

An Introduction to...

## The AU-tism Zone

Everything you need to know about visiting us.

[admin@aimisleofwight.co.uk](mailto:admin@aimisleofwight.co.uk)

<https://aimisleofwight.co.uk>

07498 500 607 (TEXT/WHAT'S APP ONLY)

[AIM Facebook](#)



# Our Venue

## Our Address

The AU-tism Zone  
3 St. James Street  
Newport  
IOW  
PO30 5HE

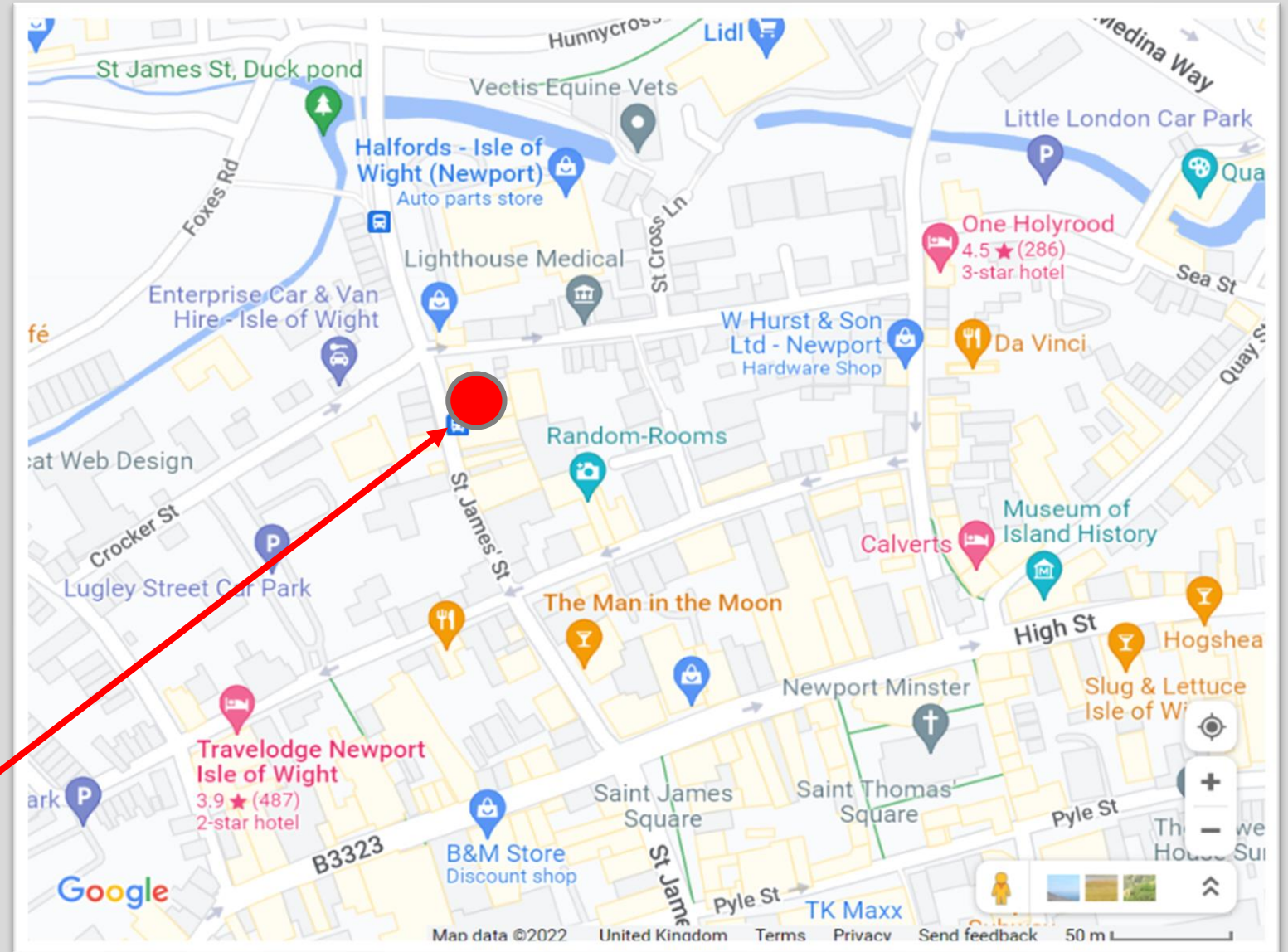
[Google Maps](#)

[Street View](#)

What 3 Words:

Taxi  
Companies  
Hobbit

The AU-tism  
Zone is here.



# Getting To Us By Car

## On Street Parking

### Crocker Street

Mon – Sat: 8am – 6pm  
1 hour free  
After 6pm and Sunday  
No restrictions

### Lugley Street

8am – 6pm  
2 hours

### Holyrood Street

8am – 6pm  
2 hours

## Short Stay Parking

### Lugley Street & Sea Street

30 minutes to 3 hours

## MAP KEY

On Street Parking

Council Short Stay

Council Long Stay

Private Car Park

The AU-tism Zone



## Long Stay Parking

### Pyle Street Multistorey

7 am – 7pm

[Newport Isle-of-Wight  
Parking | Hourly, Daily &  
Monthly Spaces  
\(yourparkingspace.co.uk\)](#)

### Little London Car Park

Up to 10 hours

### 27-28 Lugley Street

No time limit

Bookable online

<https://parkonomy.com/>

### Coppins Bridge

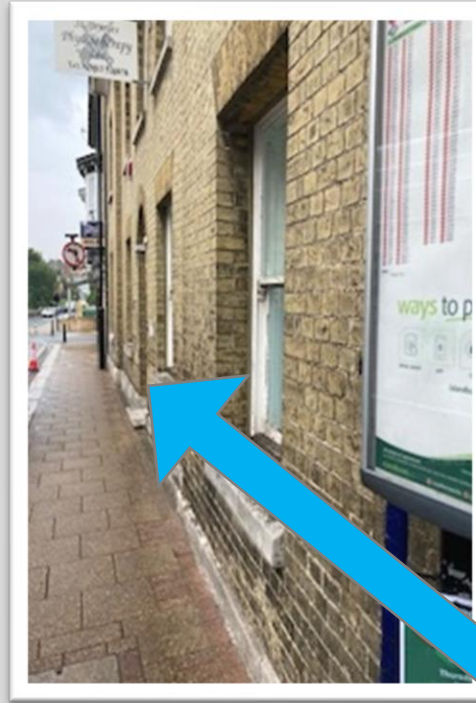
30 minutes to 10 hours



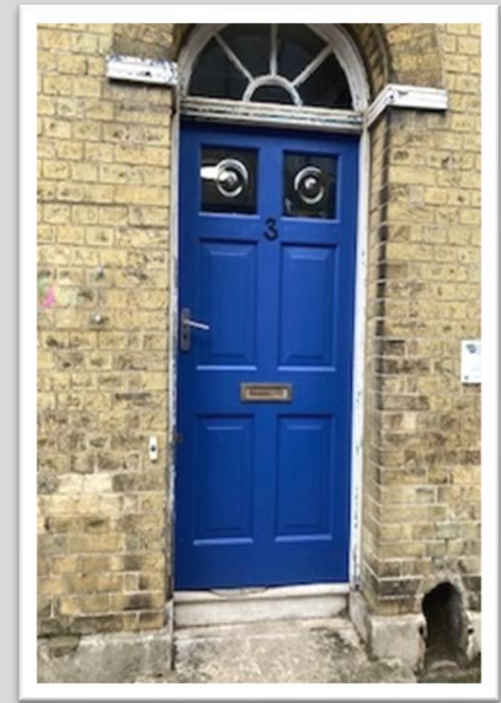
# Getting To Us By Bus or On Foot



Buses **1** and **39** stop directly outside the AU-tism Zone. We are a short walk from Newport Bus Station



Our front entrance is here.



This is the front door.

Please click [here](#) to see a video of the main entrance.

# The AU-tism Zone Entrance



Sometimes the front door will be closed. Sometimes it will be open.

If you are coming for a pre-arranged booking or Monday Drop In, it will not be locked.

Please come into the front porch and follow the instructions for the doorbell.

