiet spaces are.

I can explore the Showcase at my own pace.

Exploring the stalls



There will be different stalls to visit.

Some stalls will have things to buy. Others will share information or activities.

I can stop and look at things that interest me.

I can ask questions or talk with stallholders.

I do not have to visit every stall.

Meeting people



I might meet new people at the Showcase.

Some people may say hello or invite me to look at their stall.

I can say hello, ask questions or just listen.

I can choose how much I want to talk.

It is okay if I do not feel like talking.

Activities and performances



There will be activities, workshops and performances during the day.

I might see music, dancing, craft, games or other activities.

Some activities will invite people to join in.

I can choose what I would like to try.

It is okay to watch instead of joining in.

Sounds and busy spaces



There may be music, talking, announcements and clapping.

Some areas may be busy or noisy.

I can use headphones or other things that help me feel comfortable.

I can move away from busy areas if I need to.

I can ask someone to help me find a quieter space.

Taking a break



I can take a break whenever I need one.

I can sit down, have a drink or find somewhere quiet.

There will be food and drinks available to buy.

I can ask someone for help if I need it.

I can return to the activities when I am ready.

Staying safe and getting help



There will be organisers and helpers at the Showcase.

I can ask them for help if I need it.

If I feel unwell or get hurt, I can ask for first aid.

First aid helpers wear green lanyards.

In an emergency, I will follow staff instructions.

Going home



The Showcase finishes at 3 pm.
I can leave earlier if I want to.

Before I leave, I can check that I
have my belongings.

I might have met new people,
learned something or tried an
activity.

I can talk about what I enjoyed at
the Showcase.

I have been part of the New
England Community Showcase.

My visit to the Showcase

How to use this story

Read this story on your own or with someone who supports you.

Look at the pictures, ask questions and talk about what to expect.

You can use this story before and during the Showcase to help you feel prepared and know when to ask for support.

I am welcome at the Showcase!

I can explore stalls, meet people and try new things.

I can make choices, take breaks and ask for help.

***I can enjoy the Showcase my way.
I belong here.***

A message from the Mixer team

We are so happy you have come to the Showcase!

Thank you for joining us and helping create a community where everyone is welcome and belongs.

Have a wonderful day!