

An Introduction to...

The AU-tism Zone

Everything you need to know about visiting us.

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

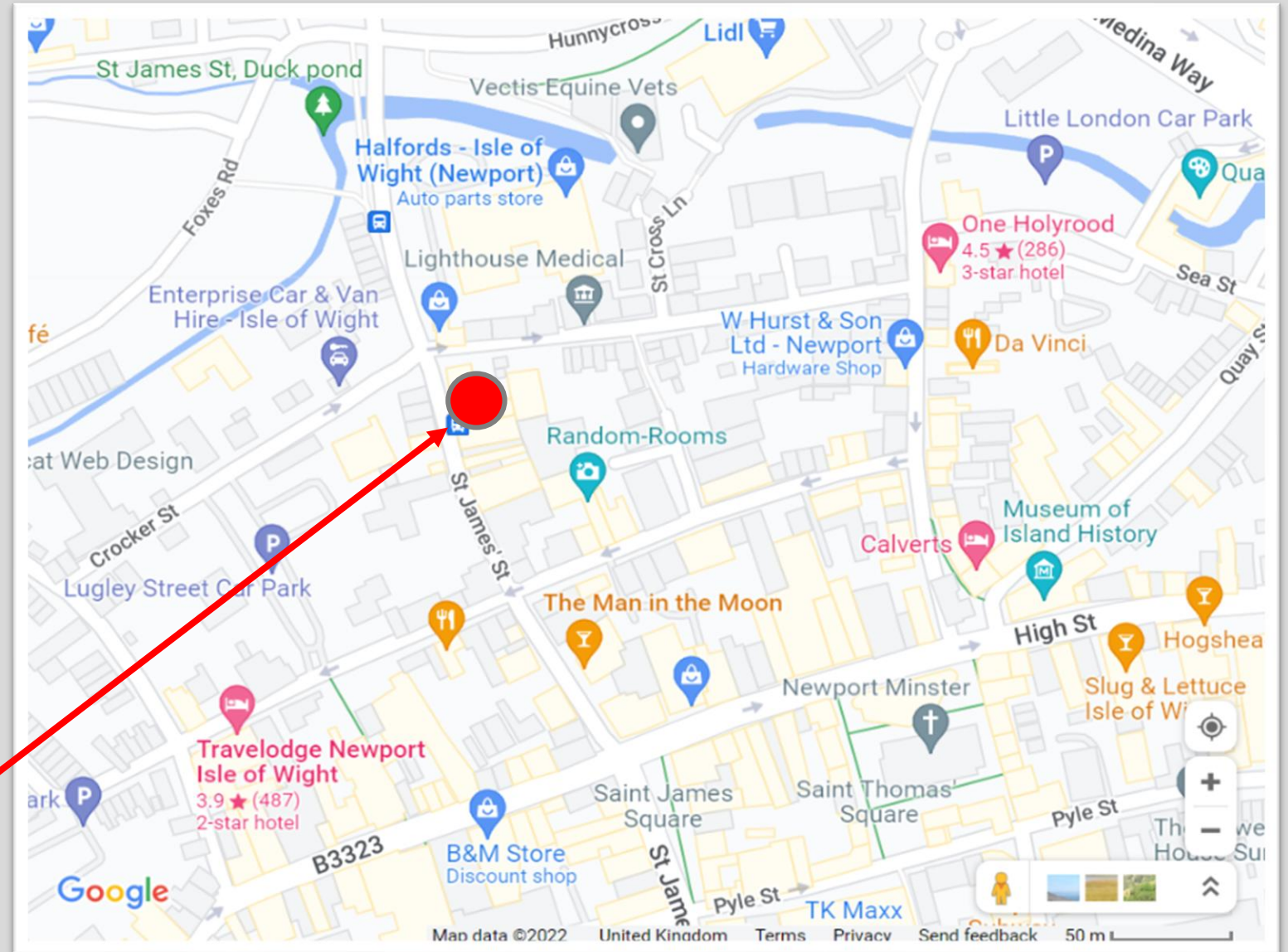
[Google Maps](#)

[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
\(yourparkingspace.co.uk\)](https://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.

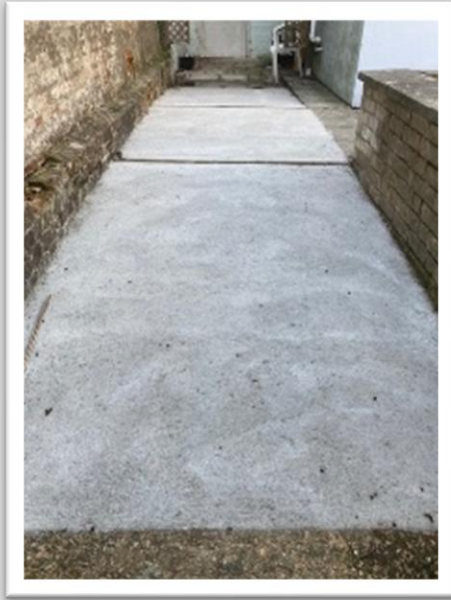
We share the front door with St. George's Physiotherapy. Sometimes they are in the building when The AU-tism Zone is closed.

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.