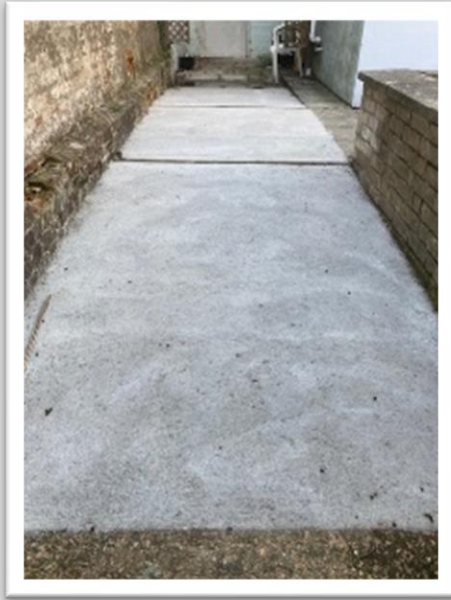
We share the front door with St. George's Physiotherapy. Sometimes they are in the building when The AU-tism Zone is closed.

Please check the Open/Closed sign if you haven't made an appointment. We may not be there, even though the front door is open.

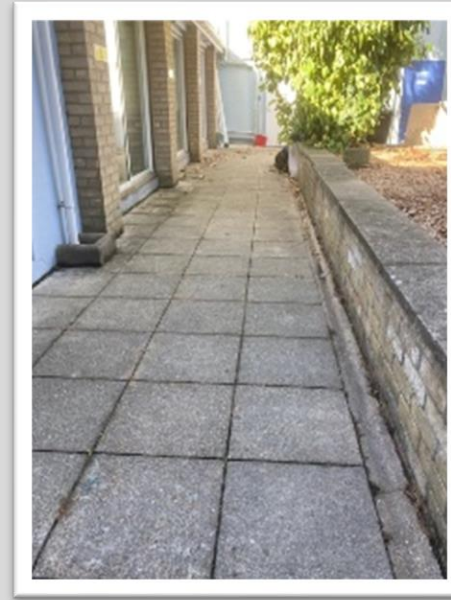
# The AU-tism Zone Step-Free Access



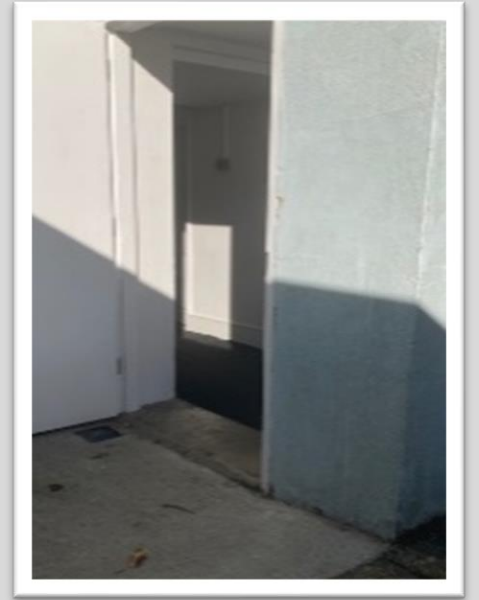
Step-free access is via Crocker Street through a 77cm wide, wooden gate.



There is then a shallow concrete ramp.



Then a section of patio.



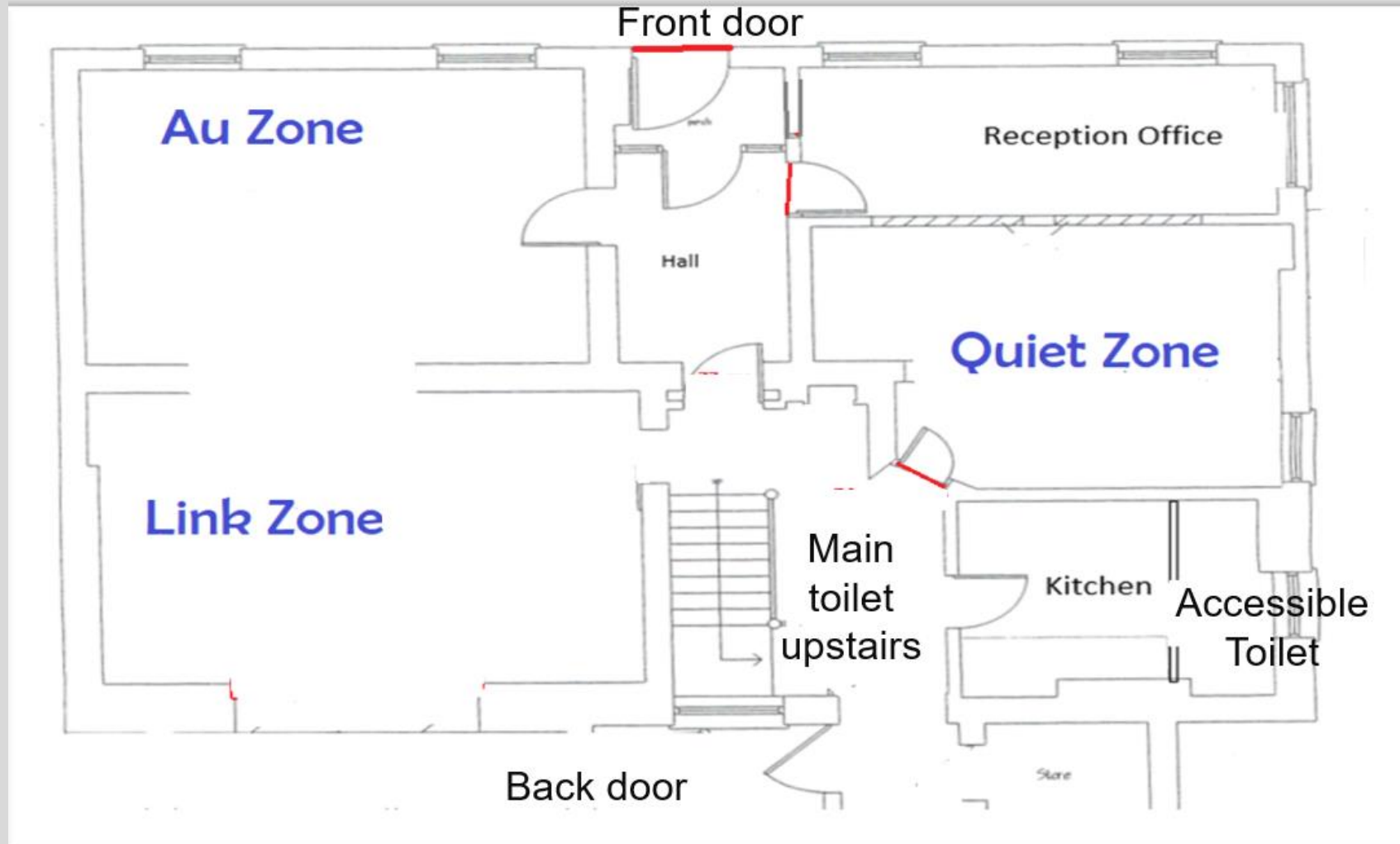
The back door opens outwards. There is a very slight lip shown in the picture. The rear door is 87cm wide.

Please click [here](#) to see a video of the step-free access route.



