

An Introduction to...

The AU-tism Zone

Everything you need to know about visiting us.

support@aimisleofwight.co.uk

<https://aimisleofwight.co.uk>

07498 500 607 (TEXT ONLY)

[AIM Facebook](#)



Our Venue

Our Address

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

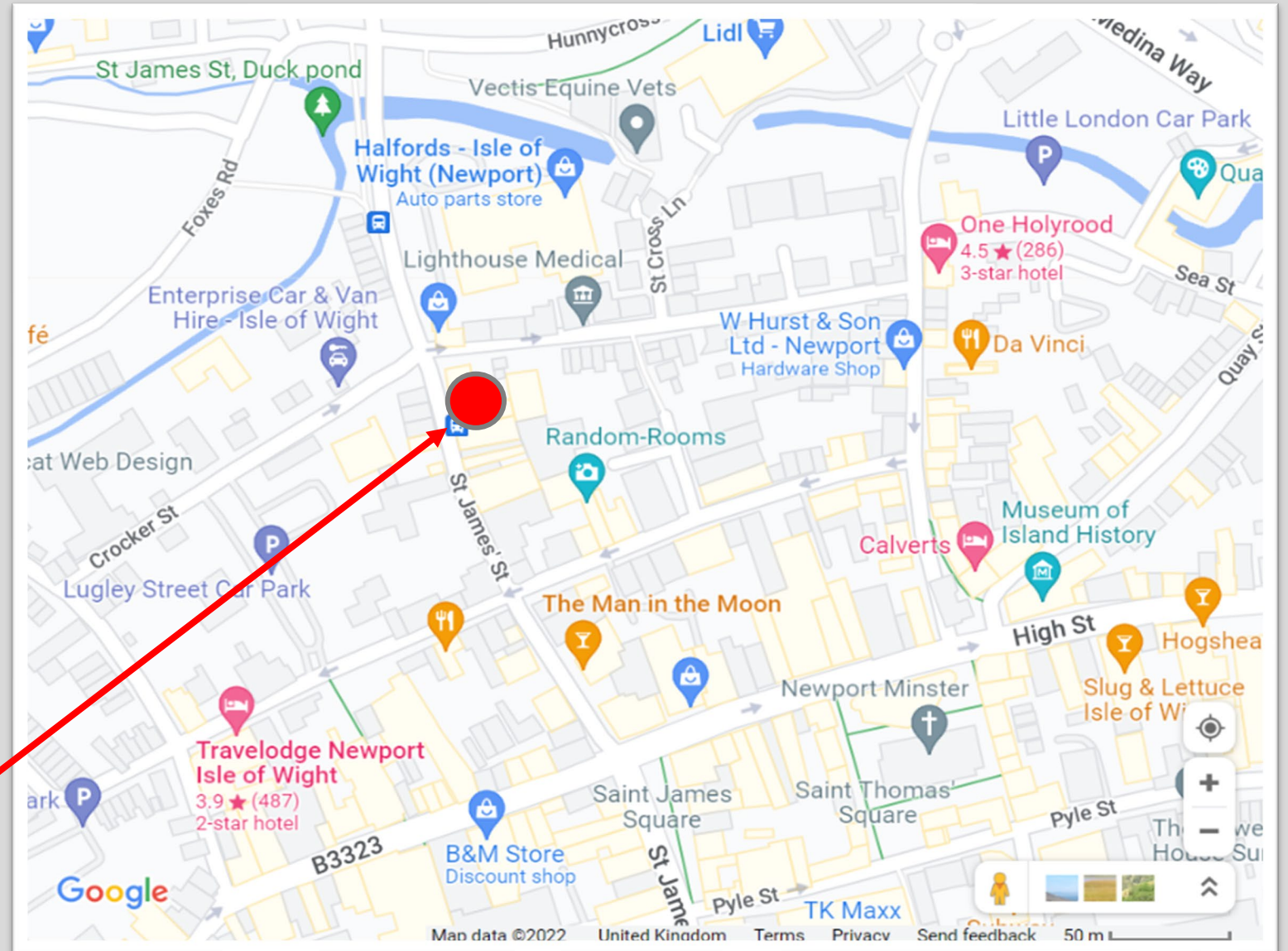
[Google Maps](#)

