

Disco Neurotico Information

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About Disco Neurotico

Reimagining clubbing for the nervous and neurospicy

Disco Neurotico is an innovative new club night for people who struggle in traditional club spaces. Held at London's iconic Southbank Centre, with a focus on inclusivity, individuality, and sensory-friendly experiences, Disco Neurotico aims to redefine nightlife for the neurodivergent community and those looking for a safer, less frenetic and more accessible clubbing experience.

We aim to provide a safe and inclusive night out for people who may experience anxiety or sensory overwhelm in traditional club settings. Though the creative team behind Disco Neurotico all have lived experience of neurodivergence and mental health issues, we are not medical professionals. We can support and advise, but we expect each individual to take responsibility for their own health and well-being.

Running Order for the Event:

9pm: Arrive early to check out the space pre-event, acclimatise, meet other attendees and get any questions answered. Gaming areas, calming space and silent disco areas are open to explore.

9.15pm: Collect your headphones for the silent Disco Space as our playmaker [Aby Watson](#) leads an inclusive and non-compulsory physical warm-up. This is great for all my dyspraxics, shoe gazers and anyone who needs easing into movement. If that's not your bag just hang out elsewhere for ten minutes, draw on the UV wall or have a go on one of our gaming stations.

9.30pm: Disco Neurotico DJs start in the Silent Disco Space. Expect to hear:

- Rave (Harder beats: you might hear house, electro, breakbeat, D&B)
- Groove (You might hear house, disco, soul, soul, pop, R&B)
- Calming ambient noise
- See [line up](#)

2am: Close

Essential Info

- Silent disco format, with music on headphones - choose your channel, choose your volume, and take a break whenever you need.
- Wear what you please - pyjamas, ballgown, Eastenders cosplay, you do you. We encourage attendees to bring your own stim toys, board/rp games, plushies, ear defenders, blankets and whatever else you need to feel comfortable.
- Feel free to attend solo or with pals and come and go as you please.
- Support animals are welcome.
- Companion or carer tickets are available and free of charge. To access this, sign up for the Southbank's free access scheme and once two tickets are added to your basket the system automatically discounts the tickets by 50% making the companion ticket free. Here is a link to the access scheme and what is provided: <https://www.southbankcentre.co.uk/visit/facilities-access/access-scheme>
- There will be no rapidly strobing lights, but there may be dimly lit areas, projections and bright, slowly pulsing coloured light.
- Traffic light ribbons to let people know when you'd prefer to be left alone.
- A safeguarding and well-being office will be onsite.
- Inclusion and anti-harassment policy [HERE](#).

Facilities

- Virtual Venue Tour available [HERE](#) (please note we will not be in the Queen Elizabeth Hall itself).
- The capacity for this venue is 1000, but we will only be selling a maximum of 400 tickets to give people space to dance.
- There will be bag checks happening on the night to ensure that alcohol and drugs are not brought into the building.
- A cloakroom will be provided for coats and bags.
- To leave and re-enter, you'll need to wear a wristband.
- We will have:
 - UV doodle wall.
 - Calming breakout room with an ambient soundtrack played.
 - Recovery room (should you experience panic, meltdown or overwhelm, talk to a member of staff identifiable by their pink Hi Viz and they'll take you to our recovery space).

- Gaming area with table top games and card games. Feel free to bring your own. We also have a PS4, and a couple of retro video gaming consoles.
- Licensed bar, snacks, tea, coffee and soft drinks.

Line up

Rave channel lineup:

- **Aisha Mirza**: Genre fluid, culturally eclectic, floor-filling beats and bass from Misery Party's curator founding DJ, Gal-dem columnist and all-round polymath.
- **Mahnoor**: "The murkier corners of the UK bass spectrum with South Asian influences".
- **Stef Mo**: Various flavours of cheeky, whomping bass music from 130 to 170 bmp.

Groove channel lineup:

- **Sophie Joy**: "From Glastonbury to Ibiza, she's been spreading joy through her infectious blend of house and disco"
- **Aby Watson**: Timeless disco, funk, R&B, soul, and pop
- **Byron Vincent**: Disco (Old and Nu) alongside all flavours of funky groove-driven house music.

Playmakers: Matty May, Simone French & Aby Watson

Who are we?