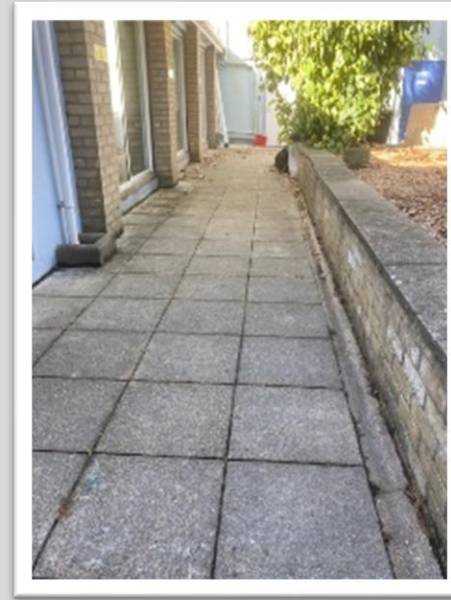
The AU-tism Zone Step-Free Access



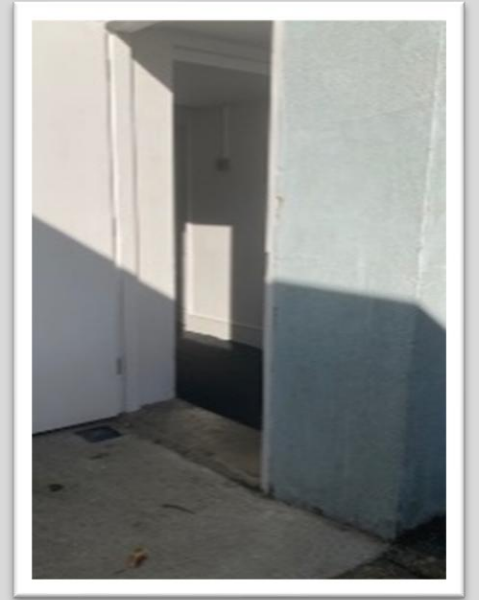
Step-free access is via Crocker Street through a 77cm wide, wooden gate.



There is then a shallow concrete ramp.



Then a section of patio.

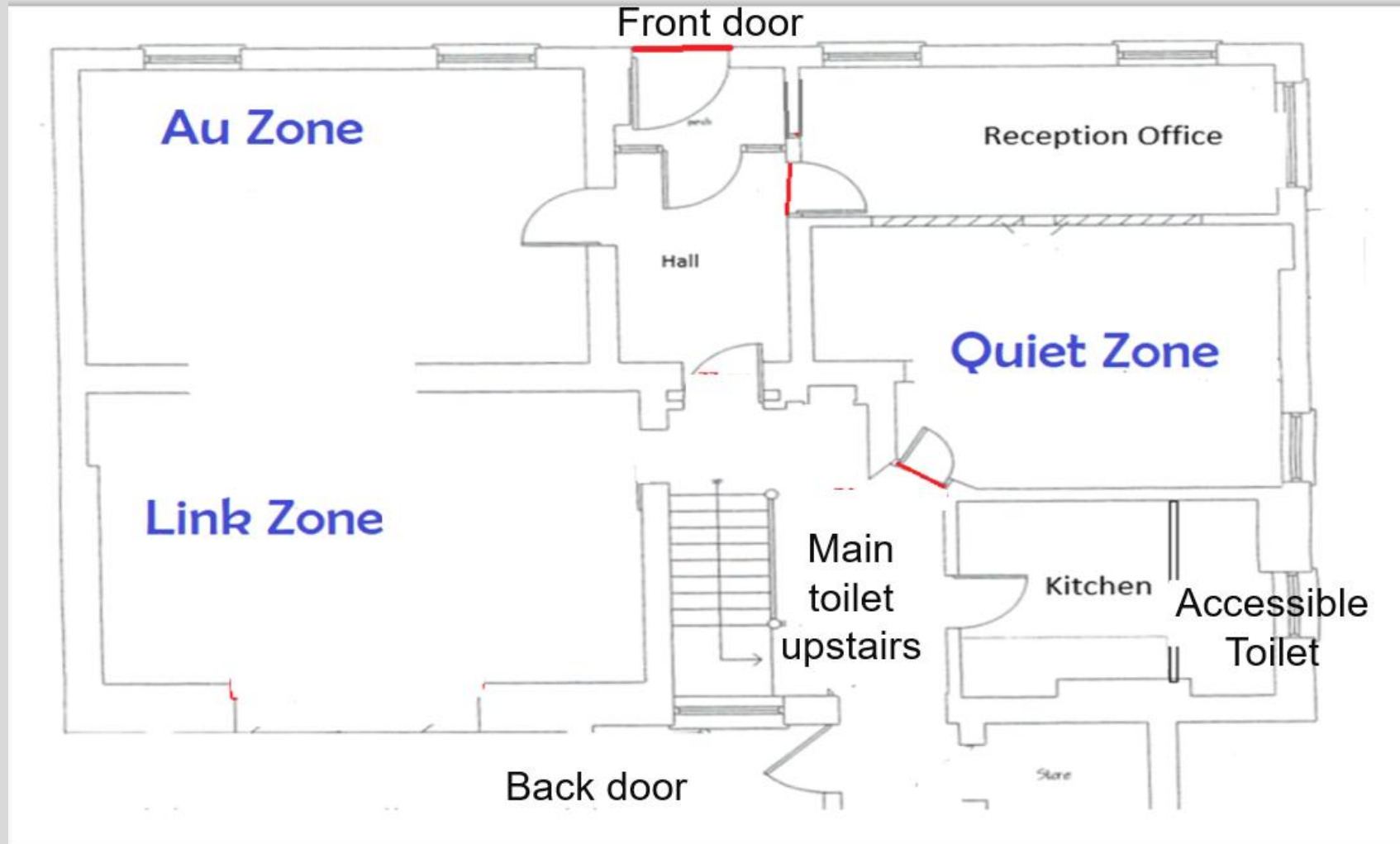


The back door opens outwards. There is a very slight lip shown in the picture. The rear door is 87cm wide.

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

What's Inside?