[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/>

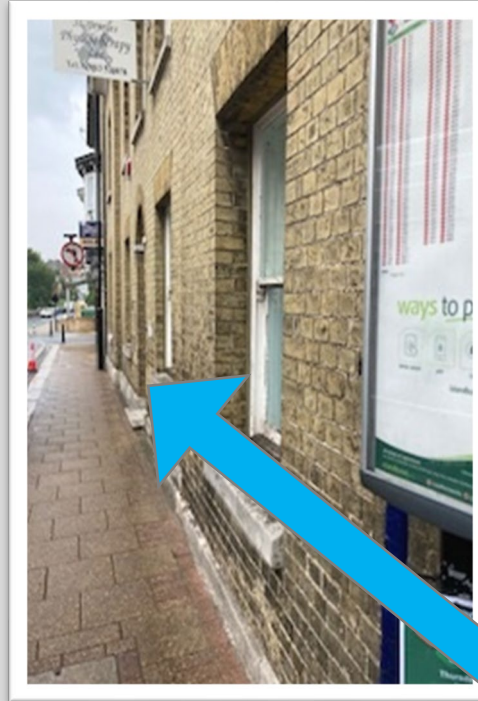
Coppins Bridge

30 minutes to 10 hours

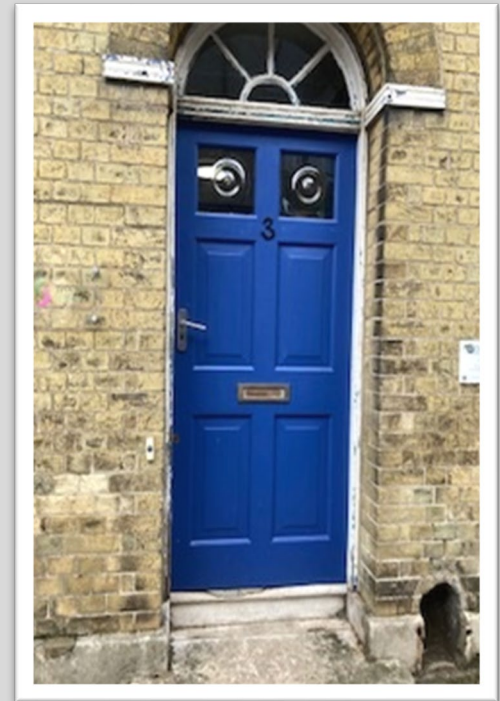
Getting To Us By Bus or On Foot



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



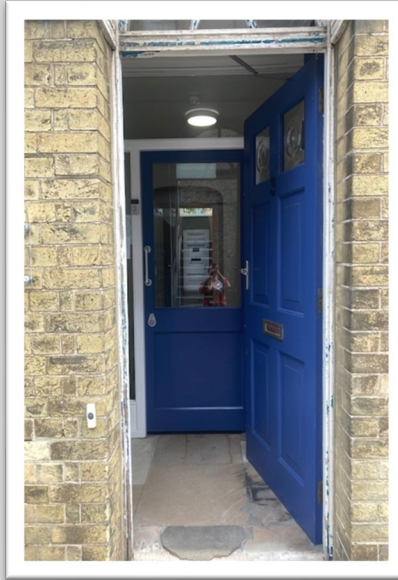
Our front entrance is here.



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.

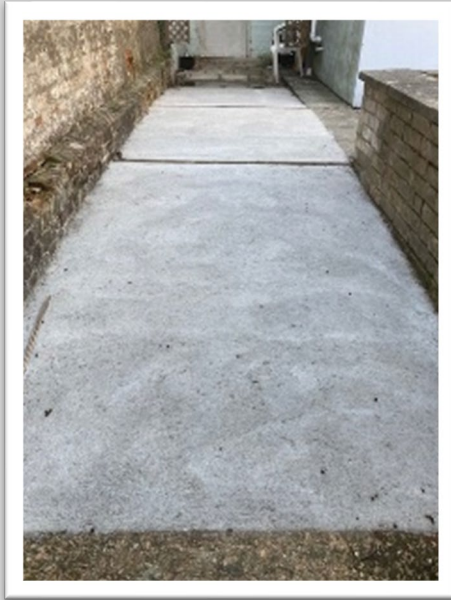
We share the front door with St. George's Physiotherapy. Sometimes they are in the building when The AU-tism Zone is closed.

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.

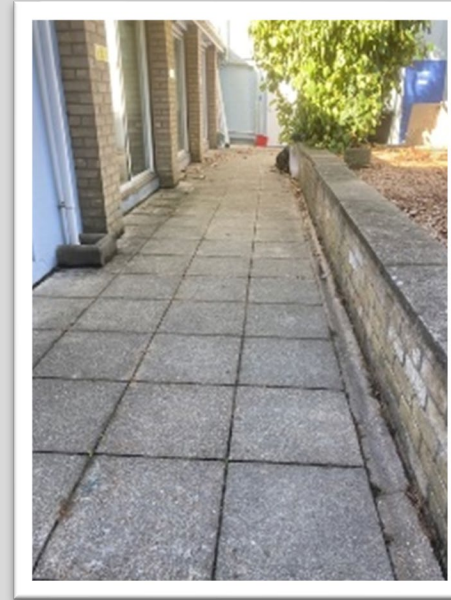
The AU-tism Zone Step-Free Access



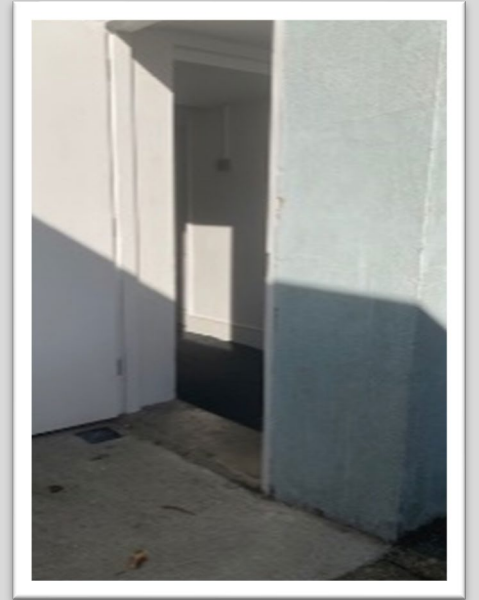
Step-free access is via Crocker Street through a 77cm wide, wooden gate.



There is then a shallow concrete ramp.



Then a section of patio.