# What's Inside?

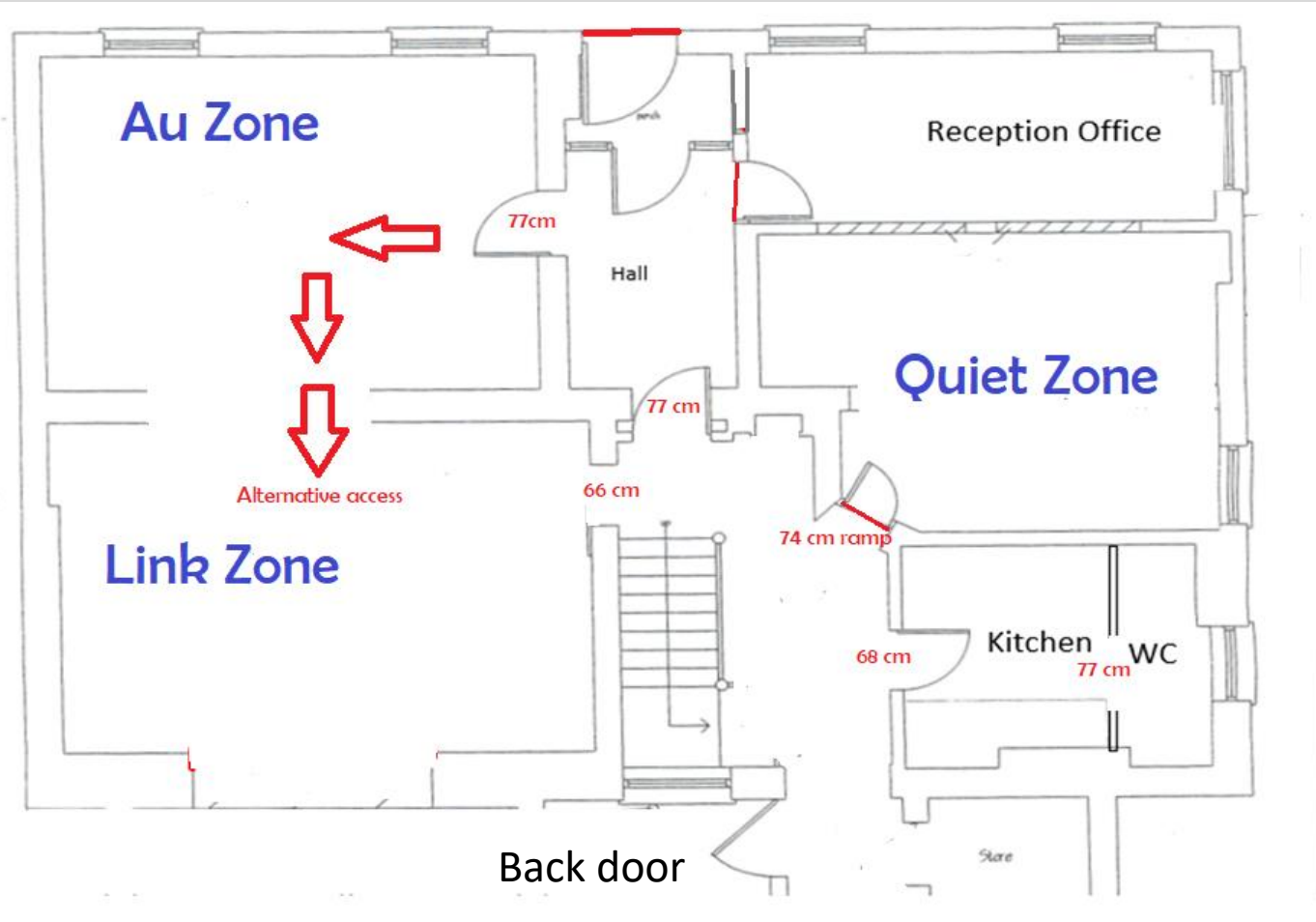
## Floorplan



Please click [here](#) to see a video tour of the AU-tism Zone

# The AU-tism Zone Accessibility

## Accessibility Floorplan



### Door Widths

Back gate from Crocker Street – 77cm  
Back door – 87cm  
Kitchen - 68cm  
Toilet (via kitchen) - 77cm  
Quiet Zone – 74cm (small ramp)  
Link Zone – 66cm  
- alternative access via hallway and AU-Zone  
Hallway – 77cm  
AU-Zone – 77cm

The Reception Office has a step, but it is not for public use.

Please click [here](#) to see a video tour of the AU-tism Zone



# We are a Safe Space for Autistic People

This is a Safe Space for Autistic people, including our staff and volunteers - this means:



We prioritise Autistic neurology



We don't expect anyone to mask their behaviour or identity



Everyone can choose how and when they communicate



People are not judged on how they regulate emotions



People are not judged by their words, expressions or behaviour

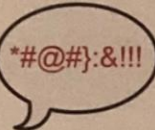


We respect the right to space, time, autonomy, privacy and the right to say no

## AU-Tism Zone Teamwork



We don't talk about vaccines, conspiracy theories or any subject someone asks to be stopped. This helps to prevent arguments.



If you are swearing and the person you are talking to isn't comfortable, they can ask you to stop, or you can move to another area.



We try to respect people's personal space. If you are too close to someone & they don't like it, they can ask you to move.



We respect people's fears, phobias and triggers.



Physically hurting someone is not okay



We don't use racist, ableist, sexist or any other discriminatory words to hurt each other



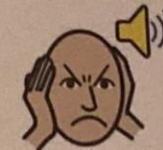
We try not to break equipment



We don't share other people's private information or stories that they have shared



We don't take photographs without permission



We try to remember that loud noises upset some people

# Lanyards

Lanyards are available if visitors would like them:

You can choose from:

Please do not  
talk to me.

I am happy to  
interact, I do not  
use speech.

I am happy to  
interact.

I would like to  
listen to  
conversation,  
but might not  
want to join in.

I am feeling very  
anxious. Please  
give me time to  
join in when I am  
ready.

I am feeling very  
anxious, but  
please talk to me.

Please don't  
approach me  
unless I  
approach you  
first.

I want to be here,  
but I want to be  
left alone.

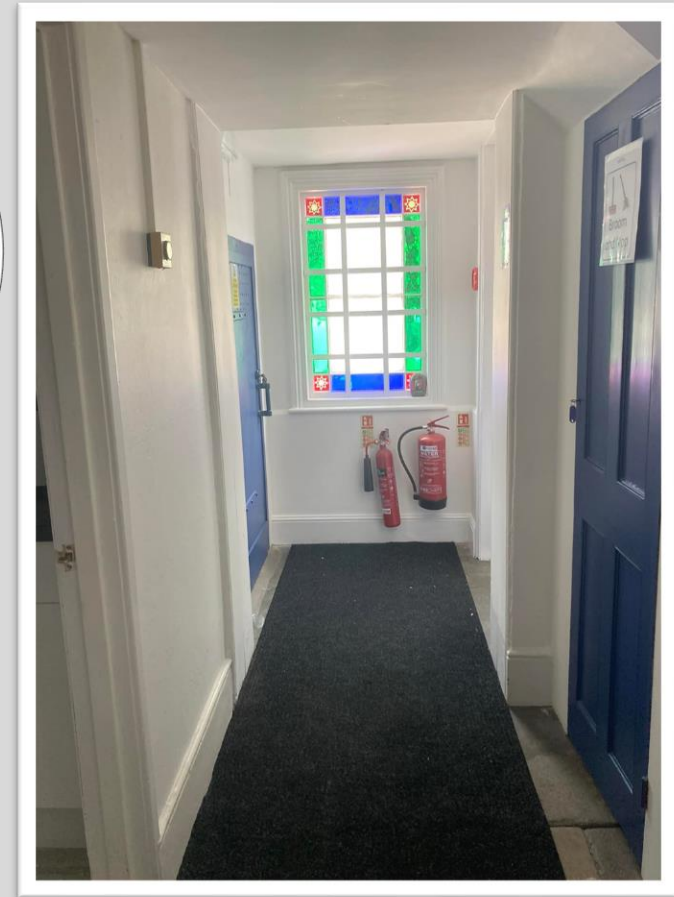
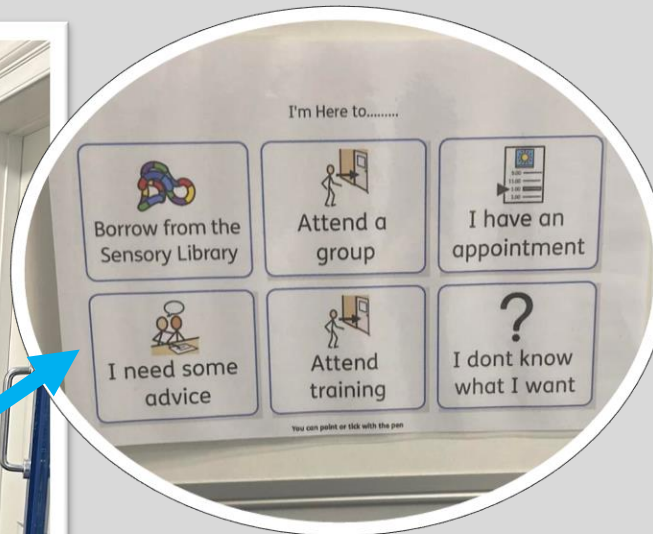


# What's Inside?

## Entrance Hall



Front Hall



Back Hall

# What's Inside?

## The AU-Zone

Our interactive, all things sensory, gaming and lounging zone!



