

An Introduction to...

The AU-tism Zone

Everything you need to know  
about visiting us.

# What's On?

## Mondays

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

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

### **18+ Years Autistic Adults & Their Families & Friends Information Workshops**

Every 4 weeks  
1:00PM -2:30PM

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

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

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

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

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

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

### **18+ Years Overthinking It!**

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

## Tuesdays

### **18+ Years AU-ssembly Zone - Lego & Puzzle Meet**

Every 4 weeks  
1:00PM -2:30PM

### **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

### **Young Peoples' I AM Workshops**

Weekly for 6 weeks  
4:30PM -5:30PM  
See Bokwhen for details

## Thursdays

### **18+ years Dungeons & Dragons Beginners**

Every 2 weeks  
12:30pm-2:30pm

## Wednesdays

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

Every 4 weeks  
1:30pm-4:30pm  
**No booking needed.**

### **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

### **Information Workshops for Families and Carers of Autistic Children & Young People**

ONLINE VIA TEAMS  
Every 4 weeks  
4:00pm -5:00pm

## Attending the AU-tism Zone

- A diagnosis is not needed to attend The AU-tism Zone.
- We welcome self-diagnosis and those exploring the possibility they may be autistic.
- We understand getting a diagnosis can be complex and there are barriers to this so, we also welcome those who have experienced those barriers.
- We don't exclude anyone from using our support.

- AIM is an autistic-led charity, we are organised, run and supported by autistic adults.
- We hold groups and activities for autistic adults and young people and run a sensory library.
- We work with and for autistic people on the Isle of Wight.
- We are also involved with various organisations to ensure lived autistic experience is used to improve services.

All our staff are autistic so, we know how hard it can be to come to new place with new people.

Just coming through the door can feel overwhelming.

If that's all that's manageable, it is ok to leave straight away.

There is no pressure to arrive when a meet starts or stay until a meet ends.

We expect and accept anxiety so, it's ok to do what you need to so you can manage.

You do not have to communicate with anyone, including our staff team. If you do not use speech to communicate, we have whiteboards and an iPad you can use.

# How To Book

All meets, apart from Drop-In sessions need to be booked in advance.

Meets can be booked on our BookWhen page  
<https://bookwhen.com/aimisleofwight>

If you don't already have one, you'll need to create a Bookwhen account. To create an account, follow steps 1,2,3 & 4



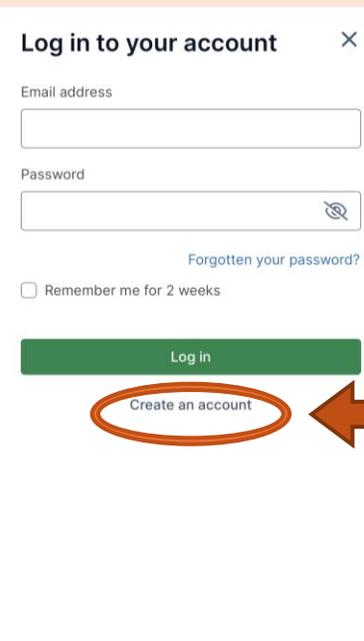
ism Inclusion Mat

Welcome to AIM Isle of Wight Activity Booking

Please make sure you read the information for each group or activity. You will receive an email reminder 2 days before your group or activity takes place. If you cannot attend please cancel your place. There are pictures and videos available of our building to help reduce anxiety and prepare for coming to see us.

Log In

1. Go to AIM's Bookwhen page – link above  
Click **Log In**



Log in to your account

Email address

Password

Forgotten your password?

Remember me for 2 weeks

Log in

Create an account

2. Click **Create an account**

# How To Book

**Create your booker account** ×

Create a Bookwhen account to manage your details and bookings easily.

Email address

Password

Confirm password

By creating an account, I agree to the Bookwhen [Terms & Conditions](#) and [Privacy Policy](#).

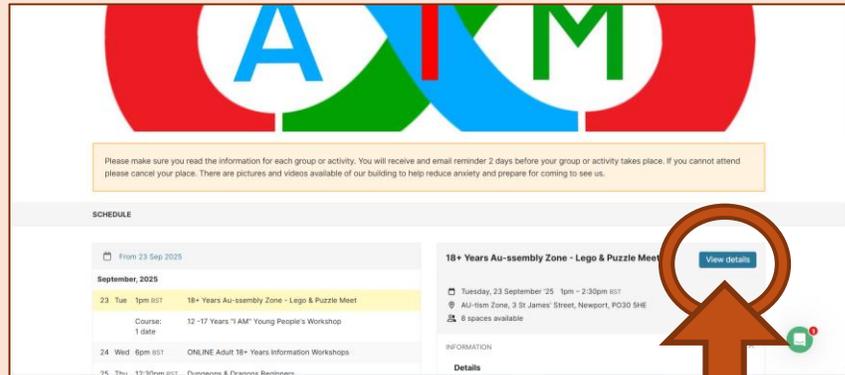
**3. Enter your details and click  
Create Account**

**One last step** ×

 To continue to your account, please verify your email address via the link in your account verification email.

**4. Verify your account.**  
You should receive an email from Bookwhen with a link to do this.  
Complete the verification then click **Log In**

## How To Book



Please make sure you read the information for each group or activity. You will receive an email reminder 2 days before your group or activity takes place. If you cannot attend please cancel your place. There are pictures and videos available of our building to help reduce anxiety and prepare for coming to see us.

**SCHEDULE**

From 23 Sep 2025

**September, 2025**

23 Tue 1pm 05:17	18+ Years Au-sembly Zone - Lego & Puzzle Meet	<a href="#">View details</a>
24 Wed 6pm 05:17	ONLINE Adult 18+ Years Information Workshops	

**18+ Years Au-sembly Zone - Lego & Puzzle Meet**

Tuesday, 23 September '25 1pm - 2:30pm 05:17

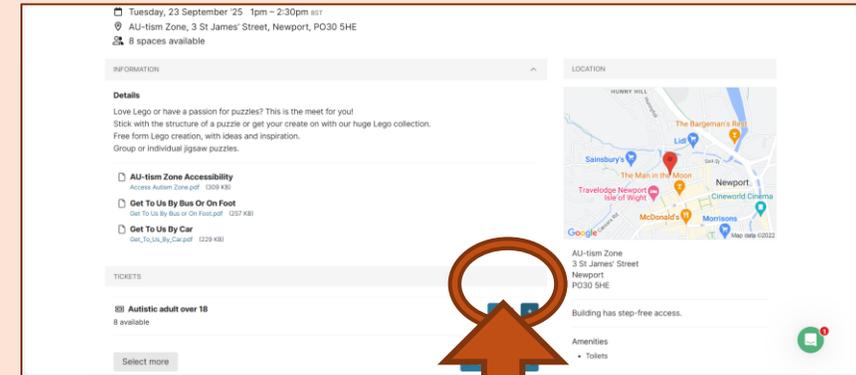
AIM-ism Zone, 3 St James' Street, Newport, PO30 SHE

8 spaces available

**INFORMATION**

**Details**

5. Select the group you wish to book and click view details.



Tuesday, 23 September '25 1pm - 2:30pm 05:17

AIM-ism Zone, 3 St James' Street, Newport, PO30 SHE

8 spaces available

**INFORMATION**

**Details**

Love Lego or have a passion for puzzles? This is the meet for you! Stick with the structure of a puzzle or get your creative on with our huge Lego collection. Free from Lego creation, with ideas and inspiration. Group or individual jigsaw puzzles.