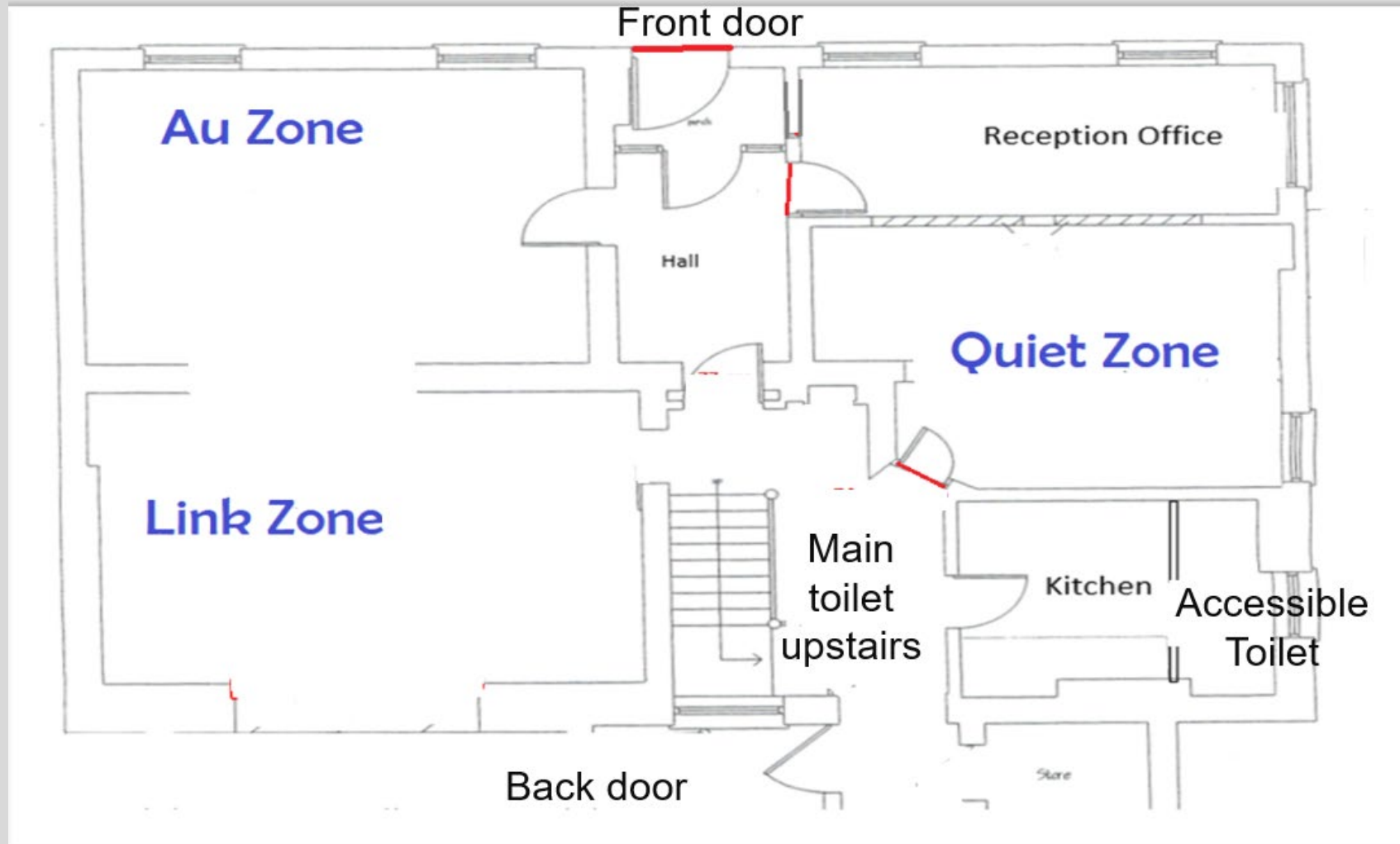


The back door opens outwards. There is a very slight lip shown in the picture. The rear door is 87cm wide.

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

What's Inside?