- Dimmable lighting
- Tactile floor tiles
- Lap pads
- Body socks



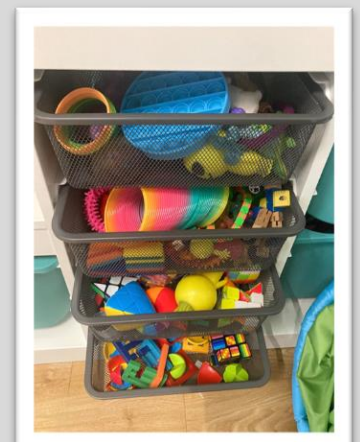
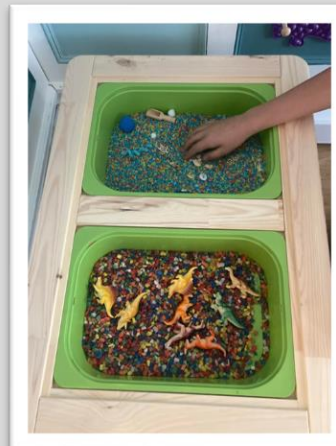
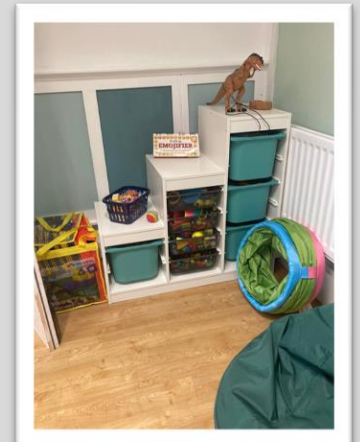
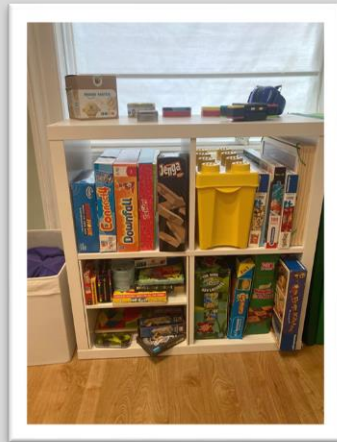
- Books
- Games
- Consoles
- Fidgets

- Sensory table
- Trains
- Hot Wheels



# What's Inside?

## The AU-Zone



Please click [here](#) to see a 360 video of The AU-Zone

# What's Inside?

## The Link Zone

A space for connecting over shared passions, games and crafts.

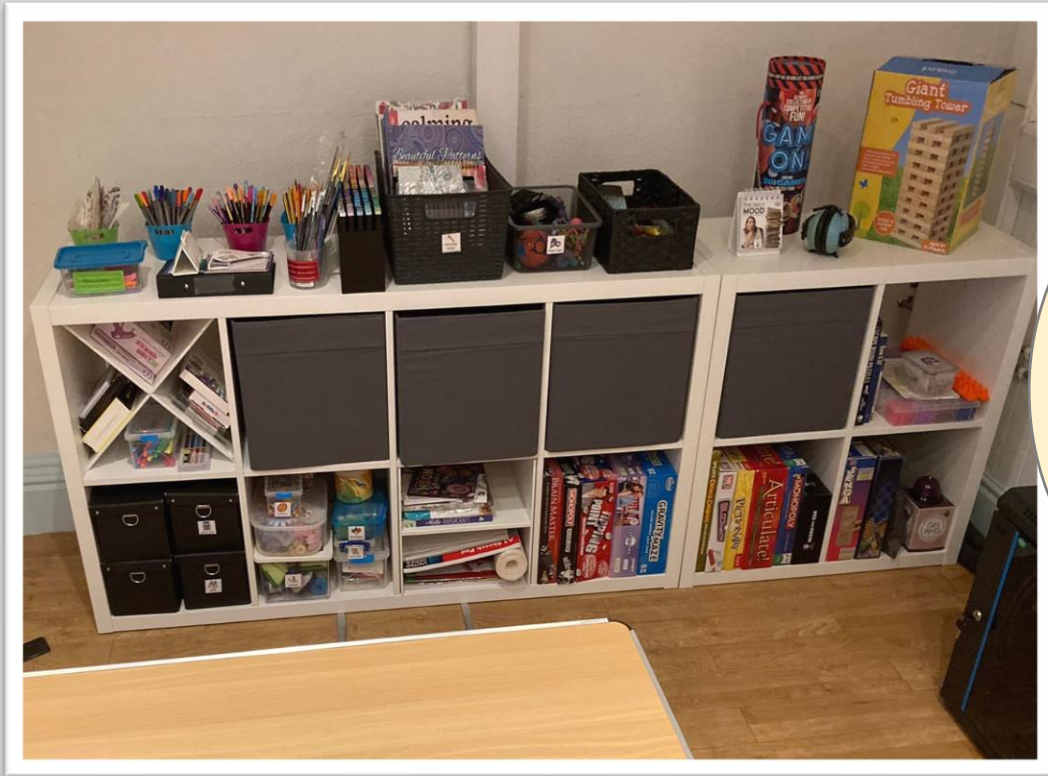


An area for attendees who prefer to be more static!  
We also use this room for Dungeons & Dragons.



# What's Inside?

## The Link-Zone



The Zuma  
Rocker....the  
most wanted  
chair in the  
AUtism Zone!