**AI-ism Zone Accessibility**  
Access: Access: Download.pdf (1020 KB)

**Get To Us By Bus Or On Foot**  
Get To Us By Bus Or On Foot.pdf (1257 KB)

**Get To Us By Car**  
Get To Us By Car.pdf (1229 KB)

**TICKETS**

**88 Autistic adult over 18**  
8 available

**LOCATION**

AIM-ism Zone  
3 St James' Street  
Newport  
PO30 SHE

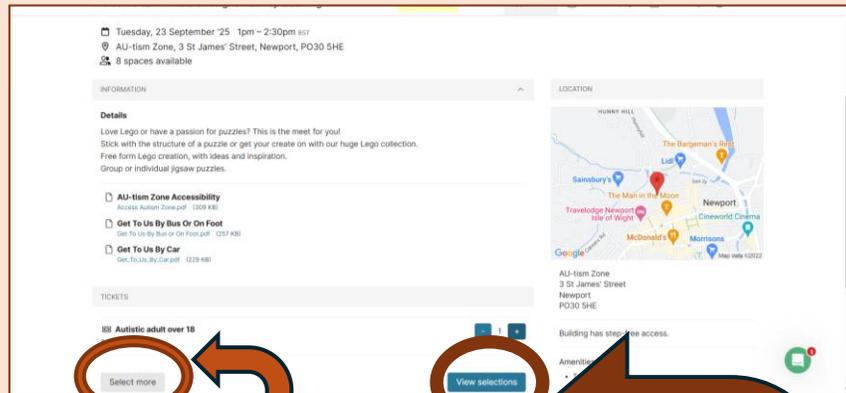
Building has step-free access.

**Amenities**

- Toilets

6. Add the number of tickets you would like.

## How To Book



Tuesday, 23 September '25 1pm - 2:30pm BST  
AU-tism Zone, 3 St James' Street, Newport, PO30 5HE  
8 spaces available

INFORMATION

LOCATION

Details

Love Lego or have a passion for puzzles? This is the meet for you! Stick with the structure of a puzzle or get your creative on with our huge Lego collection. Free form Lego creation, with ideas and inspiration. Group or individual jigsaw puzzles.

AU-tism Zone Accessibility  
Address: 3 St James' Street, Newport, PO30 5HE

Get To Us By Bus Or On Foot  
Get To Us By Bus Or On Foot (pdf) (257 KB)

Get To Us By Car  
Get To Us By Car (pdf) (229 KB)

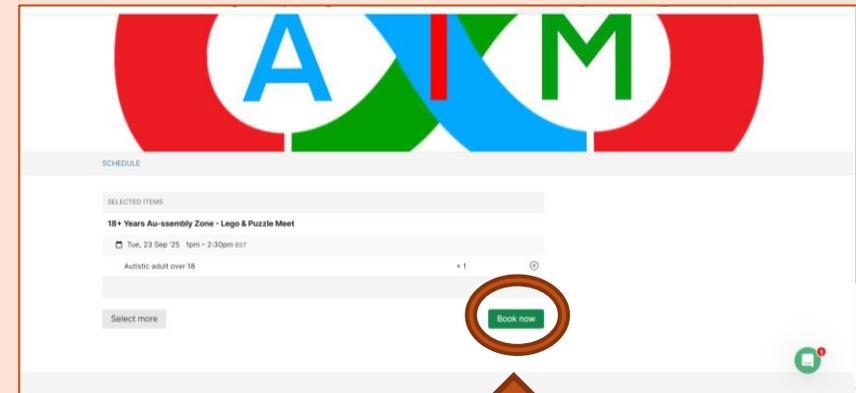
TICKETS

Autistic adult over 18

Select more

View selections

7. Click **Select More** if you'd like to book for more meets and repeat steps 5 & 6  
or  
if you have finished click **View Selections**.



SCHEDULE

SELECTED ITEMS

18+ Years Au-assembly Zone - Lego & Puzzle Meet

Tue, 23 Sep '25 1pm - 2:30pm BST

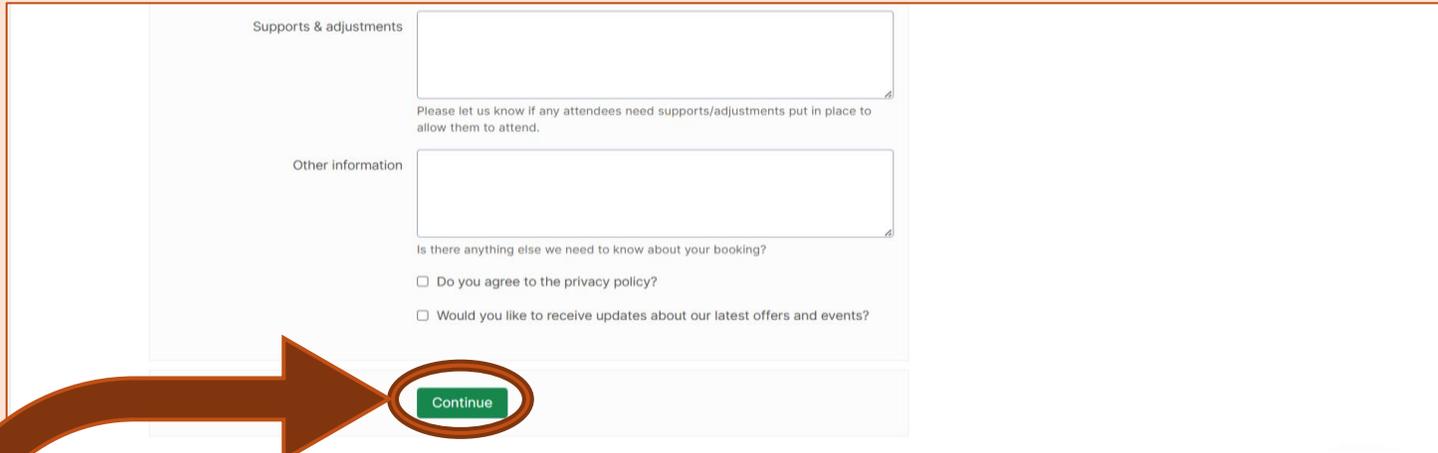
Autistic adult over 18 x 1

Select more

Book now

8. Click **Book Now**

## How To Book



Supports & adjustments

Please let us know if any attendees need supports/adjustments put in place to allow them to attend.

Other information

Is there anything else we need to know about your booking?

Do you agree to the privacy policy?

Would you like to receive updates about our latest offers and events?

**Continue**

9. You will then be asked for some information including:

- full name
- postcode
- date of birth
- if you are diagnosed as autistic, waiting for an assessment or considering an assessment

You can also let us know about any support or adjustments you may need.

Then click **Continue** to complete your booking.