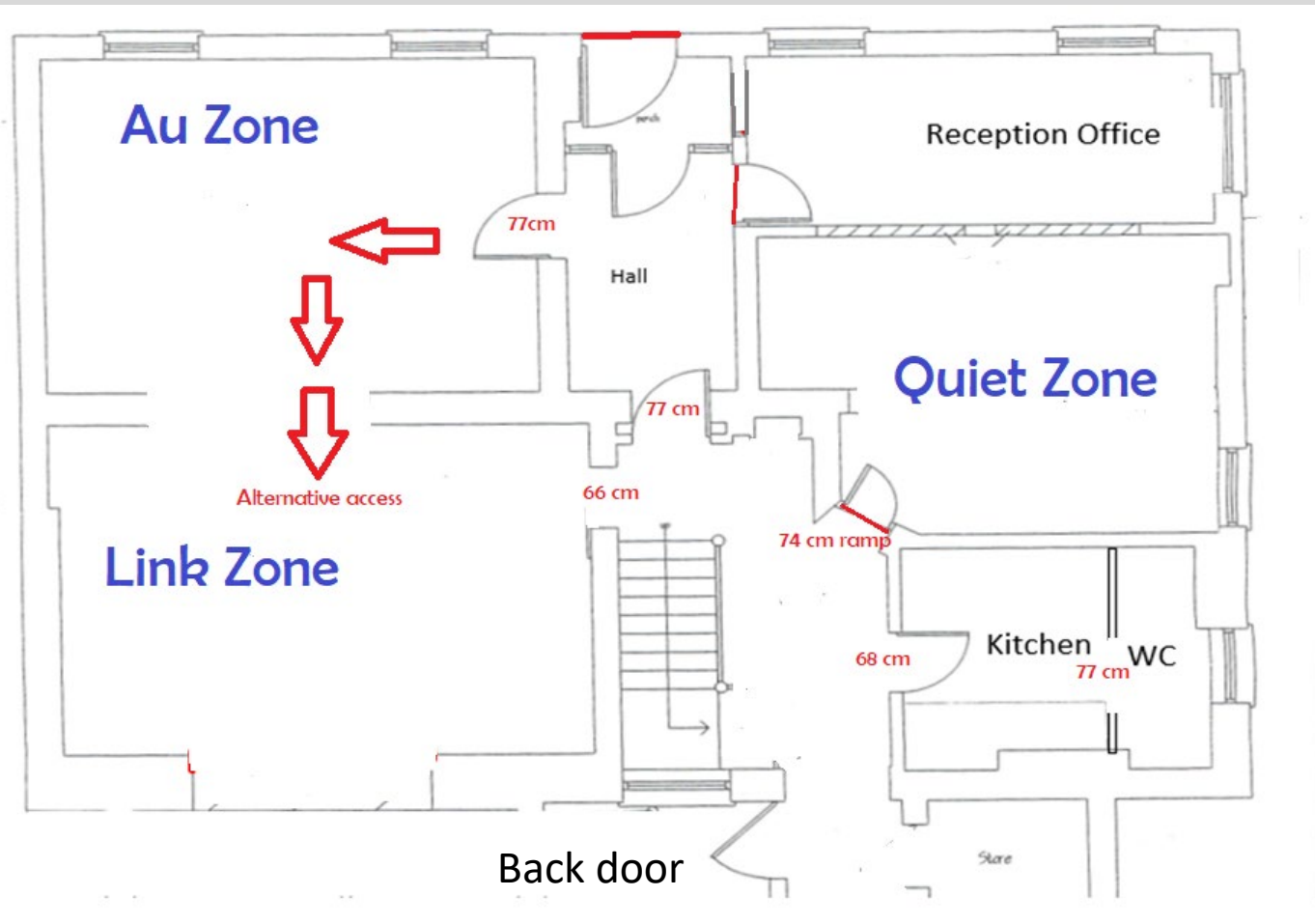
Floorplan



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

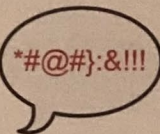


We respect the right to space, time, autonomy, privacy and the right to say no

AU-Tism Zone Teamwork



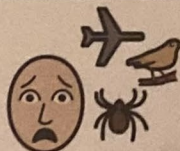
We don't talk about vaccines, conspiracy theories or any subject someone asks to be stopped. This helps to prevent arguments.



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.



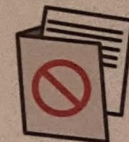
Physically hurting someone is not okay



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



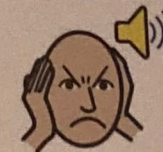
We try not to break equipment



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.

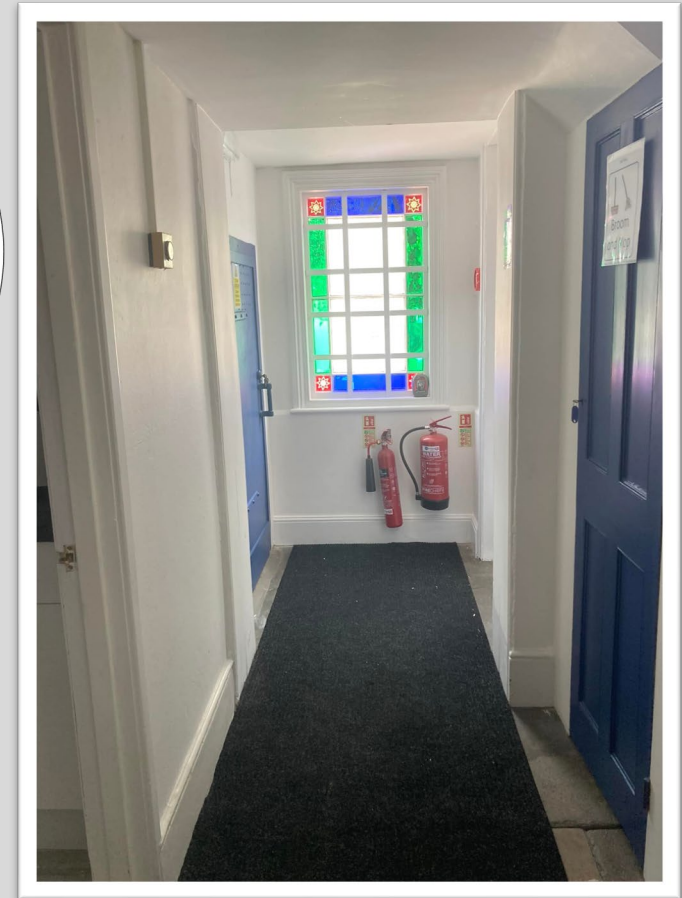
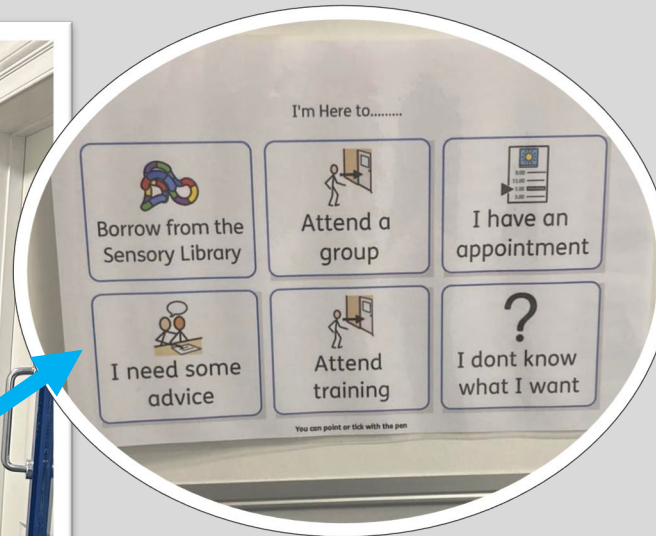
I want to be here,
but I want to be
left alone.

