

Quiet Room at ICE

EventWell® will be providing a quiet room for all attendees of ICE London in the **N4 organisers' office accessed via the North Hall**. The quiet room will have EventWell® signage at the entrance and is open between the times of 10am and 6pm each day.

You can rest, think, nap, or chat to your EventWell® host. You can put on our noise cancelling headphones and listen to a calm or headspace meditation, read a book, flick through a magazine or simply sit back and enjoy the peace and quiet.

Your host will offer you a decaf tea or coffee, or water if you prefer, and you are welcome to use laptops or mobiles as long as their sound is muted and you don't have a voice conversation through them.

If you want to chat about anything you may be feeling or experiencing, you can ask our mental wellbeing trained EventWell® Host for help and support.

Make sure you take 10 minutes out for a well deserved break and come and visit!

Your EventWell® Host is Helen and you can contact her at any time by call, text, or whatsapp on 07501 598 630 during the above times.