**You should receive a confirmation email once you have successfully booked.**

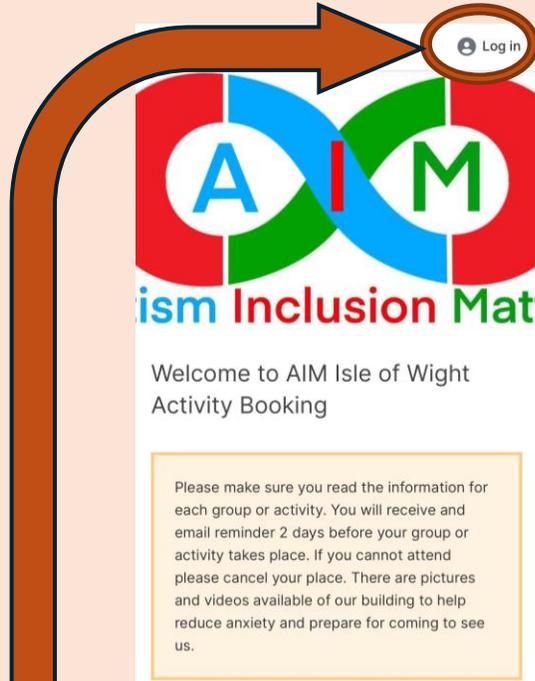
## How To Book

**If you cannot book through Bookwhen, please contact us and we can make bookings for you.**

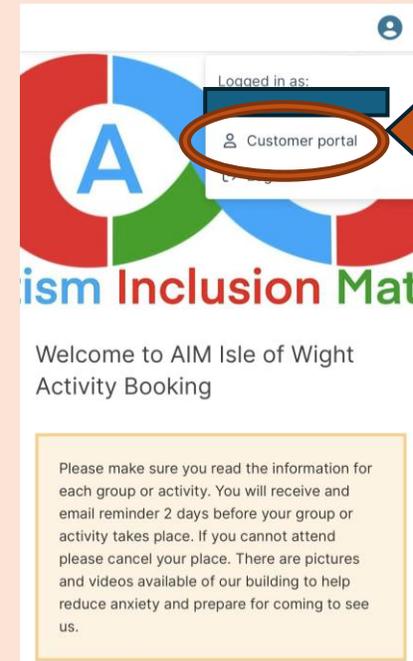
We do not make or receive phone calls, but you can:

- Text or What's App on **07498 500607**
- Email us [admin@aimisleofwight.co.uk](mailto:admin@aimisleofwight.co.uk)

## How To Cancel

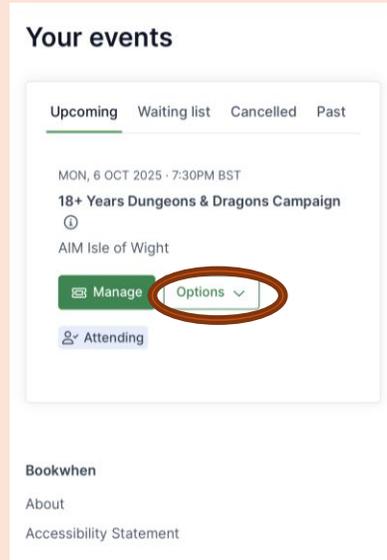


1. **Log in** to your Bookwhen account.

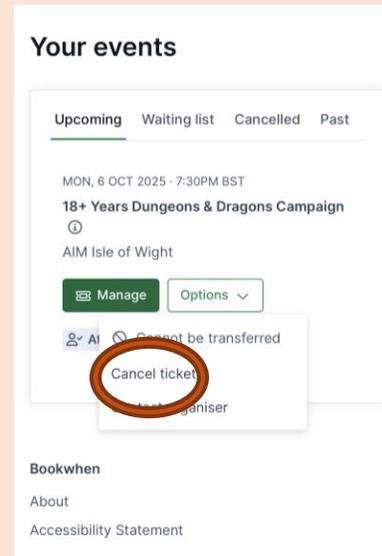


2. Select **Customer portal**.

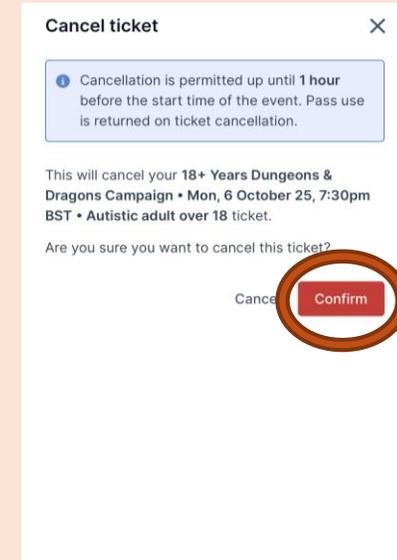
# How To Cancel



3. On the **Upcoming** tab, select **Options** for the ticket you want to cancel



3. Select **Cancel ticket**.



3. Select **Continue**.

## How To Find The AU-tism Zone

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

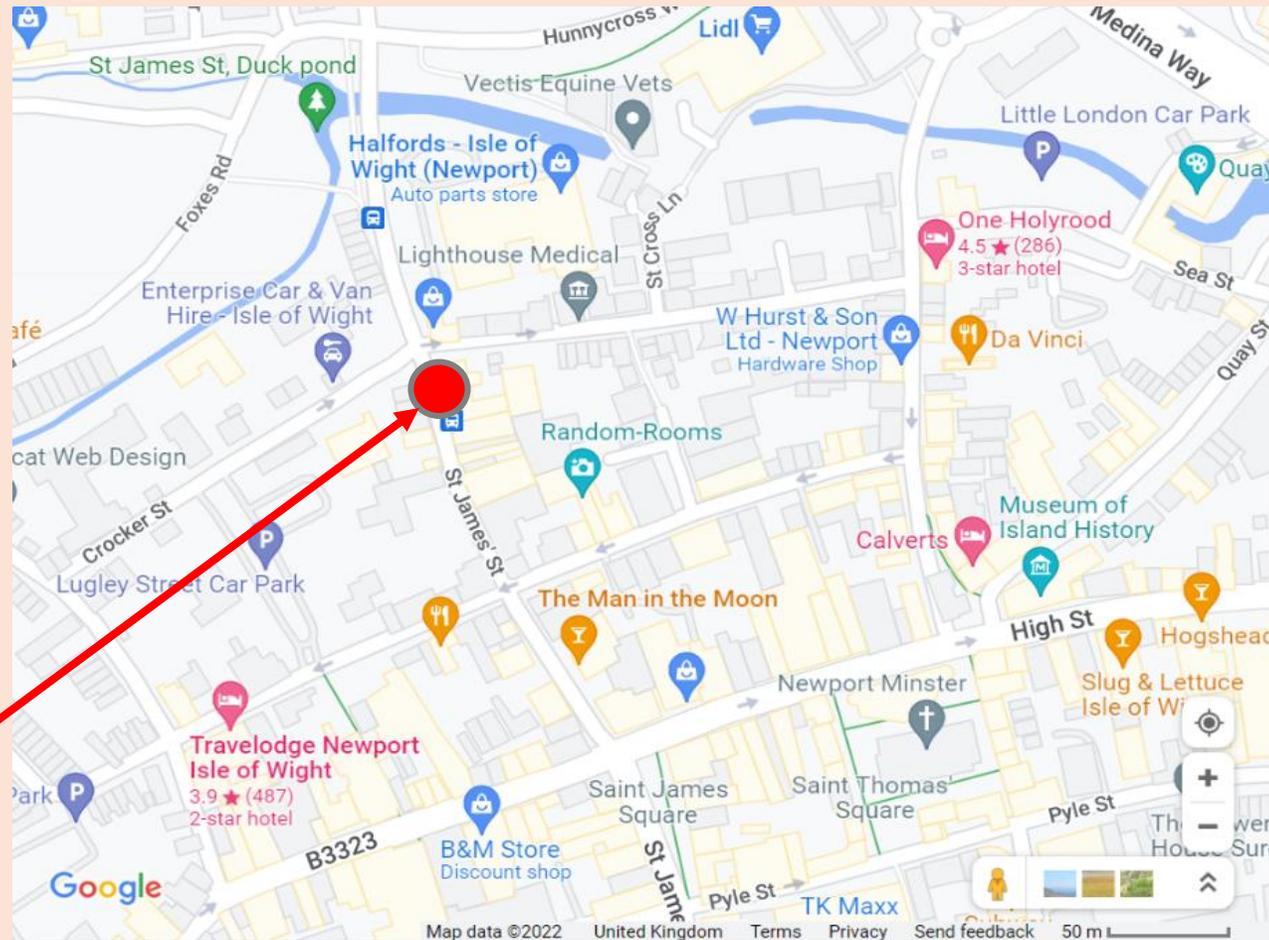
[Google Maps](#)

[Street View](#)

**What 3 Words:**

Taxi  
Companies  
Hobbit

We are here!