My name is Byron Vincent and I'm the founder of Disco Neurotico. As an ageing raver with diagnoses of ADHD, autism and PTSD, I spent the 90s reaching for the lasers and having panic attacks in the UK's burgeoning club and festival scenes. Neurodivergent people like me often find club spaces overcrowded, unpredictable, claustrophobic and overwhelming. Stressful navigation, few escape routes and fraught interactions contribute to panic, sensory overwhelm and burnout, marring nights out and leaving us exhausted and isolated. However, the FOMO is real, so we either attend and endure or avoid and miss out.

With Disco Neurotico, we aim to provide all the joys of clubbing, with none of the drawbacks.

You can find out about the rest of the team on our website and Instagram.

Accessibility at the Southbank Centre

You can find out more about the Southbank Centre's accessibility provisions and accessible events below. [All our access information](#)

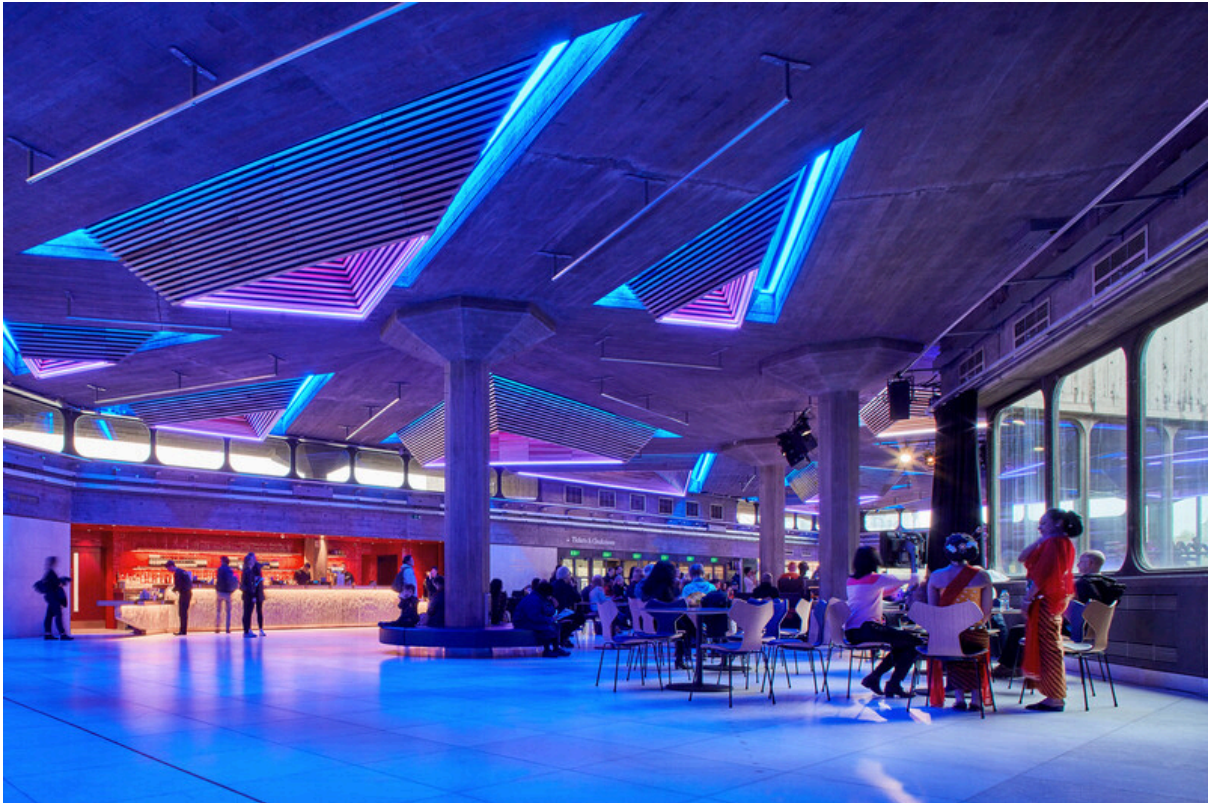
You can join the Southbank Centre's free Access Scheme through your online Southbank Centre account or via email. [Find out more about our Access Scheme](#)

Images of the space

The space is crescent shaped, with a long bar, toilet facilities and a cafe on one side, and a wall of windows on the inner crescent draped by a colourful curtain. The DJs will be positioned in front of the windows facing the bar and the doors out to the terrace. There are concrete pillars throughout the space, with triangular lighting overhead, as well as gentle club lighting throughout.



Doors into the venue.



A view of the space with the long bar in the background.



A view in daytime looking down to where the gaming station will be.



The smaller bar, next to the entrance doors.



The long bar with a lower section for wheelchair user service.



The Purcell Room: the breakout space