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

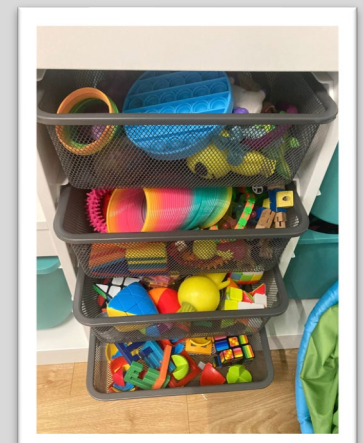
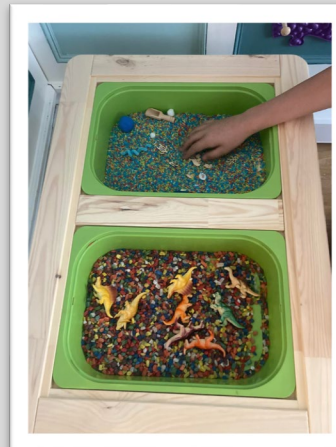
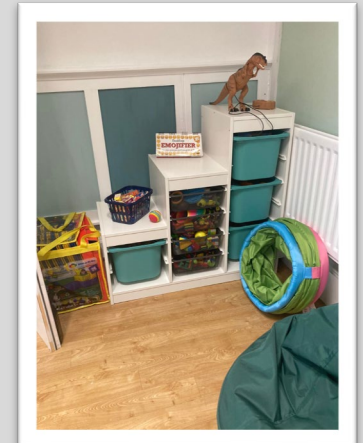
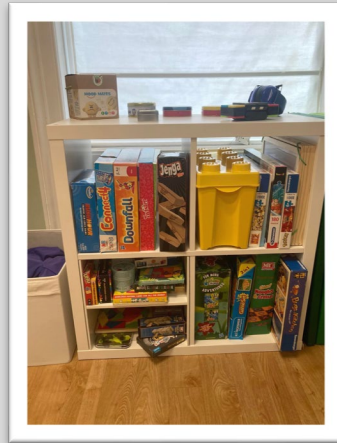
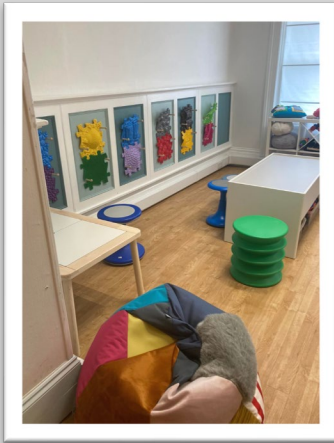


- Books
- Games
- Consoles
- Fidgets

- 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

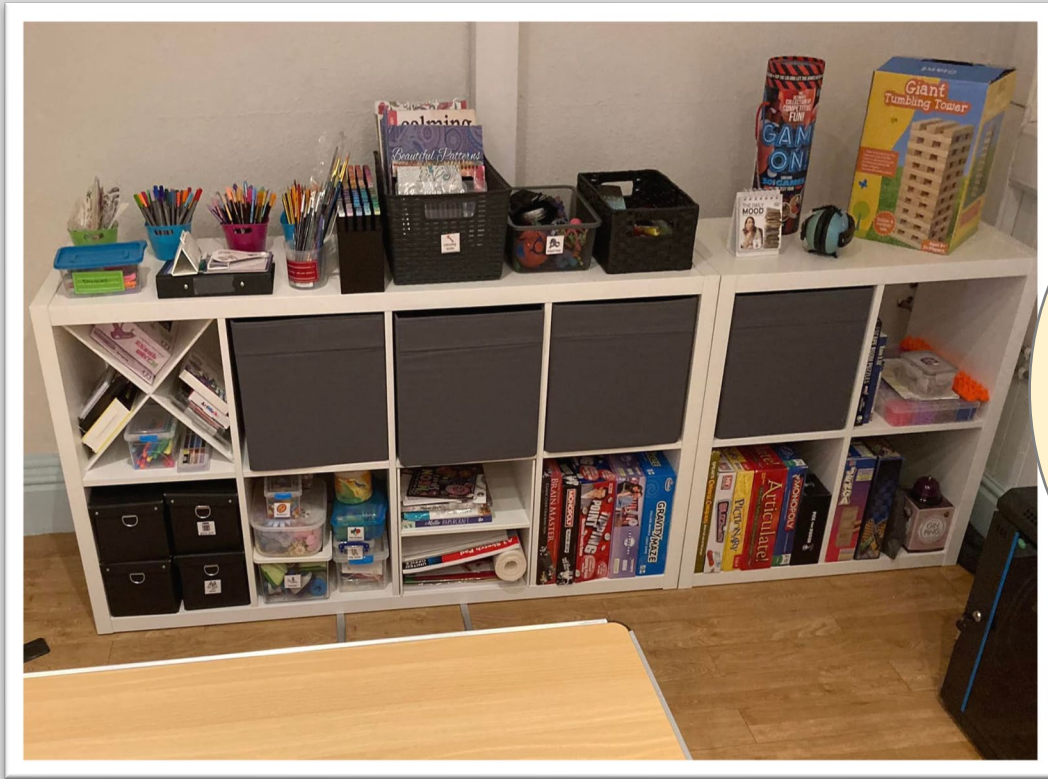
A space for connecting over shared passions, games and crafts.