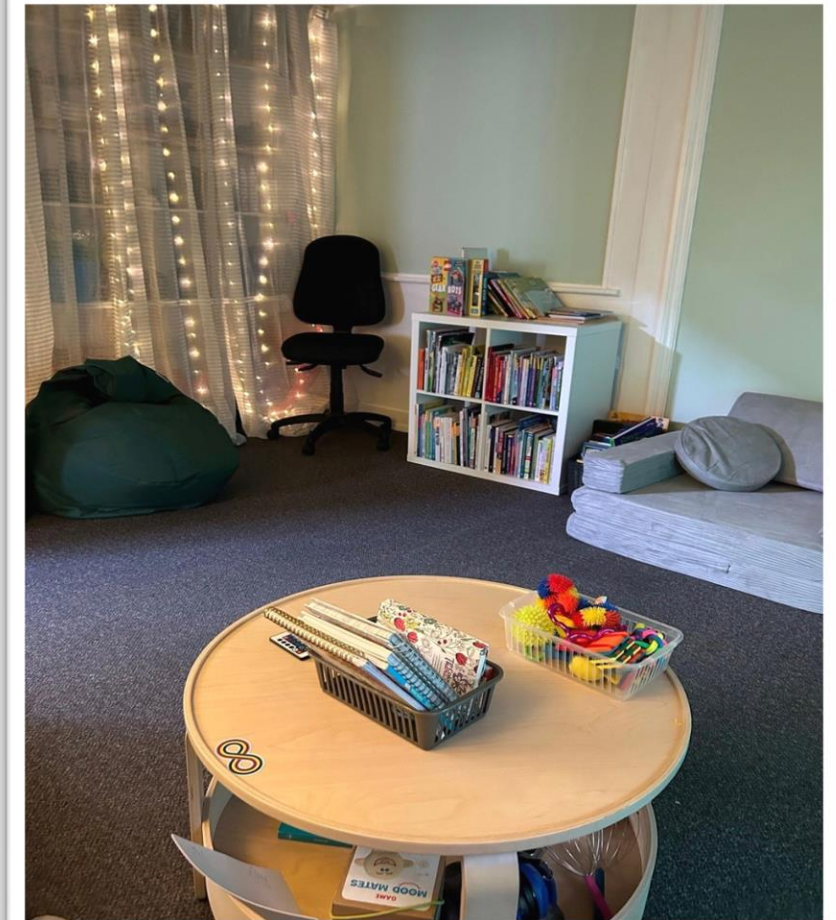


Please click [here](#) to see a 360 video of The Link Zone

# What's Inside?

## The Quiet-Zone

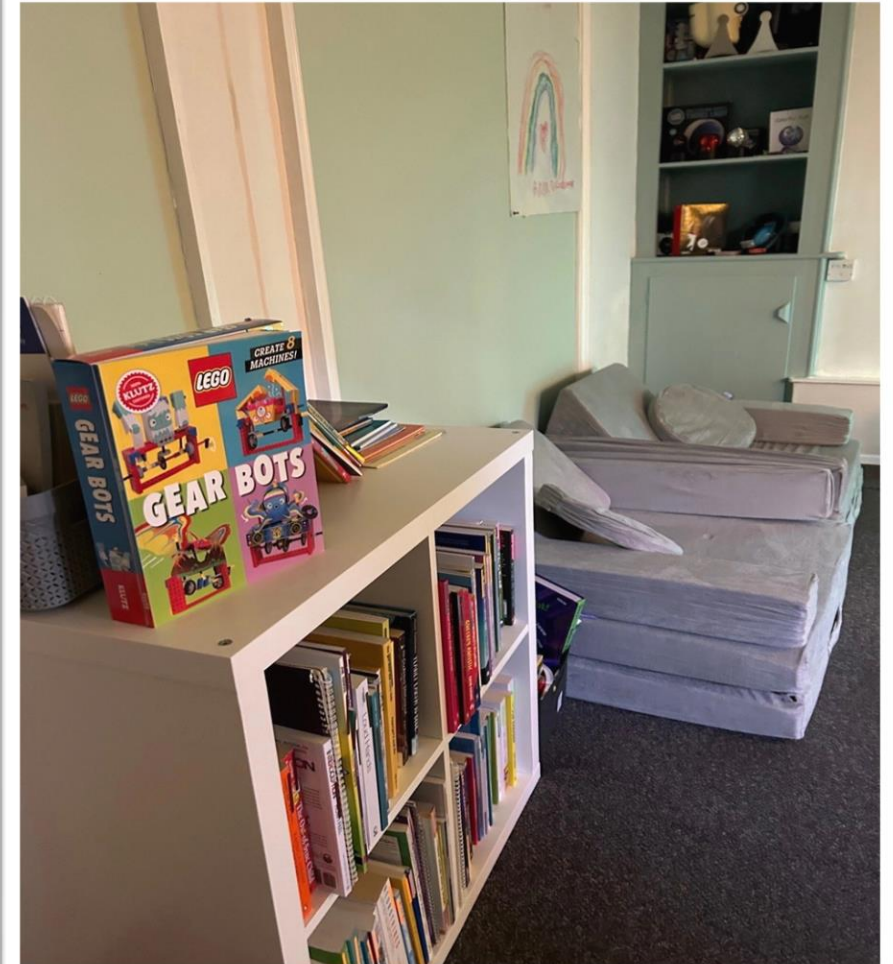
A calming, safe space to regulate and to talk in privacy.





# What's Inside?

## The Quiet-Zone



# What's Inside?

## Kitchen

We have:

- Tea
- Coffee
- De-caf coffee
- Hot chocolate
- Squash
- Biscuits
- One cup boiler



# What's Inside?

## Toilets

This is the accessible toilet on the ground floor.



There is a raised toilet with a dropdown rail on the lefthand side.

There is turning space for most wheelchairs & room for a supporter.

It is most suited to ambulatory wheelchair users & those that can stand & transfer.

Our toilets have:

- Scented and unscented handwash
- Choice of hand towel or paper towel
- Free sanitary products





# What's Inside?

## Toilets

This is the main toilet. It is upstairs.



Our toilets have:

- Scented and unscented handwash
- Choice of hand towel or paper towel
- Free sanitary products





# The Sensory Library



Any adult, young person or child with a sensory need can borrow items from the Sensory Library. They do not have to be autistic.

A list of all the items available can be seen [here](#).

We will need the weight and age of the person borrowing weighted items.

We will need the arm length of anyone borrowing a peanut ball.

We offer a delivery and collection service for those who cannot to collect from us.





# The Sensory Library

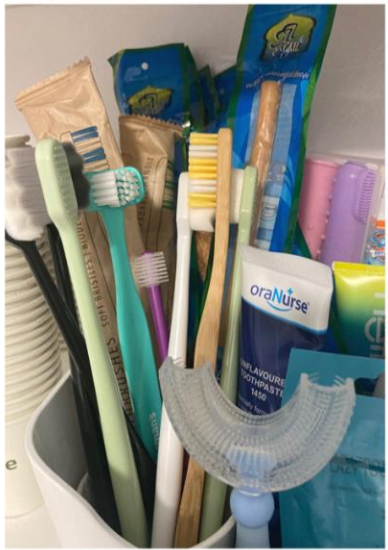
Aides can be borrowed for up to 2 weeks.

Books can be borrowed for up to 4 weeks.

As well as the Sensory Library items, there are other things people can explore whilst in the building.

These include products for:

- alternative seating
- toothbrushing
- showering and bathing
- menstruation
- auditory sensitivity



# What We Can't Help With

We can't help with these topics, but you could contact the organisations listed.

## **Help with housing needs**

### **Citizens Advice**

Adviceline: 0800 144 88 48

Textphone: 18001 0800 144 8884

Website: [Citizens Advice](#)

## **Help with benefits or finances**

### **Citizens Advice**

Adviceline: 0800 144 88 48

Textphone: 18001 0800 144 8884

Website: [Citizens Advice](#)

## **1:1 support to attend meetings**

### **SWAN Advocacy Services**

Telephone: 03333 447928

Email: [reception@swanadvocacy.org.uk](mailto:reception@swanadvocacy.org.uk)

Website: [South West Advocacy Network](#)

## **Individual advocacy**

### **SWAN Advocacy Services**

Telephone: 03333 447928

Email: [reception@swanadvocacy.org.uk](mailto:reception@swanadvocacy.org.uk)

Website: [South West Advocacy Network](#)

## **PA services**

### **PA Notice Board**

Telephone: 01983 823340

Website: [panoticeboard@iow.gov.uk](mailto:panoticeboard@iow.gov.uk)

## **Carers' services**

### **Carers IOW**

Telephone: 01983 533 173

Email: [info@carersiw.org.uk](mailto:info@carersiw.org.uk)

Website: <http://carersiw.org.uk>

## **Support with EHCPs, tribunals or mediation**

### **SENDIASS /**

Telephone: 01983 825548

Email: [sendiass@iow.gov.uk](mailto:sendiass@iow.gov.uk)

Website: [SENDIASS](#)

## **Ongoing 1:1 help and support**

### **Your GP**

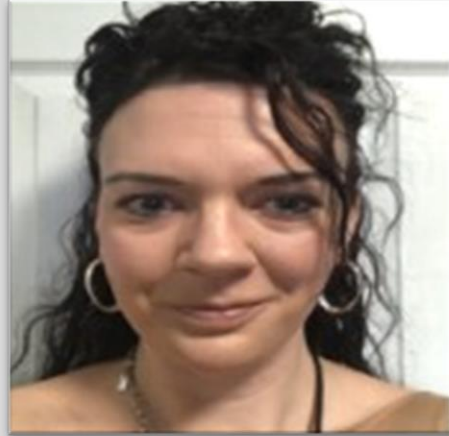
Or

### **Adult Social Care**

Website: [Adult Social Care IOW](#)