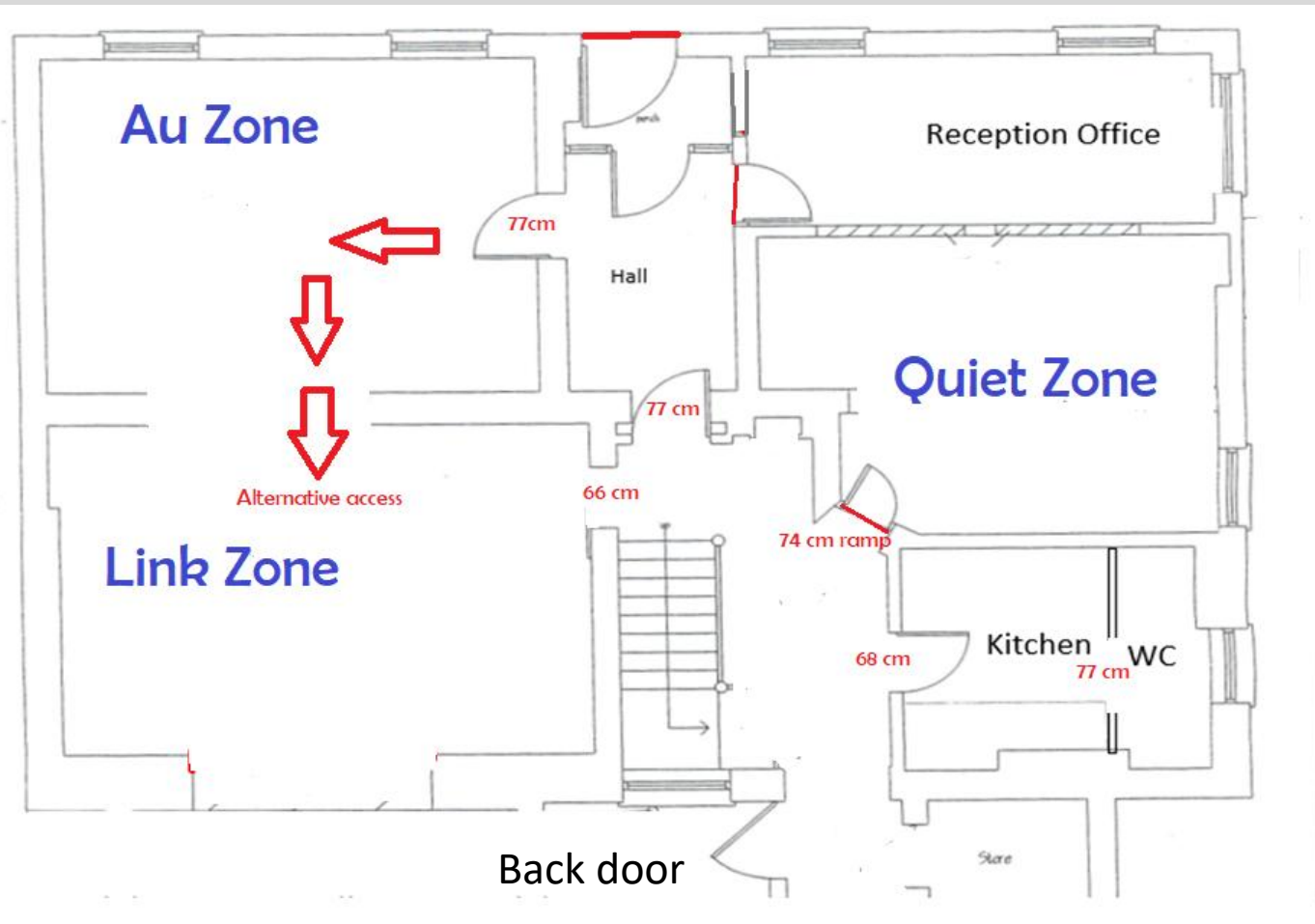
Floorplan



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

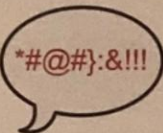


We respect the right to space, time, autonomy, privacy and the right to say no

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



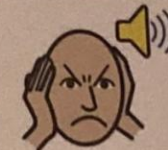
We try not to break equipment



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.