A group 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

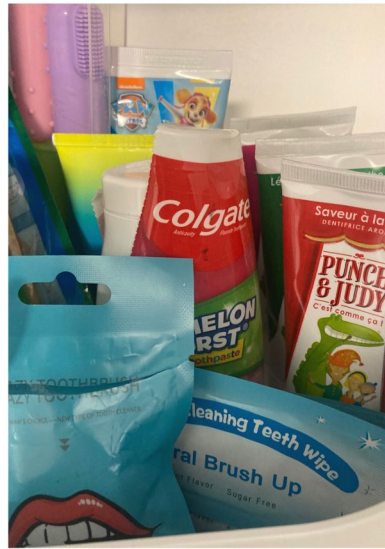
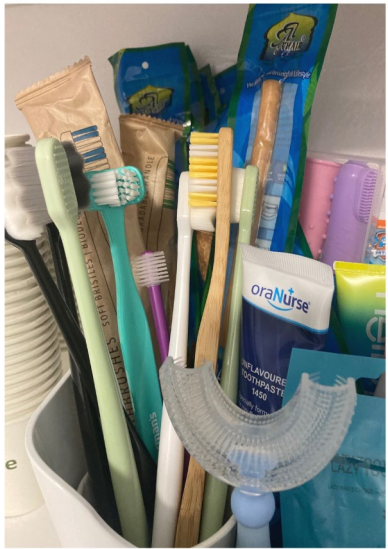
Aides can be borrowed for up to 2 weeks.

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

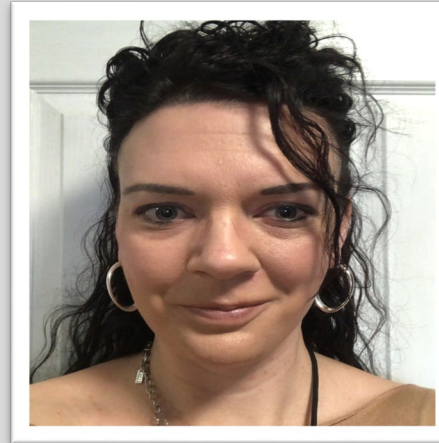
Aldo



Bex



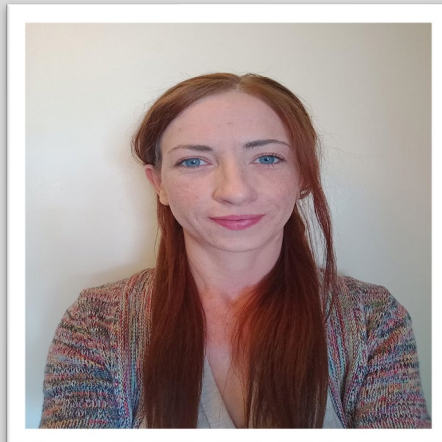
Claire



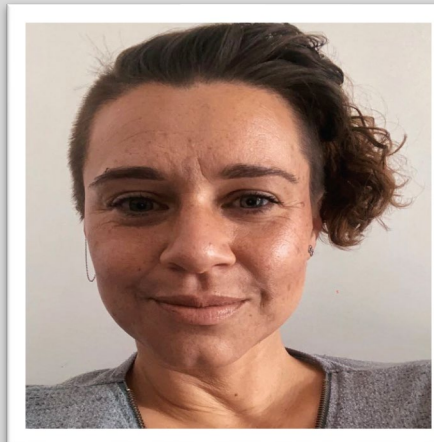
David



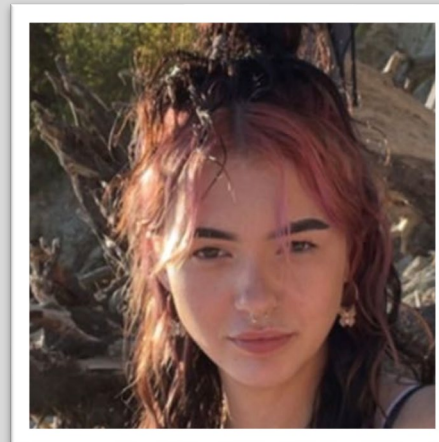
Gemma



Jude



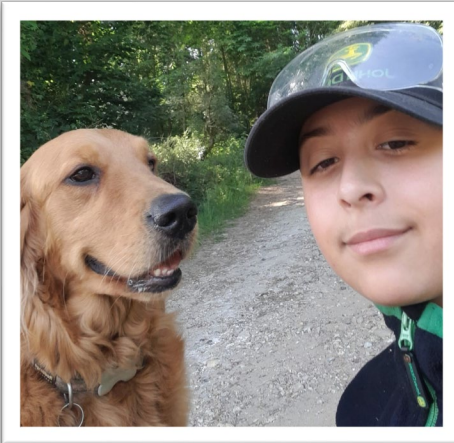
Layla



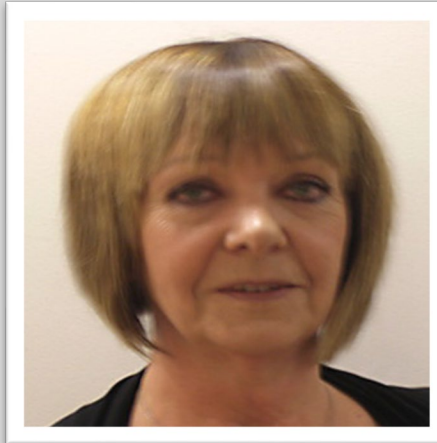
Please click [here](#) to see our teams' One Page Profiles