# Getting To Us By Car

## MAP KEY

On Street Parking  
Council Short Stay  
Council Long Stay  
Private Car Park  
The AU-tism Zone

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



Long Stay Parking

Pyle Street Multistorey  
7 am – 7pm

[Newport Isle-of-Wight  
Parking](#)

-  
Little London Car Park  
Up to 10 hours

27-28 Lugley Street  
No time limit  
[Bookable online](#)

Coppins Bridge  
30 minutes to 10 hours

## Getting To Us By Bus or On Foot



Buses 1 and 39 stop 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



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



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



Please come into the front porch and ring the **doorbell**.

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.

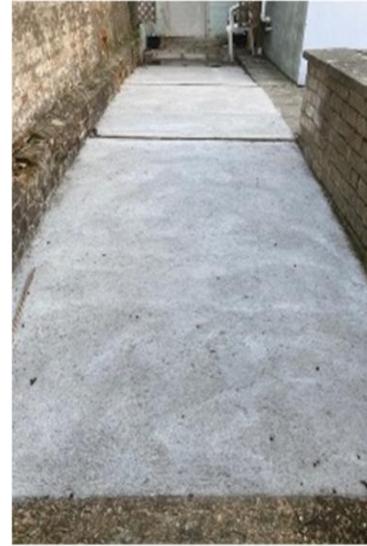
We share the front door with St. George's Physiotherapy. Sometimes they are in the building when The AU-tism Zone is closed.

## The AU-tism Zone - Step-Free Access



Step-free access is via Crocker Street through a wooden gate.

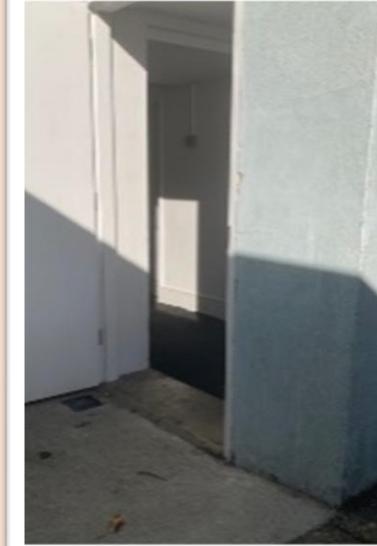
The gate is 77cm wide



There is then a shallow concrete ramp.



Then a section of patio.



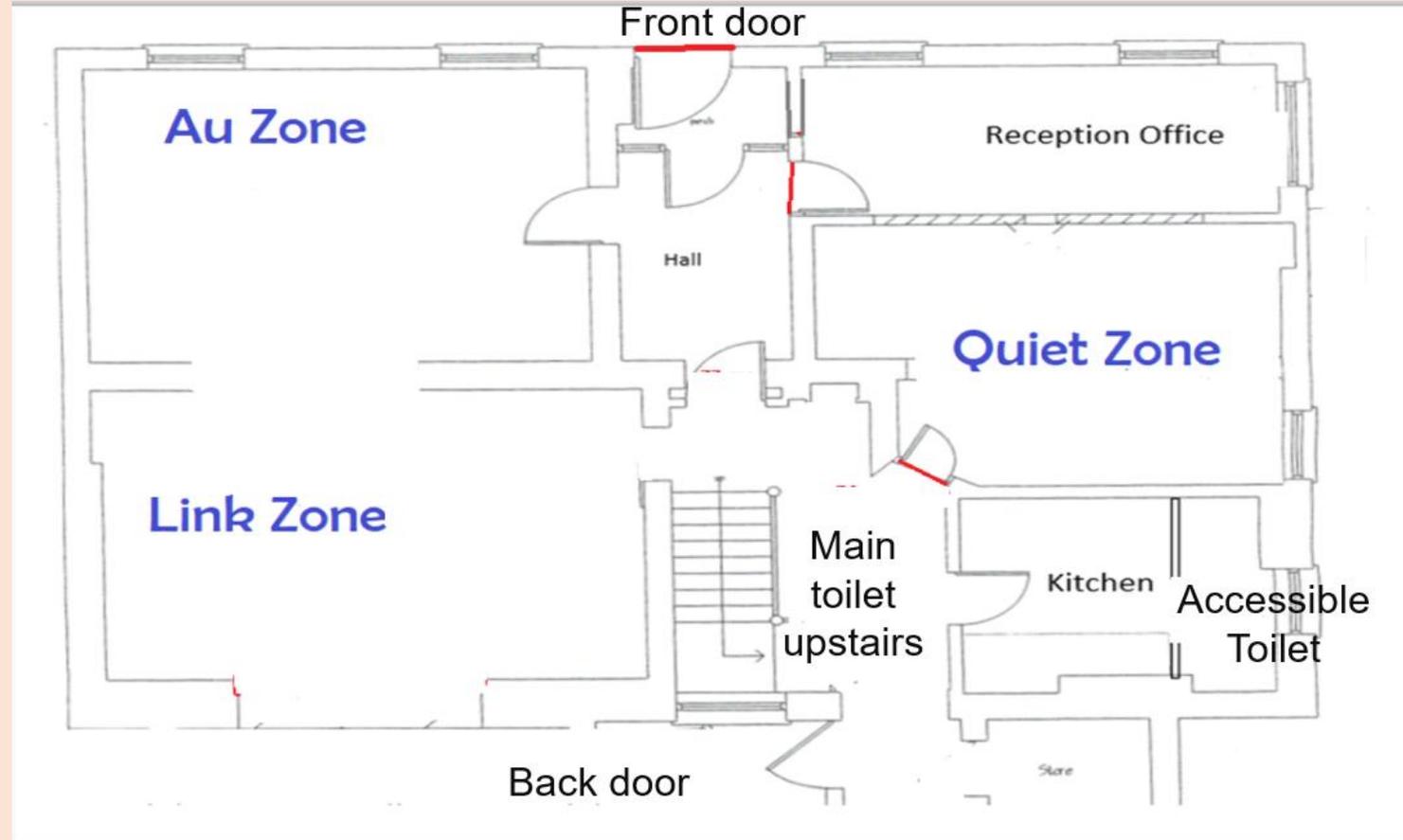
The back door opens outwards. There is a very slight lip shown in the picture.

The rear door is 87cm wide.



