

Accessibility Information for Cambridge Buddhist Centre

Our aim is to make meditation and Buddhism available to everyone. We are open weekdays and weekends. We have a reception service (10am - 1pm, Monday - Friday) and at other times access is by bell or directly to an event.

We aim to be a welcoming Centre and have tried to modernise our facilities where we can to make them more accessible. The house is Grade 2 listed and the Theatre is a Grade 2* listed building and there have been some areas which we have not yet been able to improve access to due to conservation restrictions.

Please note that for us to run our full programme of activities it is inevitable that some of our events take place in upstairs rooms. However we will always endeavour to move classes to accessible rooms as needed. We would be grateful if you can let us know if you have any mobility restrictions or access needs in advance of a course/event, so we can plan accordingly. There is space to give this information on our web booking form or you could email us or speak to a team member.

The Centre can be accessed via a ramp either to the Lower Shrine Room or into the reception area. There is limited off-street parking directly outside the Centre. Our Lower Shrine Room, foyer, second-hand bookshop, the tea bar, an accessible toilet and the reception area are located on the ground floor and are accessible to wheelchair users and those with an assistance dog. We have an induction loop in our Lower Shrine room.

Upstairs in the Georgian house is our Upper Shrine Room, a Yoga Studio and various study and meeting rooms over two floors. The Georgian theatre adjacent to the foyer is partly accessible to wheelchair users via a viewing platform in the lower circle. The main theatre space 'the pit' is accessed via nine steps, six of which are steep and may prove difficult for those with limited mobility. The Reading Room, Tara Shrine Room and Back Room are all accessed via steps off the theatre corridor.

As a matter of policy, many of our activities are free of charge and for others prices are kept as low as possible. We offer a discount on prices to the unwaged. We are committed to making the content of our website as accessible to as many people as possible.

Although anyone can try it, meditating and being mindful isn't always easy to do. It can take practice, and might not be right for everyone. If you are currently suffering from poor mental health or are generally feeling very unwell then now may not be the best time for you to take up this practice, please contact us in advance to discuss.

If you are planning to visit us and have any questions about accessibility, please contact the office on 01223 577553 or by email info@cambridgebuddhistcentre.com and we will try to help.