Meet The Team

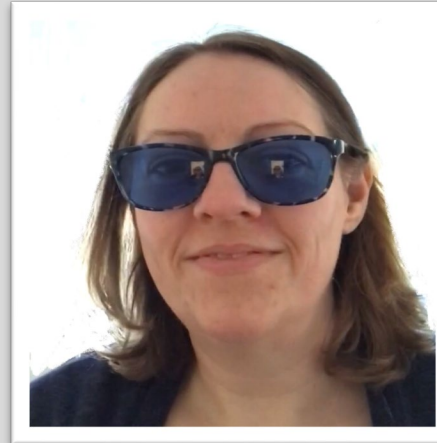
Harvey



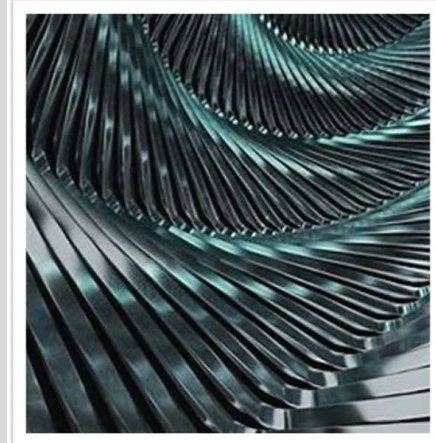
Linda



Stacey



Zoe



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

Meet The Team

Aldo – Peer Support Mentor



I am neurodivergent, have sensory processing differences and I am waiting to finalise the assessment. It has been a “fact” I have known for my entire life, but I reached an “eureka- no going back moment” -being hit the hard way- a couple of years ago. It wouldn’t be too much of a surprise if I had ADHD too, keeping still is not within my best abilities while my concentration fluctuates greatly depending on many factors. I can occasionally stare at people/body parts with/without realising it, some call this as being part of obsessive-compulsive disorder (OCD). I have alexithymia which I would describe as being almost incapable to recognise and describe most of my own self and sometimes others’ emotions. Big mood swings are what I do and anxiety has shadowed me for most of my life.

Talk to me about

- Autism as a healthy, natural brain difference and the difficulty living in a society made for allistic people.
- Physical, mental health and well-being.
- Relationships and their dynamics.
- Intersectionality.
- Exercise/sports (ton of data on good outcome).
- Nutrition (and its fairy tales).
- Systemic thinking/ relationally responsive interactions.
- A medical system that over medicates. Instead, how about, less pills, more skills.
- Anything you would like to focus on, I’ll be happy to learn from your own experiences!

Meet The Team

Bex – Peer Support Mentor



I am cheese loving Bex!

I was diagnosed with both autism and ADHD in my 30s and it was as if everything fell into place!

I am more than happy to fidget, stim and cannot sit or stand still for long.

Talk to me about:

- Skin picking and scarring
- Stimming
- Wellness via nature
- Domestic abuse
- Stalking
- Eating disorders

Meet The Team



Claire – Service Manager

My name is Claire. I am 42 years old and 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

Gemma – Peer Support Mentor



I was diagnosed autistic as an adult. I am a mother to a uniquely amazing son and currently a biomedical science student. I have HSD and chronic pain from several physical conditions as well as CPTSD. I love science and nature, especially the woods and butterflies. I love dystopian fiction and when my shoulder allows, I enjoy drawing, painting and baton twirling.

Talk to me about

- Adult diagnosis
- Anxiety/ depression/trauma/disordered eating and support pathways
- Self-medicating
- Chewing/ picking and other stimming behaviours
- Accommodations in educational settings/ returning to education
- Parenting challenges and accessing support as an autistic parent
- Physical disability/ co-occurring conditions
- Being an autistic female
- Your deep diving passions; if you are interested then I am interested!

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.

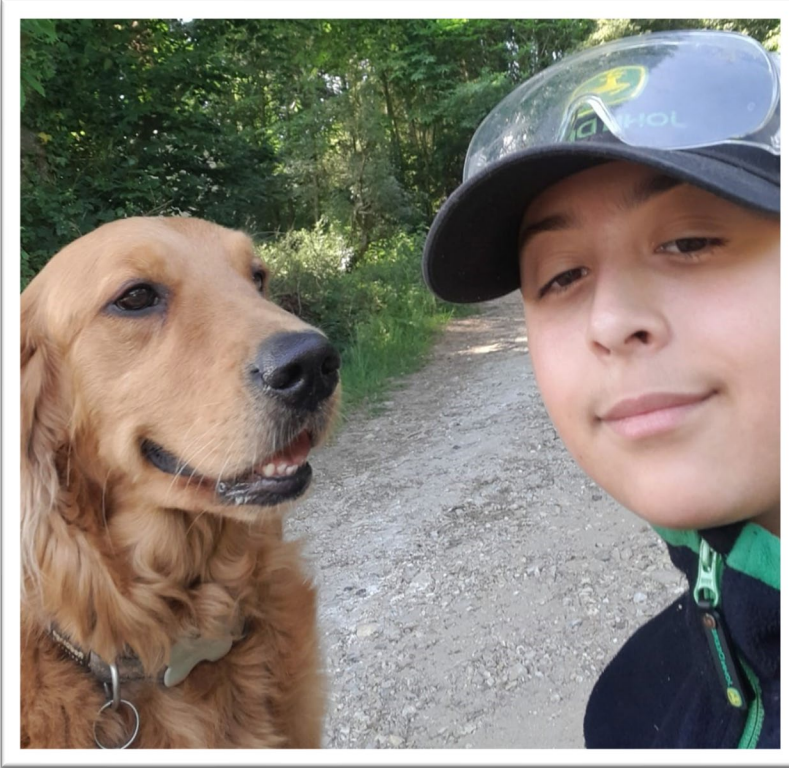
I find it hard to process and remember lots of information. One or two things at a time, or writing lists is really helpful.

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.

