

ASKING FOR WHAT HELPS

reasonable adjustments

If noise makes work or using a service harder for you, you can ask for reasonable adjustments. The Equality Act 2010 asks many employers and organisations to make reasonable changes for people who need them. You do not need a formal diagnosis to ask, and asking is your right, not a favour. This is information, not legal advice.

how to use the letter

The ready-to-use letter is on the next page. You can fill it in on screen and save it, or print it and write on it. Change anything so it sounds like you, and keep a copy for yourself.

printing just the letter

The letter is on page 2 of this PDF. When you print, set the page range to 2, in most printers you type 2 in the Pages box, so only the letter prints and none of this page comes with it. On a phone or tablet, choose the letter page before you print or share.

Some changes that often help: a quieter space or desk, permission to wear ear protection, a quieter appointment time, warning before loud activity, or a short break when you need one. You can ask at any point, not only when something goes wrong, and it is fine to ask again in writing if a first request is not taken up.

Date _____

Dear _____ ,

I am contacting you about my work, my appointment, or using your service. Noise affects me more than it affects many people, and a few small adjustments would help me take part fully.

The changes that would help me are:

I would welcome a conversation about what is possible. Thank you for considering this, and please let me know if you need anything further from me.

With thanks,

Your name

Your contact details



ABOUT hushri

for anyone who finds the world too loud.

hushri is the human home for noise sensitivity and sensory difference — built from lived experience, in the belief that the problem is the world, not the people in it.

WHAT WE STAND FOR

Accessibility

Barriers removed, so support is easy to reach.

Honesty

We say what is true, clearly and without spin.

Respect

Every person met as they are, without judgement.

Friendliness

Warm, approachable, and never clinical.

Inclusivity

You are welcomed, represented, and made to belong.

Sincerity

We mean what we say, and we say it with care.

SCAN TO EXPLORE hushri



Read & explore

Guides, tools and support at
hushri.com



Watch & listen

Calming videos on
YouTube @hushri