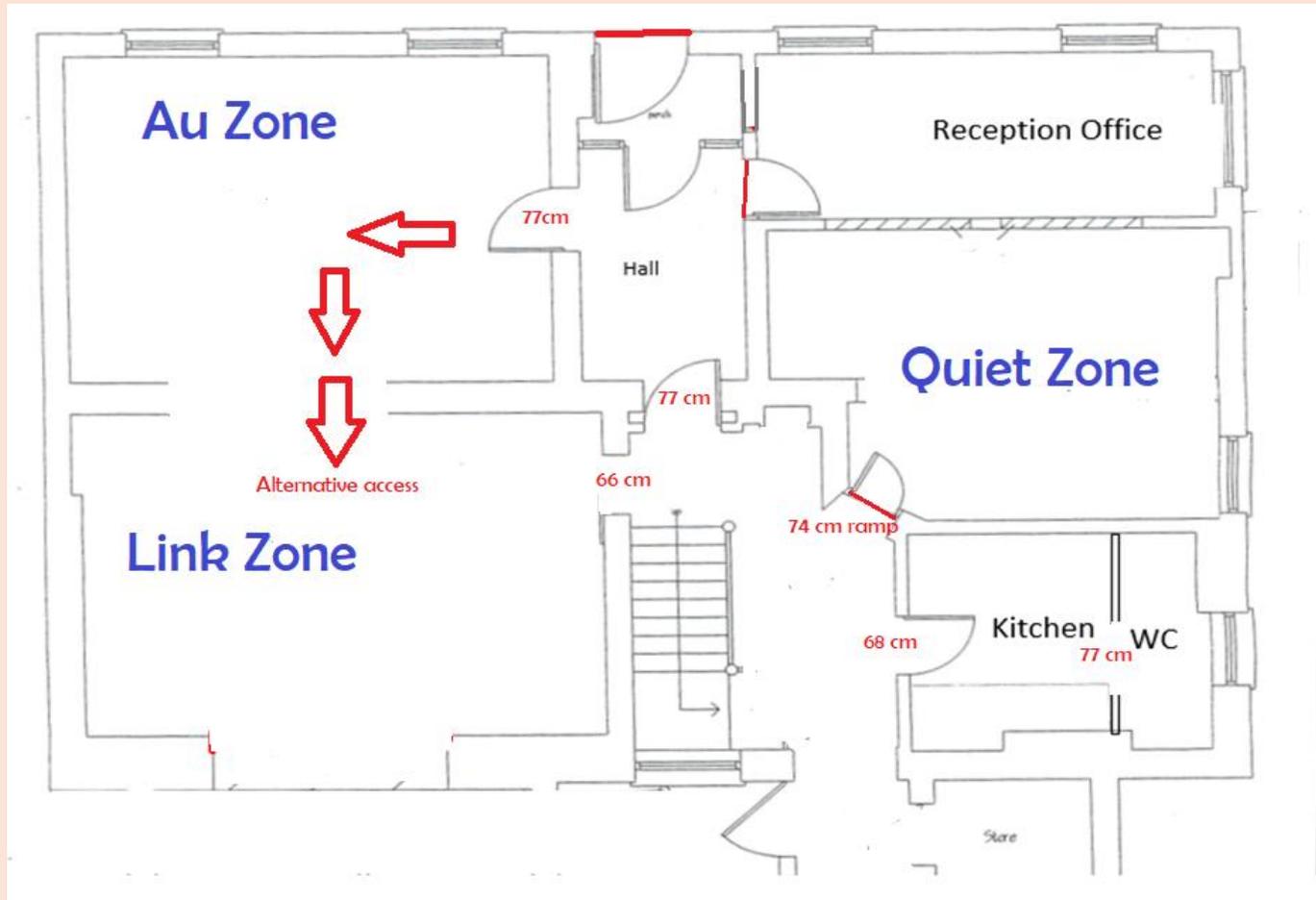
Please click [here](#) to see a video of the step-free access route.

# Floorplan



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

# 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.

## Meet the Team



Claire  
Service Manager



David  
Peer Support Mentor



Jason  
Volunteer Peer Support Mentor



Jude  
Children & Families Manager



Kally  
Volunteer Peer Support Mentor



Layla  
Youth Peer Support Mentor



Lucy  
Admin Assistant



Linda  
Volunteer Library Coordinator



Zoë  
Volunteer Peer Support Mentor

## Claire - Service Manager



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

## David - Peer Support Mentor



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

## Jason - Volunteer Peer Support Mentor



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

## Jude - 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

## Kally - Volunteer Peer Support Mentor



Info coming soon!

Talk to me about:  
Info coming soon!

## Layla – Youth Peer Support Mentor



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

## Linda - Volunteer Sensory Library Coordinator



I am a volunteer for AIM and keep the Sensory Library running.  
I deal with our Sensory Library referrals and enquiries.  
I also arrange and make delivery and collection of Sensory Library items.  
I love being by the sea and gardening, and walking my dog, Milly.

Talk to me about:

- The Sensory Library

## Zoë - Volunteer Peer Support Mentor



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:

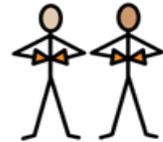
Or even better, show me...

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

## We Are a Safe Space for Autistic People



We prioritise Autistic  
neurology



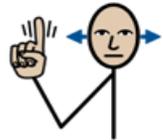
We don't expect anyone to  
mask their behaviour or  
identity



Everyone can choose how  
and when they  
communicate



People are not judged on  
how they regulate  
emotions

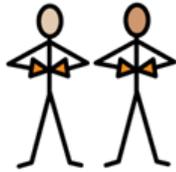


People are not judged by  
their words, expressions or  
behaviour



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

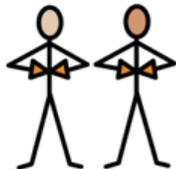
# AU-tism Zone Safe Space Agreement



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

# Teen Group Agreements



## Teen Chill Respect Agreement

This agreement has been created by the young people who attend AIM's teen meets.

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.

**All hail Gorg Pag and Cthulhu Smith!**



Respect body autonomy.

Don't touch anyone else without permission.

This includes touching them with objects and throwing things at them.



## Teen D&D 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.

**Companions and pets are allowed, but they can't inflict damage or heal.**

**Dice must be rolled where they can be seen.**

**Respect each other's characters**



**All hail Cthulhu Smith!**

# Family Group Agreement



## Family Group Parent Agreement

- I understand my child may only use the downstairs toilet. Under no circumstances should a child be on the stairs or on the 2<sup>nd</sup> floor.
- If my child requires a warning before the group is due to end, I understand this is my responsibility and I will do this subtly so as not to impact attendees who find these warnings distressing.
- I understand I am responsible for my child at all times during AIM groups and activities.
- I understand that AIM staff cannot physically support or move my child, even with their consent unless there is imminent threat to life.
- I understand that I must act immediately if my child is at risk of harm or causing harm, and my immediate support or action will prevent or remove that risk or harm.
- I will let staff know of any potential triggers my child may encounter during the group.
- I will let staff know if my child is distressed, or becoming distressed, during the group.
- It is my responsibility to help my child to regulate. I understand AIM staff will support me if I am unsure how to do this.

# Lanyards

Lanyards are available in the front hall if visitors would like them:

You can choose from:



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

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

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

Please do not talk to me.

I am happy to interact.