# Meet The Team

*Claire*



*David*



*Jude*



*Layla*



*Lucy*



Please click [here](#) to see our teams' One Page Profiles



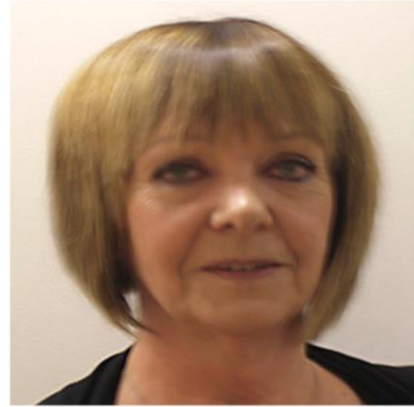
# Meet The Team

## Our Fabulous Volunteers

*Harvey*



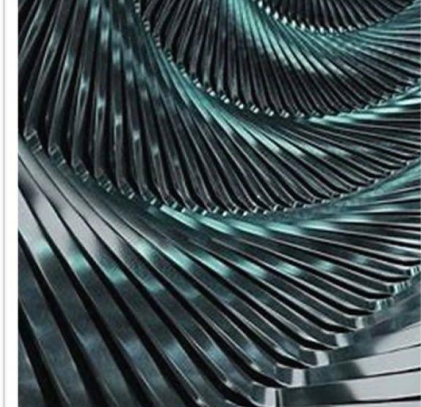
*Linda*



*Stacey*

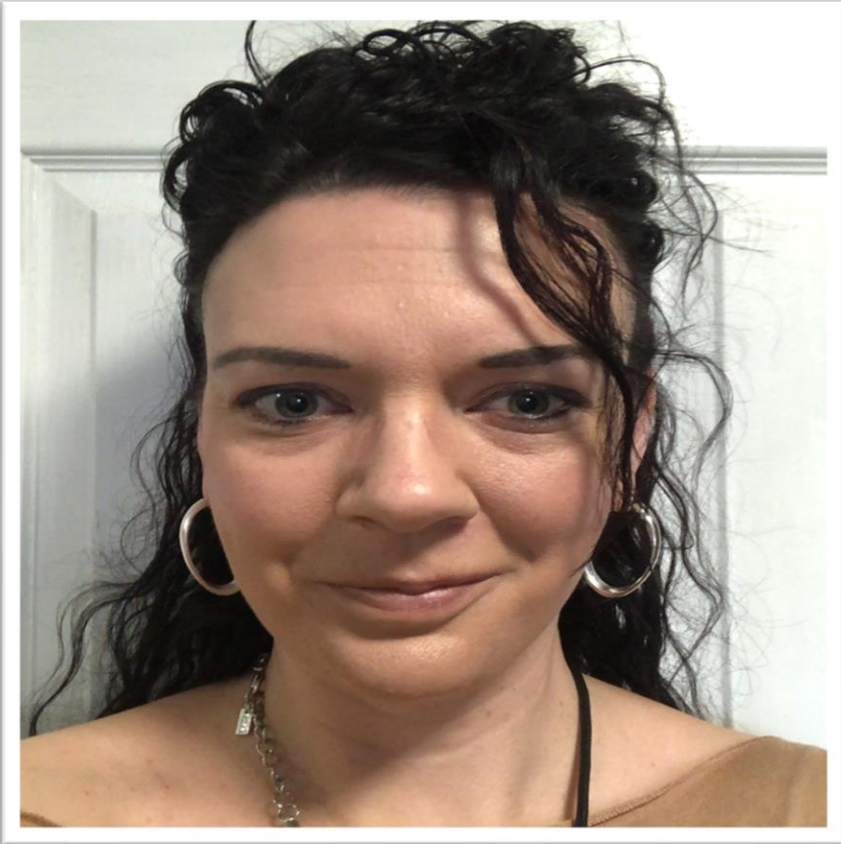


*Zoe*



Please click [here](#) to see our teams' One Page Profiles

# Meet The Team



## Claire – Service Manager

My name is Claire. I was diagnosed as autistic as an adult. I am the manager of AIM and the Sensory Library. I have 2 young adult children who are also neurodivergent. I am also physically disabled with a neurological condition. I spend my free time watching Marvel films and doing which ever new interest has caught my attention!

### Talk to me about

- Autistic burnout
- Skin picking
- Sensory processing and anything to do with the Sensory Library
- Disability equality and health issues
- Autistic women and girls

# Meet The Team

## David – Peer Support Mentor



My name is David. I was diagnosed as autistic at 45 years old. I have a son who is also autistic. I have a lot of interests and I enjoy doing a wide variety of "nerdy" things! I love reading, writing, music and knowing about sports. Most of all I enjoy fantasy literature, board games, role-playing games, and particularly playing and running Dungeons and Dragons as Dungeon Master. I am currently running two games of D&D for AIM, one for teenagers and one for adults. I am enthusiastic about supporting other autistic people to grow in confidence, helping them to communicate more effectively, and enjoying social time with others.

### Talk to me about

- Being an autistic parent
- Having an autistic child
- Getting diagnosed with autism as an adult
- Passions and their importance for an autistic
- Autistic experiences in education
- How autistic people can be supported to remove their “masks”
- Discussing being autistic with neurotypical people



# Meet The Team

## Jude – Children & Families Manager



I'm Jude, AIM's Children & Families Manager. I am Autistic and ADHD (AuDHD) and dyspraxic. I was diagnosed with all of these in my late 30s. I have Gravitational Insecurity (GI) which makes me feel as if I'm about to float off into space a lot of the time. I also have generalised anxiety. I have one child, and they are also AuDHD.

### Talk to me about

- AuDHD
- EDA/Demand Avoidance
- Young people & behaviour
- Suicidal ideation
- Skin picking (visual)
- Self-medicating
- Anxiety
- Gravitational Insecurity

# Meet The Team

## Layla – Youth Peer Support Worker



My name is Layla. I have just completed my Level 3 Diploma in Early Years with an additional qualification in Sexual Health.

I find it hard to process and remember lots of information. One or two things at a time, or writing lists is really helpful.

If you want me to do something, or help you with something, ask me, I'm happy to help

### Talk to me about

- Horror films!
- Processing
- Growing up in a neurodiverse family
- How important EHCPs can be for a child or young person
- Finding the right friends

# Meet The Team



## Harvey – Youth Volunteer

I'm Harvey. I volunteer making videos about what it's like being an autistic young person.

### Talk to me about

- Cars - only the most interesting ones.  
Definitely **not** Nissan Cubes or pink Micras!



# Meet The Team



Linda – Sensory Library Co-Ordinator

Linda deals with our Sensory Library referrals and enquiries.  
She also arranges and makes delivery and collection of Sensory Library items.

# Meet The Team

Stacey - Volunteer

Info Coming Soon!



# Meet The Team



## Zoe - Volunteer

I was diagnosed as autistic as an adult.

I am a visual thinker and process information far more easily and accurately through use of pictures or by demonstration.

I experience alexithymia which makes it difficult for me to describe or understand my emotions.

I have social and generalised anxiety.

### **Talk to me about**

Or even better, show me...

- Your interests and passions
- Your ideas and concepts
- Any books with pictures
- Your collections and 'finds'



# What's On – From April 2024

Places need to be [booked online](#) for all groups.

## **Mondays**

### **18+ Years Dungeons and Dragons 1 Shot**

Every 2 weeks 1:00pm-3:00pm

### **18+ Years Dungeons & Dragons Campaign**

Every 2 weeks: 7:30pm-9:30pm

### **13-19 Years Dungeons & Dragons (Short Breaks)**

Weekly: 4:30pm -6:30pm

### **18+ Years Social Meet**

Every 4 weeks: 7:00 pm-8:30pm

### **18+ Years Waiting for an Assessment Social Meet**

Every 4 weeks: 7:00pm-8:30pm

## **Tuesdays**

### **16-25 Years Social Meet**

Every 4 weeks: 6:00pm-7:30pm

## **Wednesdays**

### **All Ages Drop In Info & Advice Sessions**

Every 4 weeks: 12:00pm-3:00pm

Every 4 weeks: 1:30pm-4:30pm

**No booking needed.**

### **4-8 Years Family Meet**

Every 4 weeks: 4:00pm-5:00pm

### **9-12 Years Family Meet**

Every 4 weeks: 5:30 pm-6:30pm

### **12-17 Years Teen Chill Meet**

Every 4 weeks: 5:30pm-7:00pm

### **All Ages Women & Girls Meet - NB & Trans Inclusive**

Every 4 weeks: 5:30pm -7:00pm

### **18+ Years Information and Support Workshops**

**ONLINE**

Every 4 weeks: 6:30pm–8:00pm

## **Thursdays**

### **18+ Years Information Workshops**

Every 4 weeks: 2:00pm -3:30pm

### **18+ Years Post Diagnostic Workshops**

See Bookwhen/ website for dates and times.

We understand that attending new places can be a source of anxiety for autistic people.

**We can arrange to meet people outside or answer any questions prior to coming to the building.**

If there is something specific that will help, please ask. We will try our best to support everyone.