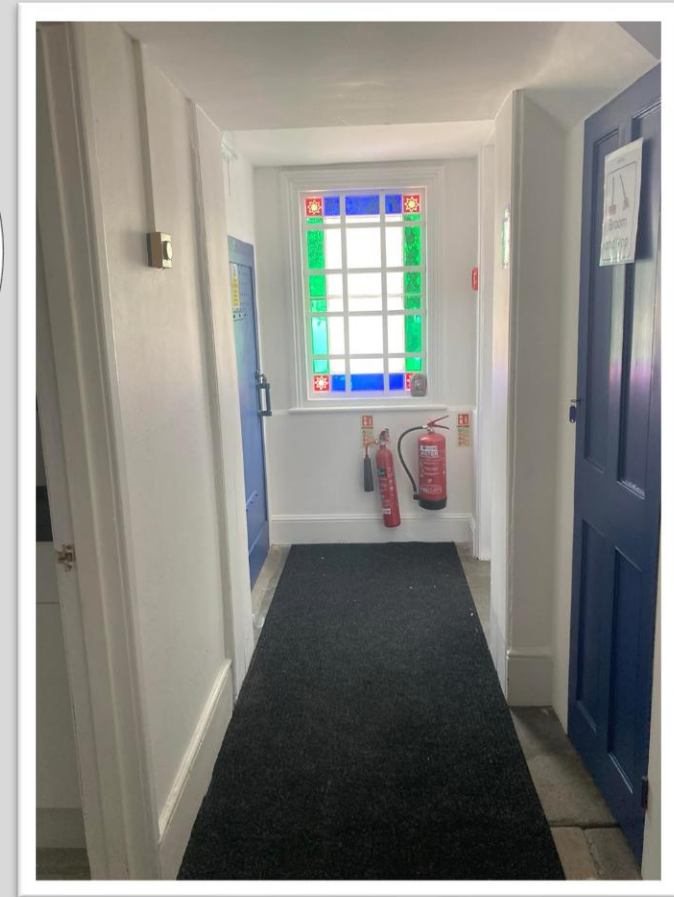
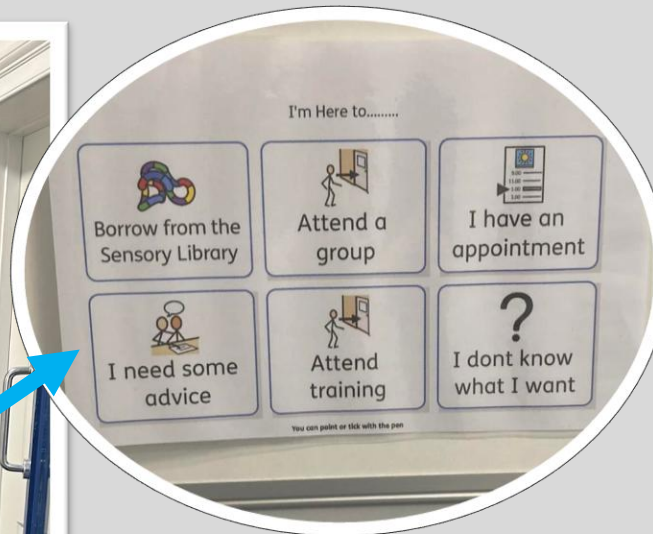
I want to be here,
but I want to be
left alone.

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

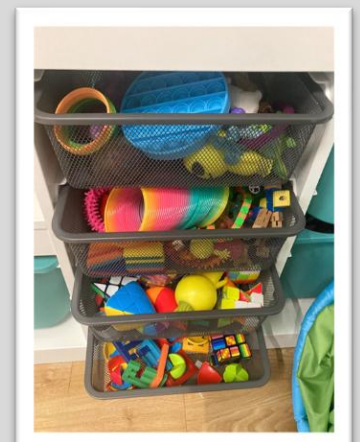
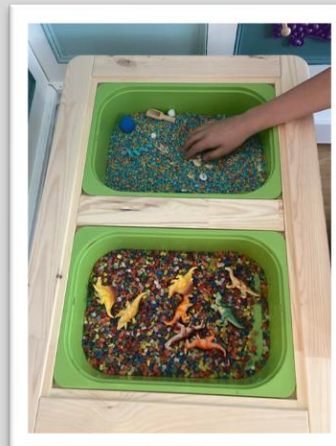
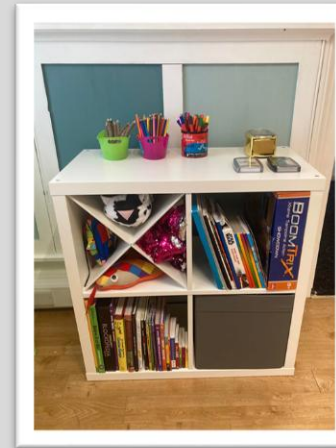
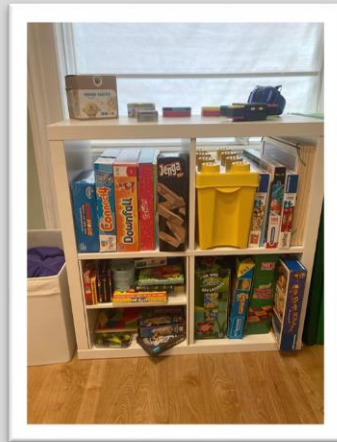


- Books
- Games
- Consoles
- Fidgets

- 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

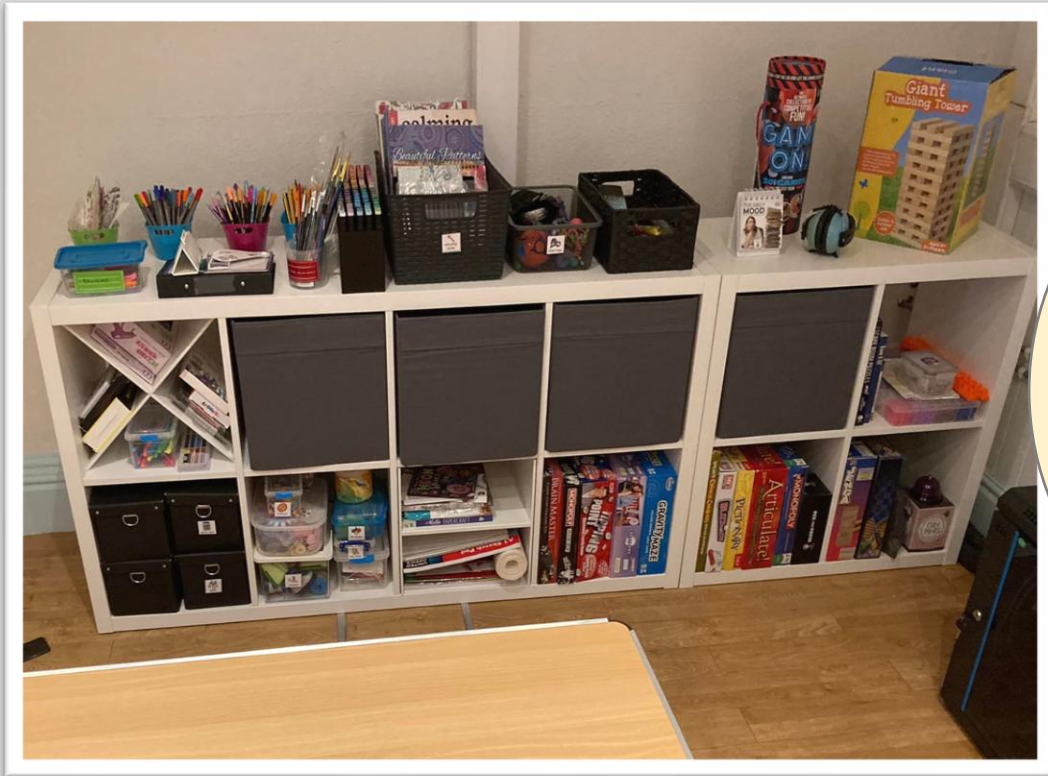
A space for connecting over shared passions, games and crafts.