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

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

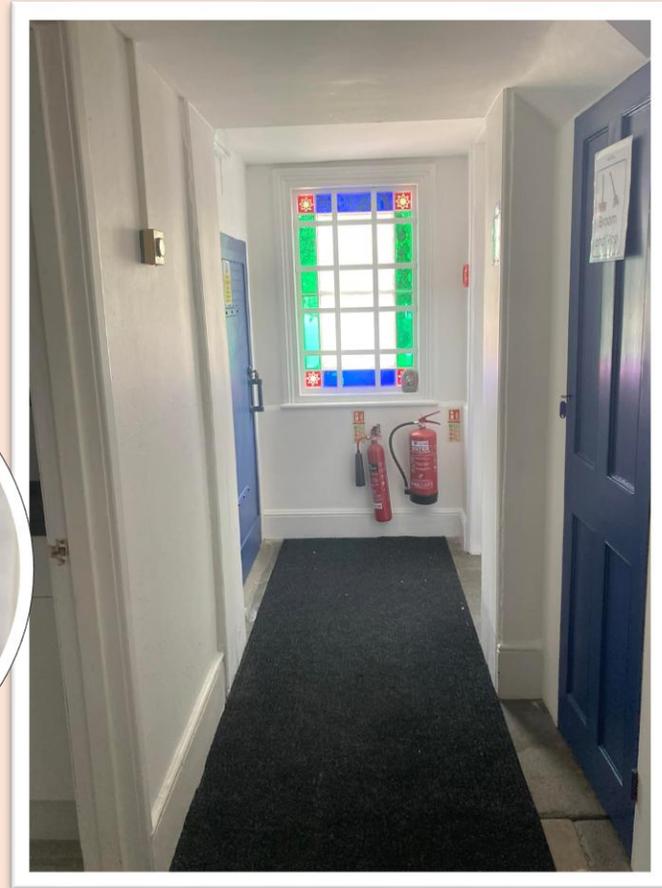
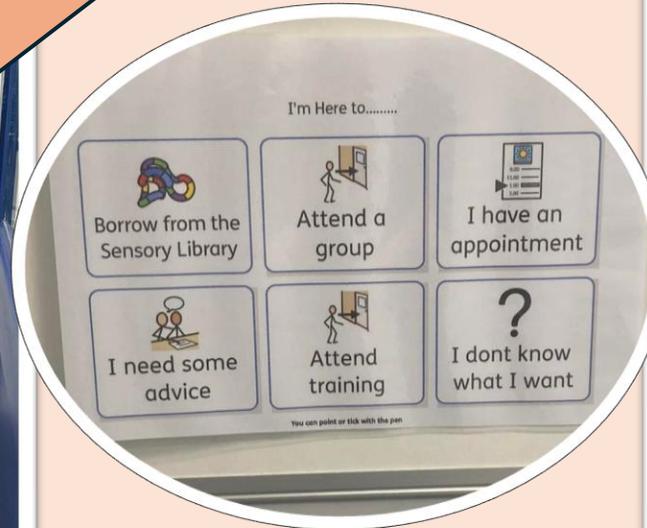
I want to be here, but I want to be left alone.

## What's Inside - Entrance Hall



Front Hall

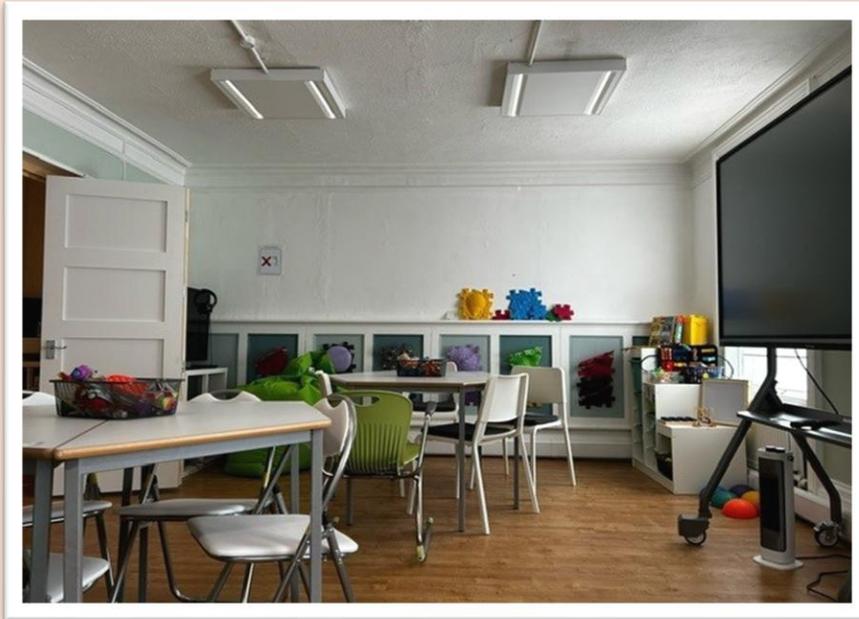
This is where you sign in.



Back Hall

## What's Inside - The AU-Zone

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



- Dimmable lighting
- Tactile floor tiles
- Sensory table
- Consoles
- Fidgets
- Trains
- Hot Wheels

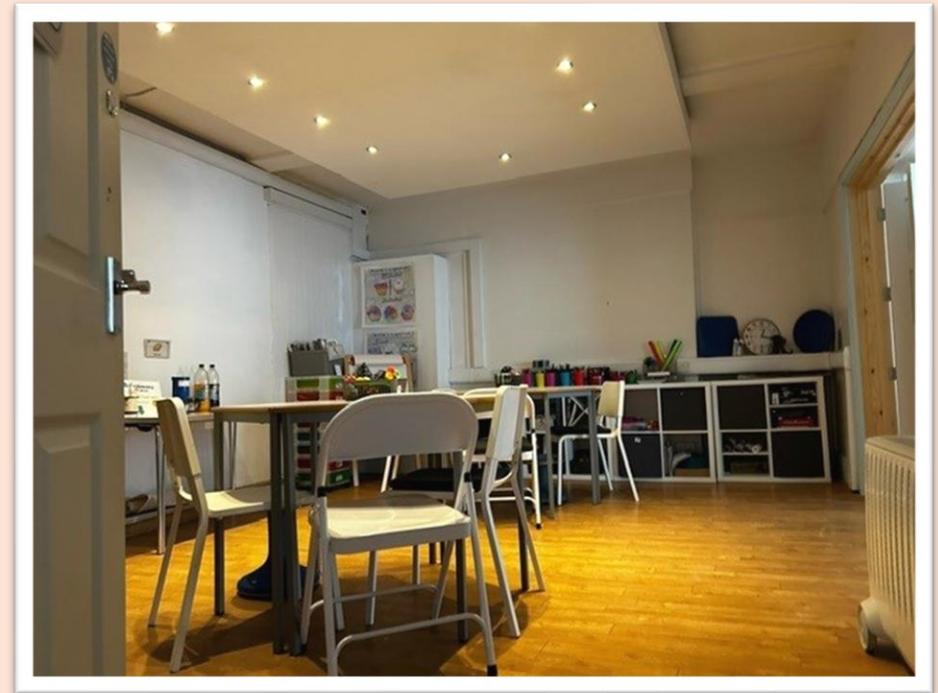
We also use this room for the Teen Short Breaks Dungeons & Dragons sessions