**If you need help making a booking, please [contact us](#).**

# Attending

**A diagnosis is not needed to attend The AU-tism Zone.  
We welcome self-diagnosis and those exploring the possibility they may be autistic.**

Refreshments are available at all times.

**Hot drinks are not available during the 4-11 years group for health and safety reasons.**

We have:

- tea (standard “builders” tea)
- coffee (decaf option available)
- hot-chocolate
- squash
- biscuits

If you prefer speciality tea, you are welcome to bring your own teabags.

We do not have oat or soya milk, but you are welcome to bring your own.

If you tend to forget to eat or drink, please let us know how we can support you.

Please click [here](#) to book a space.

# 13-19 Years Dungeons & Dragons (Short Breaks)

## Staffed by:

- David

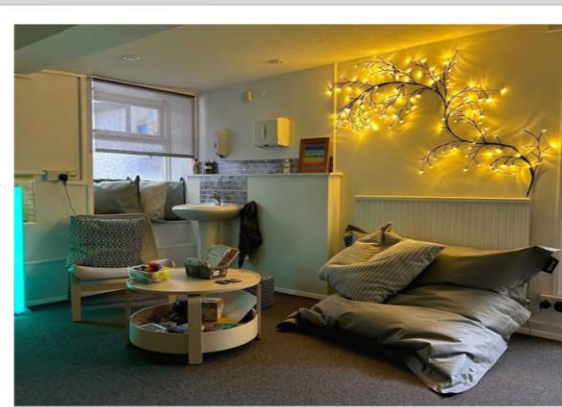
**It costs £5 to attend.**


**You need to be a member of the Short Breaks scheme to attend.**

Forms are available [here](#) or we have paper copies at The AU-tism Zone


## It takes place in:

- The AU Zone
- The Link Zone
- The Quiet Zone







### Teen Group Respect Agreement




Respect other peoples' pronouns and their right to be themselves.



**Swearing is ok if you're not swearing AT someone.**  
**Respect people's feelings of physical and emotional safety**



Respect body autonomy. Don't touch anyone else without permission.  
This includes touching them with objects and throwing things at them.



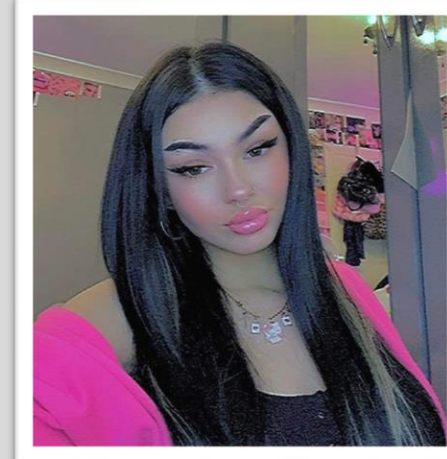
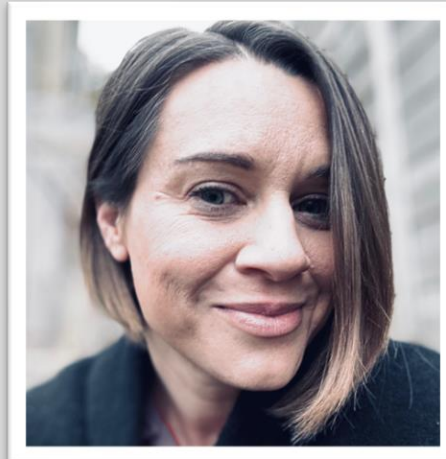
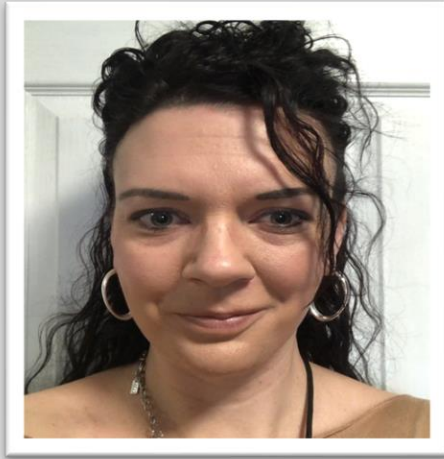
**All hail Cthulhu Smith!**



# 18+ Years Social Meet

## Staffed by:

- Claire
- Jude
- Layla



You may bring someone with you for the first session if you feel anxious or need other support from them, however, this is not a group for family members, carers or supporters.

## This takes place in:

- The AU Zone
- The Link Zone
- The Quiet Zone



# 16-25 Years Social Meet

## Staffed by:

- Layla



You may bring someone with you for the first session if you feel anxious or need other support from them, however, this is not a group for family members, carers or supporters.

## This takes place in:

- The AU Zone
- The Link Zone
- The Quiet Zone

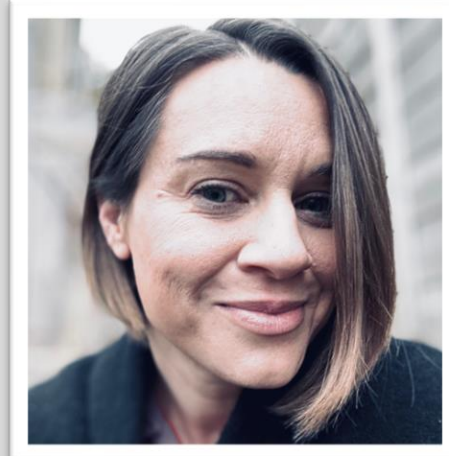
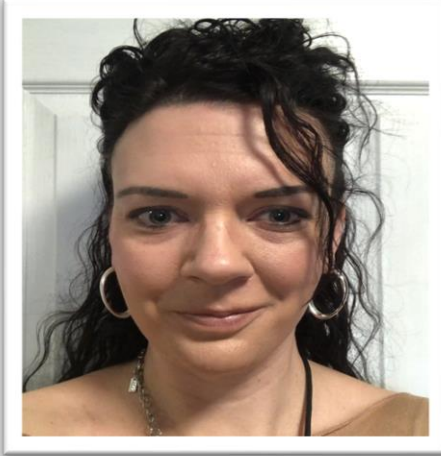




# 18+ Years Waiting for an Assessment Social Meet

## Staffed by a mix of:

- Claire
- Jude



You may bring someone with you for the first session if you feel anxious or need other support from them, however, this is not a group for family members, carers or supporters.

## This takes place in:

- The AU Zone
- The Link Zone
- The Quiet Zone





# 4-8 Years Family Meet

## Staffed by:

- Jude
- Layla



## This takes place in:

- The AU Zone
- The Link Zone
- The Quiet Zone



# 9-12 Years Family Meet

## Staffed by:

- Jude
- Layla



## This takes place in:

- The AU Zone
- The Link Zone
- The Quiet Zone

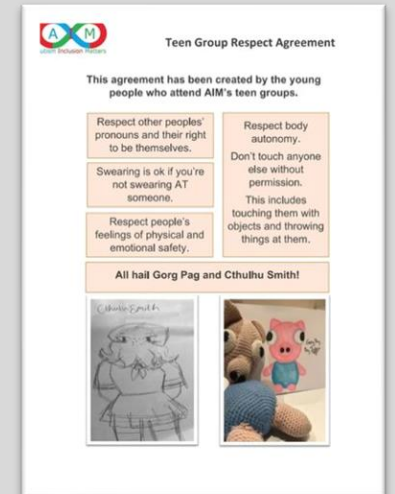
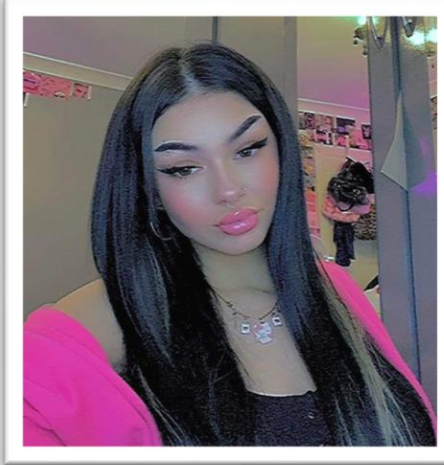