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!

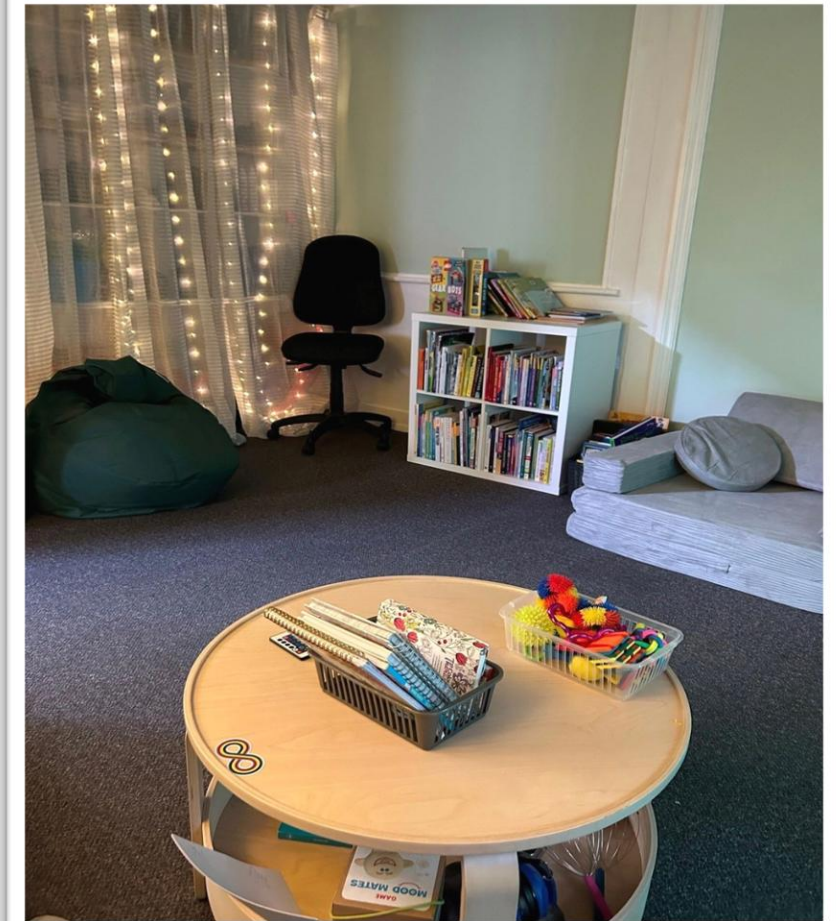


Please click [here](#) to see a 360 video of The Link Zone

What's Inside?