## What's Inside – The AU-Zone



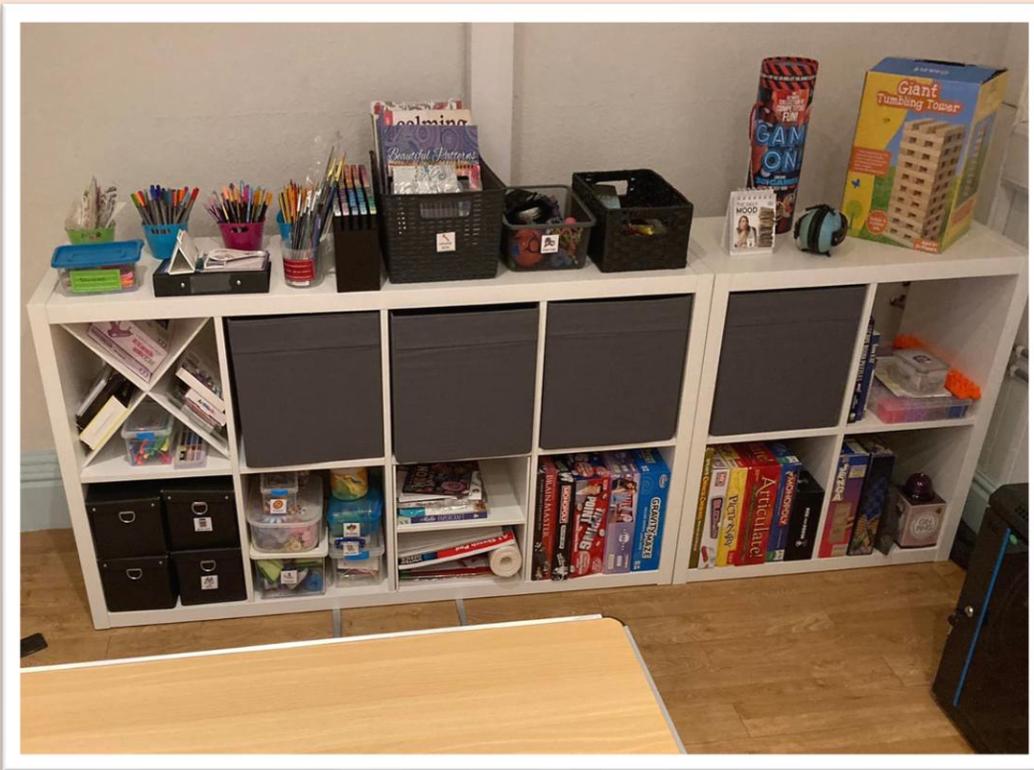
## What's Inside - The Link Zone

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



We also use this room for Adult Dungeons & Dragons sessions

## What's Inside – The Link Zone



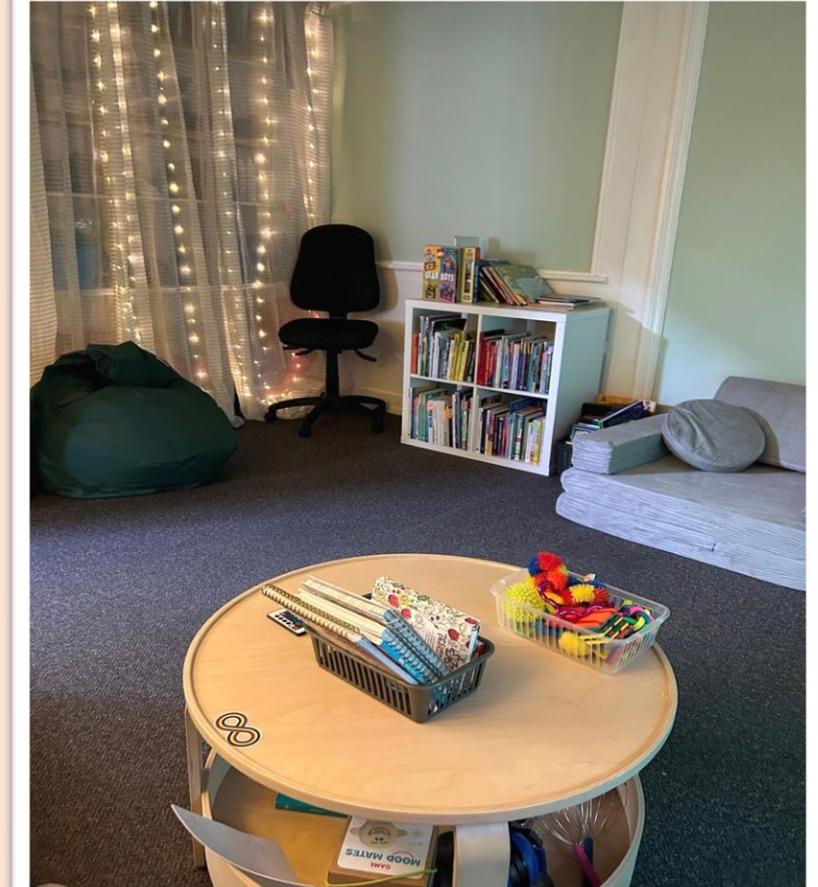
The Zuma  
Rocker...the  
most wanted  
chair in the  
AUtism Zone!



