

# Accessibility Statement

At cheekymono, we believe that everyone should be able to access our website, classes, workshops and experiences. We are committed to creating welcoming, inclusive spaces for all children, families and grown-ups, and we recognise that accessibility is an ongoing process rather than a finished destination.

## Digital accessibility

We strive to make our website as accessible and easy to use as possible for everyone, including people with permanent, temporary or situational disabilities.

When designing and maintaining our website, we aim to:

- Use clear language and intuitive navigation.
- Create content that works across devices and screen sizes.
- Maintain good colour contrast and readable text sizes.
- Structure content using headings and logical page layouts.
- Provide alternative text for images where appropriate.
- Avoid unnecessary animations or flashing content.
- Ensure forms are simple and easy to complete.
- Design with accessibility and user experience in mind from the outset.

We understand that accessibility needs vary, and no website is perfect. If you encounter any barriers or difficulties accessing content, please get in touch. We are always happy to provide information in an alternative format or help you find what you need.

## Inclusive classes and events

Cheekymono aims to create spaces where everyone feels welcome, valued and able to participate.

We recognise that every child and family is different. Many of our activities can be adapted to suit individual needs, abilities and comfort levels. Participation is always encouraged, never forced.

We aim to:

- Create calm, welcoming and non-judgemental environments.
- Offer age-appropriate and flexible activities.
- Encourage children to participate in ways that feel right for them.
- Respect sensory, physical and emotional differences.
- Communicate clearly and kindly.
- Work with families to understand additional needs wherever possible.

If you or your child have any physical, sensory, medical, emotional or neurodiverse needs that may affect participation, please get in touch before attending. We will always do our best to make reasonable adjustments and support you where we can.

## **Accessibility beyond disability**

Accessibility isn't just about permanent disabilities. We recognise that people's needs change throughout life and circumstances.

You may be:

- Recovering from illness or injury.
- Pregnant or postnatal.
- Managing anxiety or stress.
- Caring for young children.
- Experiencing sensory sensitivities or fatigue.
- New to yoga or movement practices.

Where possible, we aim to meet people where they are, offering flexibility, understanding and compassion.

## **Continuous improvement**

Accessibility is something we continue to learn about and improve. Feedback from our community helps us create better experiences for everyone.

If you have suggestions or experience any difficulties using our website or participating in our classes and events, please get in touch. We'd love to hear from you.

Because everyone deserves spaces where they can move, create, connect and belong.