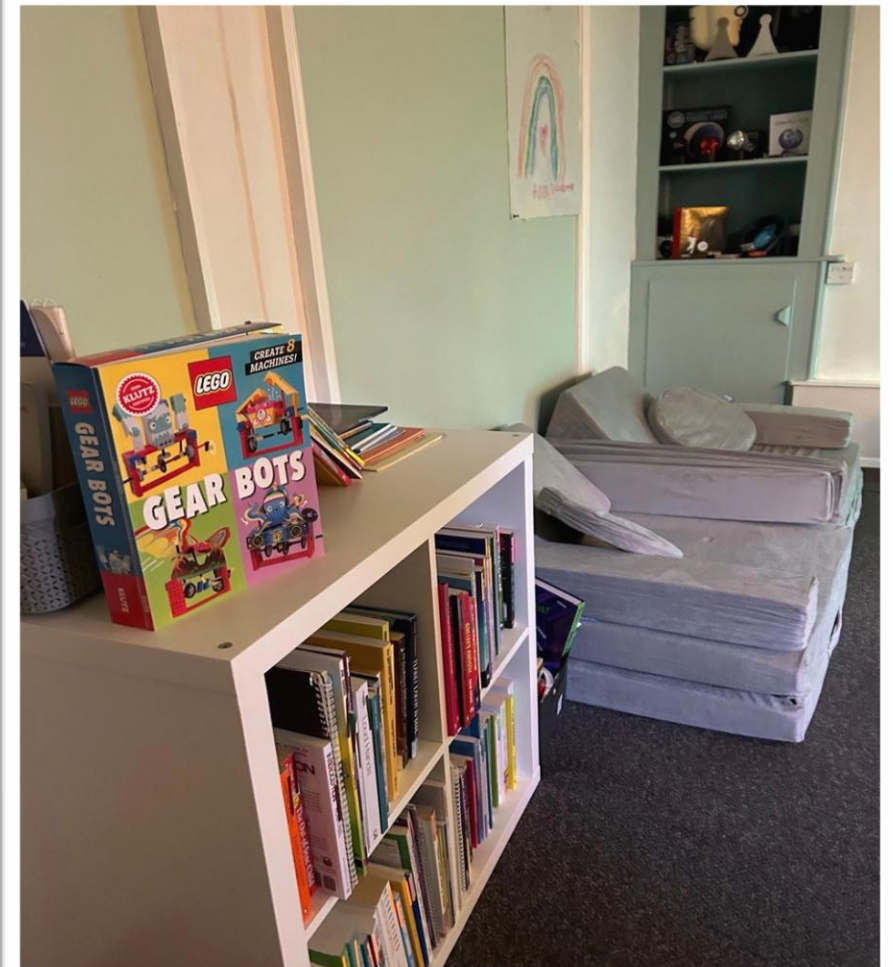
The Quiet-Zone

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

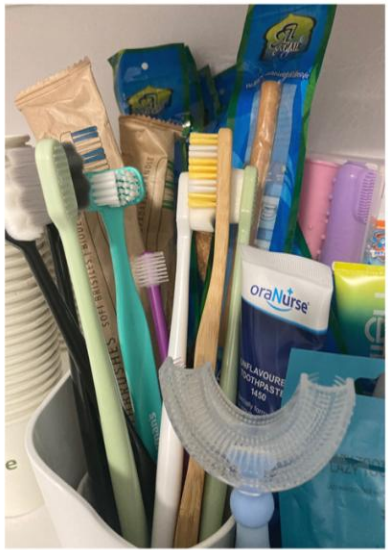
Aides can be borrowed for up to 2 weeks.

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

Website: [South West Advocacy Network](#)

Individual advocacy

SWAN Advocacy Services

Telephone: 03333 447928

Email: reception@swanadvocacy.org.uk

Website: [South West Advocacy Network](#)

PA services

PA Notice Board

Telephone: 01983 823340

Website: panoticeboard@iow.gov.uk

Carers' services

Carers IOW

Telephone: 01983 533 173

Email: info@carersiw.org.uk

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

Support with EHCPs, tribunals or mediation

SENDIASS /

Telephone: 01983 825548

Email: 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



Den



Dora



Jude



Layla



Lucy



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

Meet The Team

Our Fabulous Volunteers

Jason



Linda



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

Den – Peer Support Worker



I am waiting for an autism assessment and was diagnosed ADHD in my mid-30s. I also have anxiety.

I have 2 children, both autistic and ADHD.

Talk to me about

- Anxiety
- Depression
- Autism
- ADHD
- PTSD
- General mental health
- Wellbeing techniques
- Hobbies and interests

Meet The Team

Dora – Peer Support Worker



My name is Dora, you can also call me Dori. I am autistic (was diagnosed at 41) and am currently awaiting an ADHD assessment. I have two children, who are both neurodivergent.

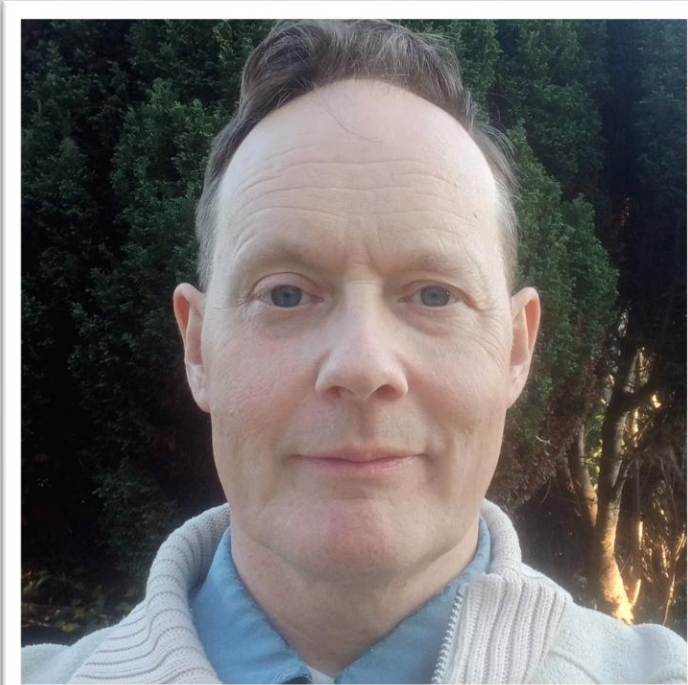
I have lived in various places in the UK in the South and West-country, before settling on the Isle of Wight 14 years ago.

I enjoy time with my family, our dog, dystopian novels, neurodivergent authors, alternative rock, lots of coffee, Netflix and sea swimming. I value human connections and also some solitude - just 'being'.

Talk to me about:

- Being an autistic parent of neurodivergent children
- Overthinking
- Suicidal ideation
- Behaviour as communication
- Accessing local services for family and self as an autistic professional

Meet The Team



Jason - Volunteer

I moved to the Island in 2009, getting away from the London crush. Diagnosed as autistic at age 51, but conversations about poor mental health with friends had turned me to thinking about it for a couple of years before that. I program computers, it's my focus thing... but weirdly, I hate "tech" and can rarely understand my mobile!

Talk to me about

- Perfectionism
- Black and white thinking
- Overthinking
- Music
- Writing
- Acting
- (board) Gaming
- Role-playing games, D&D and LARP
- Finding ways to express thoughts and emotions
- Being mislabelled

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.