# 12-17 Years Teen Chill Meet

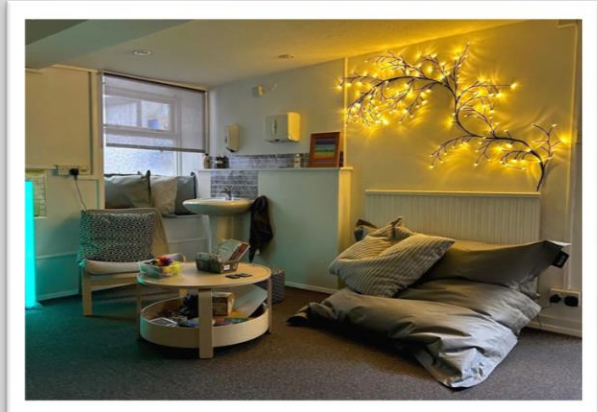
## Staffed by:

- Jude
- Layla



## This takes place in:

- The AU Zone
- The Link Zone
- The Quiet Zone

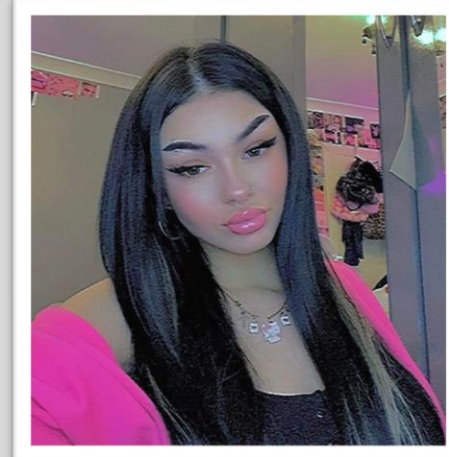
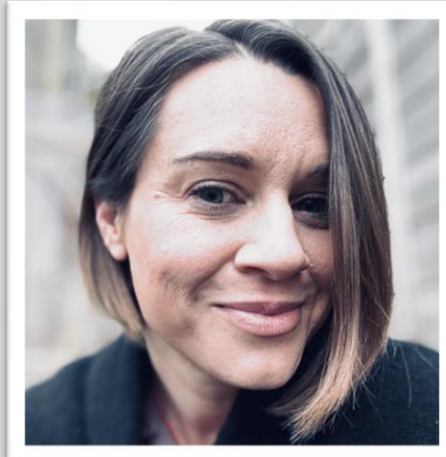
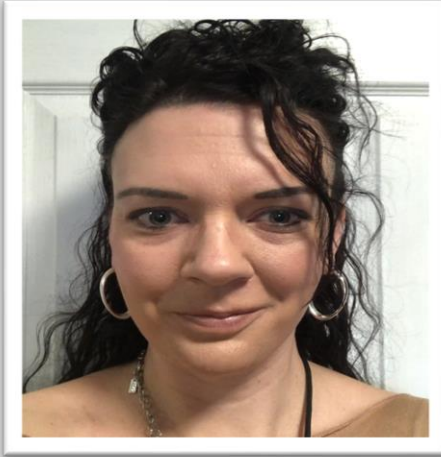




# All Ages Women & Girls Meet

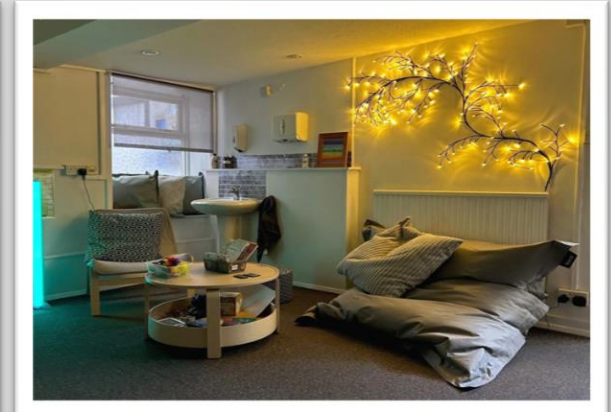
## Staffed by a mix of:

- Claire
- Jude
- Layla



## This takes place in:

- The AU Zone
- The Link Zone
- The Quiet Zone



# 18+ Years Dungeons & Dragons Campaign

## Staffed by:

- David



## This takes place in:

- The Link Zone
- The Quiet Zone



# 18+ Years Dungeons and Dragons 1 Shot

## Staffed by:

- David



## This takes place in:

- The Link Zone
- The Quiet Zone



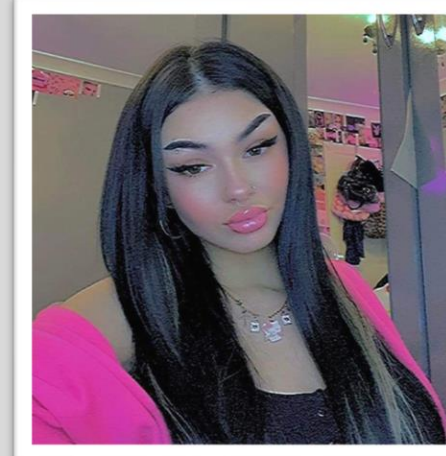
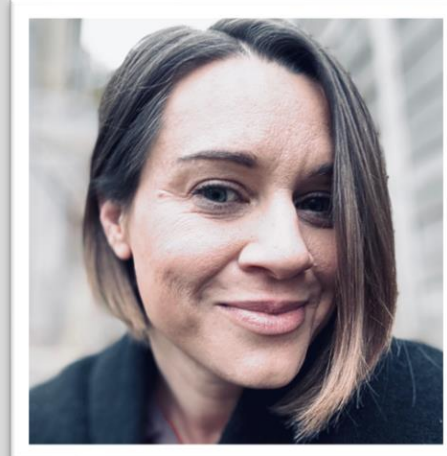
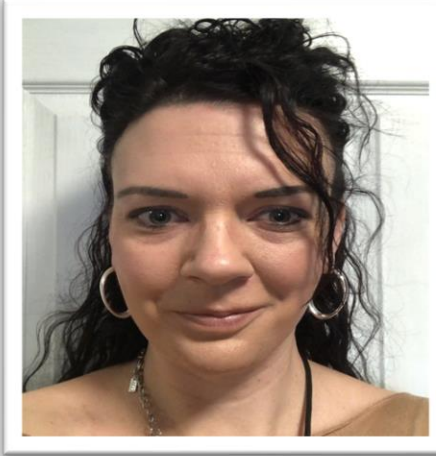


# Workshops

All of our workshops are written and delivered by the AIM team

## Workshops for adults are delivered by:

- Claire
- Jude
- Gemma



## Workshops for children and young people are delivered by:

- Jude
- Bex
- Layla



## Workshops take place in:

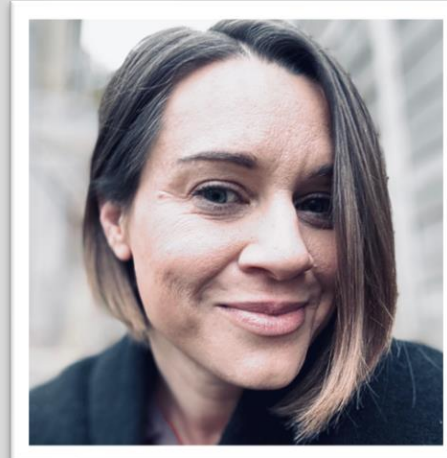
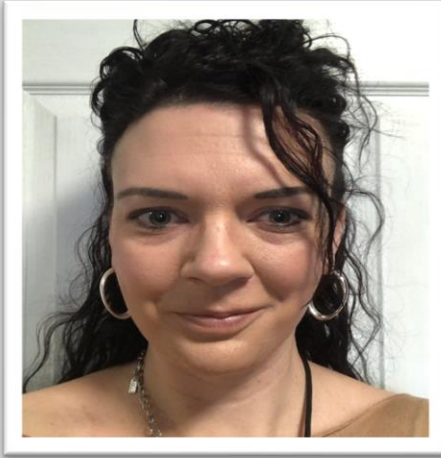
- The AU Zone
- The Link Zone
- The Quiet Zone

# Training

All of our training is written and delivered by the AIM team

## Training is delivered by:

- Claire
- Jude



## Training takes place in:

- The AU Zone
- The Link Zone
- The Quiet Zone