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

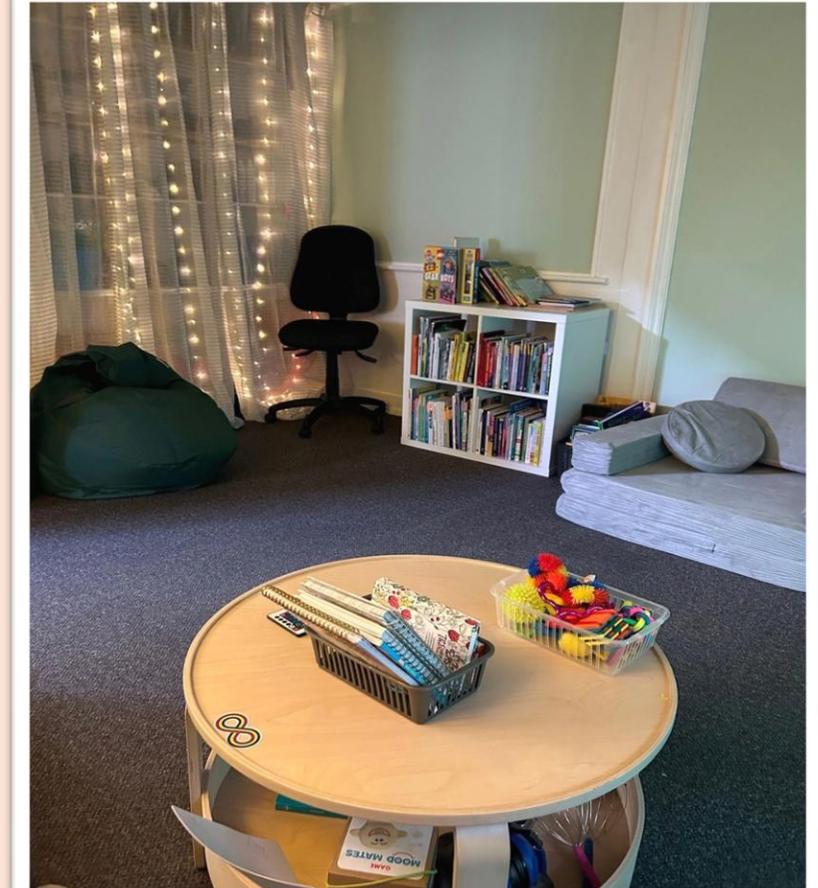
## What's Inside - The Quiet Zone

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

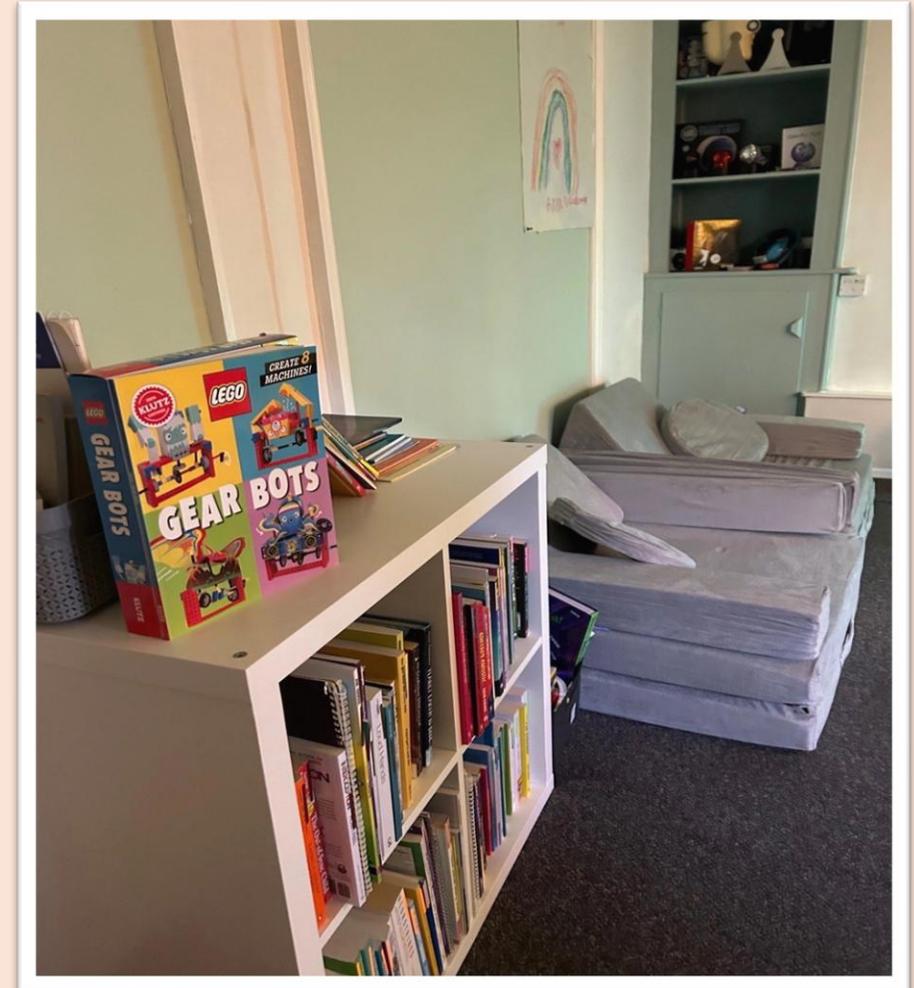


## What's Inside - The Quiet Zone

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
- Decaf coffee
- Hot chocolate
- Squash
- Biscuits



## What's Inside - Toilet

This is the accessible toilet on the ground floor



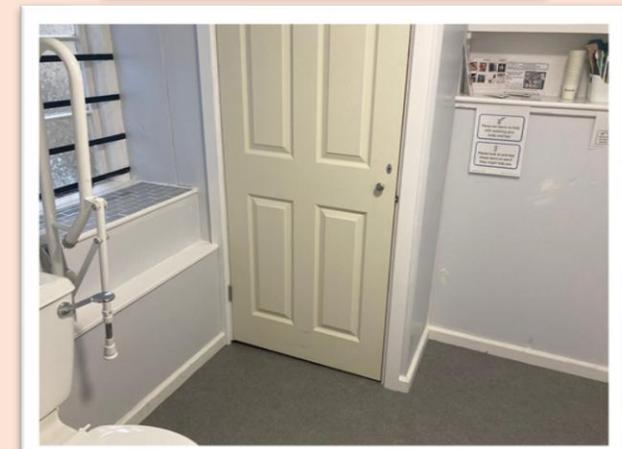
There is a raised toilet with a dropdown rail on the lefthand side.

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 - Toilet

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



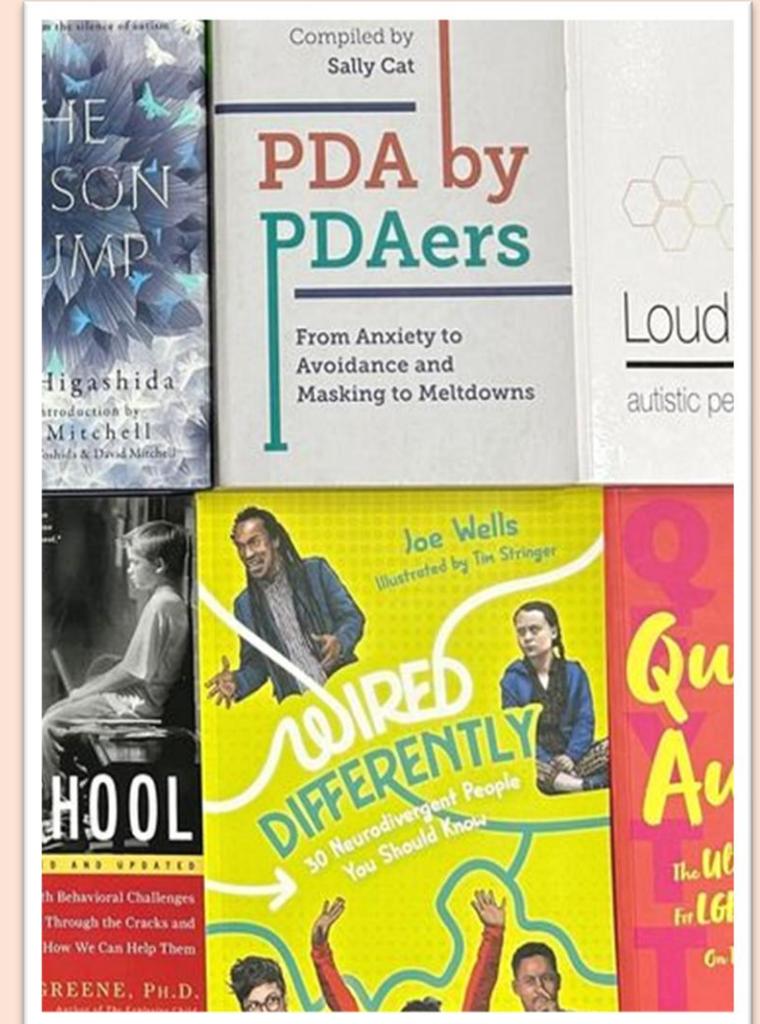
Any adult, young person or child with a sensory need can borrow items from the Sensory Library. They do not have to be autistic.

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

# Refreshments

**Refreshments are free, but we welcome donations.**

We have:

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

Refreshments are available at all times and attendees can help themselves.

There is no need to ask permission.

**Hot drinks are not available during 4-8 years and 9-12 years Family Groups for Health & Safety reasons**

- 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.



**Hot drinks can be made in the kitchen**

**Squash and snacks are kept on the trolley in The Link Zone**



## 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](#)