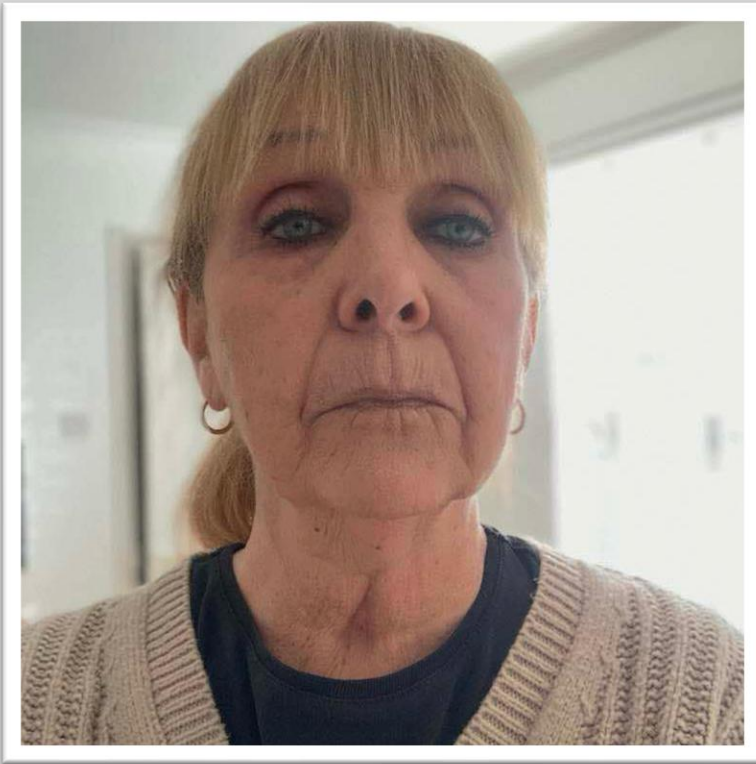
I find it hard to process and remember lots of information. One or two things at a time, or writing lists is really helpful.

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

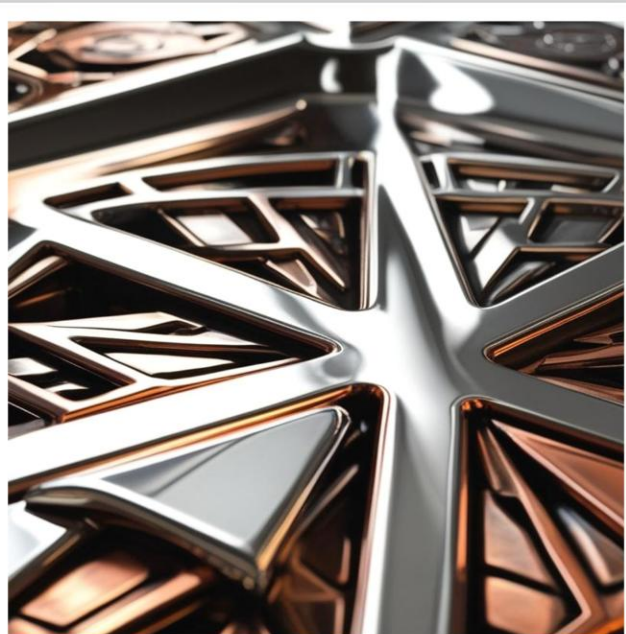


Linda – Sensory Library Co-Ordinator

Linda deals with our Sensory Library referrals and enquiries.

She also arranges and makes delivery and collection of Sensory Library items.

Meet The Team



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 January 2025

Places need to be [booked online](#) for all Meets **except Drop-Ins**

Mondays

All Ages Drop In Info & Advice Sessions

Every 2 weeks: 1:00pm - 4:00pm

No booking needed.

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)

Group 1 Every 2 weeks: 4:30pm -6:30pm

Group 2 Every 2 weeks: 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

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 VIA TEAMS

Every 4 weeks: 6:00pm–7:30pm

Thursdays

18+ Years Information Workshops

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

18+ Years The Bridge

Every 4 weeks: 3:30pm -5:00pm

18+ Years Post Diagnostic Workshops

See Bookwhen for dates and times.

Young People's I AM Workshops

See BookWhen 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
- Den
- Jason

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.

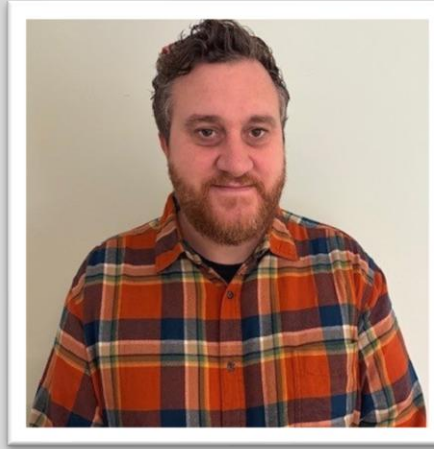


All hail Cthulhu Smith!

18+ Years Social Meet

Staffed by:

- Claire
- Den
- Dora



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:

- Claire
- Den
- Dora



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:

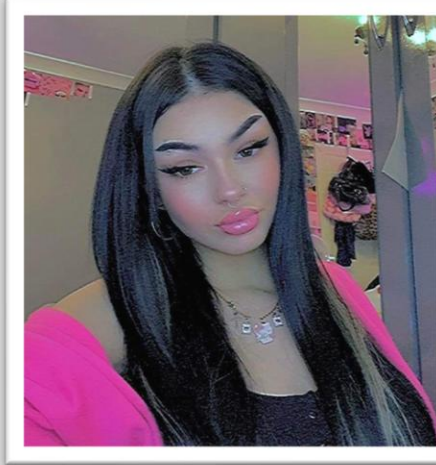
- The AU Zone
- The Link Zone
- The Quiet Zone



4-8 Years Family Meet

Staffed by:

- Den
- Jude
- Layla



This takes place in:

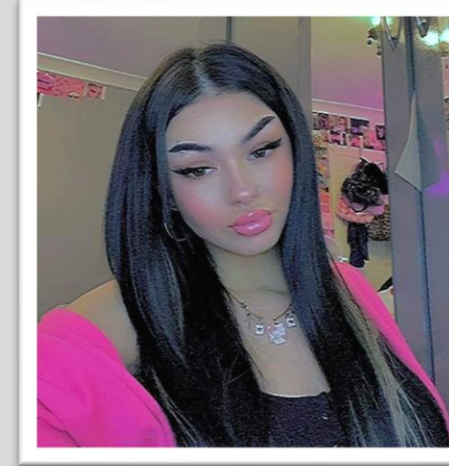
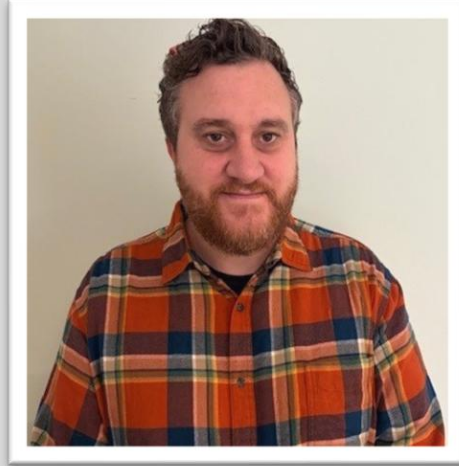
- The AU Zone
- The Link Zone
- The Quiet Zone



9-12 Years Family Meet

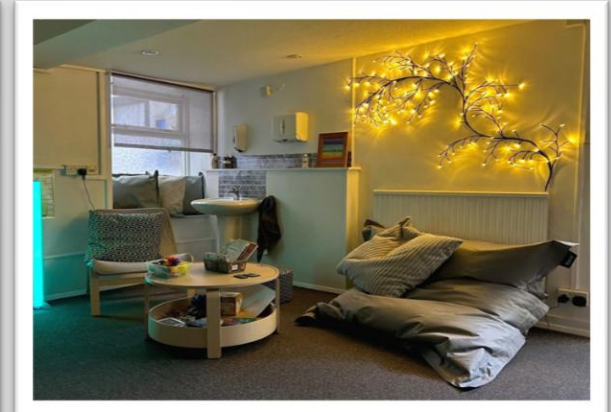
Staffed by:

- Den
- Jude
- Layla



This takes place in:

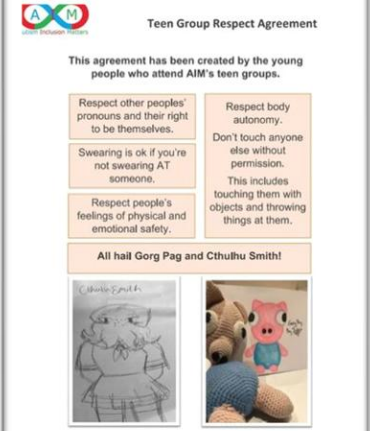
- The AU Zone
- The Link Zone
- The Quiet Zone



12-17 Years Teen Chill Meet

Staffed by:

- Den
- Jude
- Layla



This takes place in:

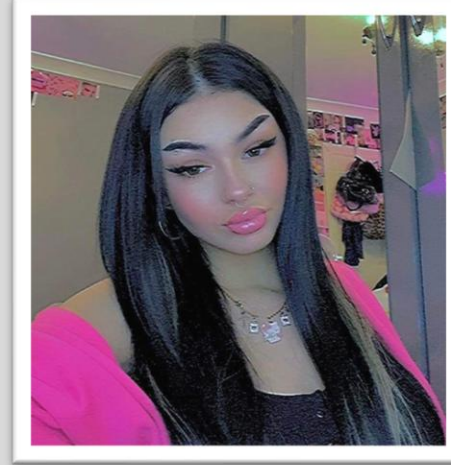
- The AU Zone
- The Link Zone
- The Quiet Zone



All Ages Women & Girls Meet

Staffed by:

- 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

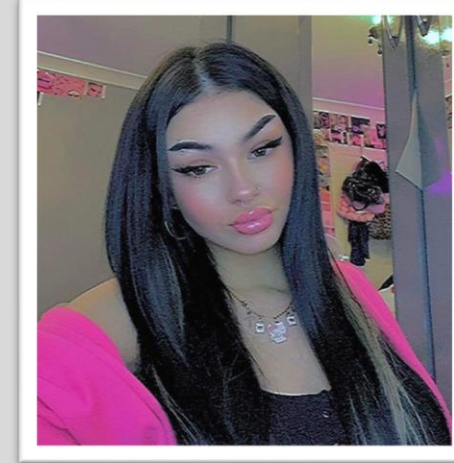
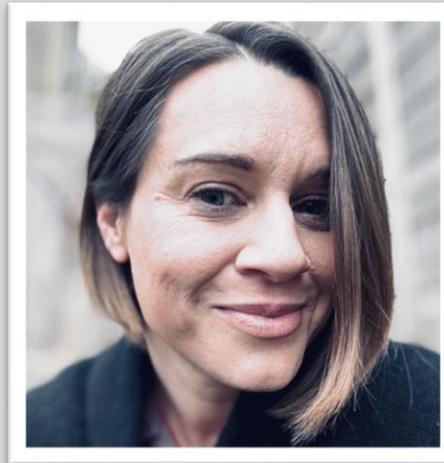


Workshops

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

Workshops for adults are delivered by:

- Claire
- Jude



Workshops for children and young people are delivered by:

- Jude
- 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