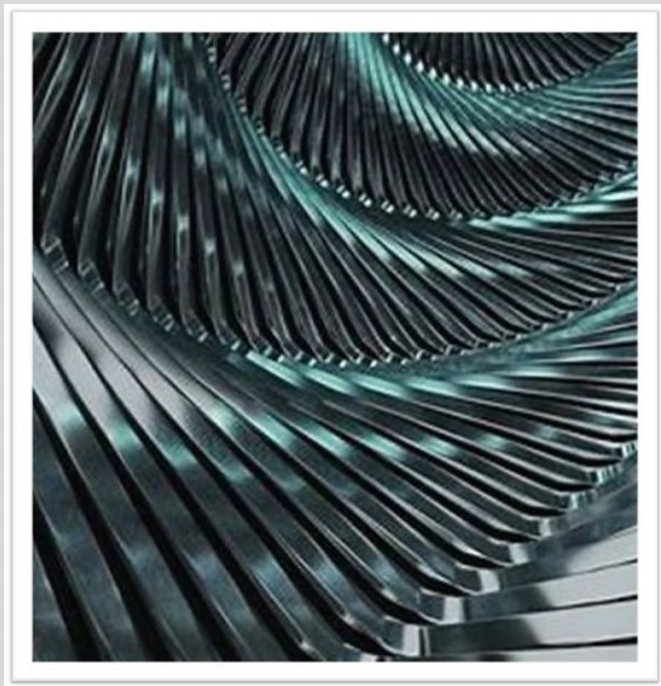
Meet The Team

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'

All Groups

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

Mondays

Adult Info & Support Session

18+ years

Every 4 weeks: 14:00-15:30

Adult Drop in Session

18+ years

Every 4 weeks: 1pm-3pm

D&D (Short Breaks)

13-19 years

Weekly: 16:30-18:30

Adult Social Group

18+ years

Every 4 weeks: 19:00-20:30

Waiting for an Assessment Adult Social Group

18+ years

Every 4 weeks: 19:00-20:30

Tuesdays

16-25 Social Group

16+ years

Every 4 weeks: 18:00-29:30

Adult D&D One-Shot Group

18+ years

Every 2 weeks: 13:00-15:00

Wednesdays

Children & Family Drop In

Every 2 weeks: 14:30-16:00

Family Group 4-9 years

Every 2 weeks: 16:30-18:00

Family Group 8-12 years

Every 2 weeks: 16:30-18:00

Teen Chill Group

12-17 years

Every 4 weeks: 17:30-19:00

Women/Girls Group

NB & Trans Inclusive

All ages

Every 4 weeks: 17:30-19:00

Thursdays

I AM - 8-12 years

Parent referral only

Autistic Anxiety - 10-17 years

Parent referral only

Adult D&D Campaign Group

18+ years

Every 2 weeks: 19:30-21:30

Adult Post Diagnostic Workshops

Times vary, please see website for more details.

We understand that attending groups and 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 a group.

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

Groups

**A diagnosis is not needed to attend our groups.
We welcome self-diagnosis and those exploring the possibility they may be autistic.**

Refreshments are available during all groups.

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 during groups.

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

Groups

Dungeons & Dragons – Short Breaks

Staffed by:

- David
- Bex

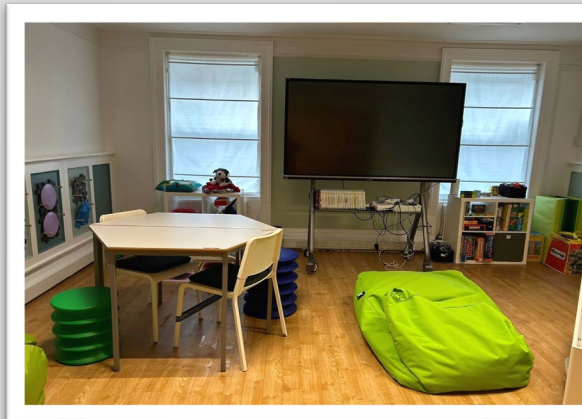
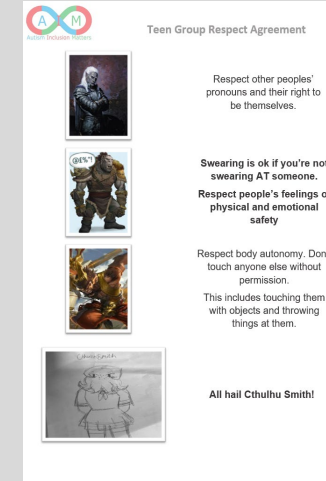
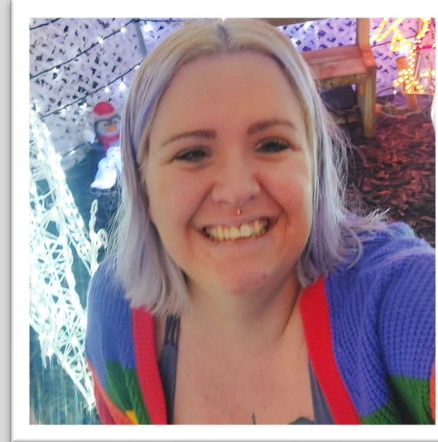
**This group costs
£4.50 to attend.**

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

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

This group takes place in:

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



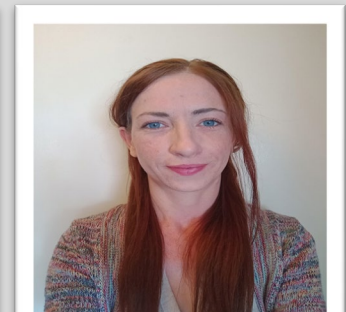
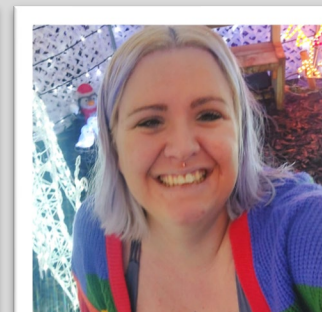
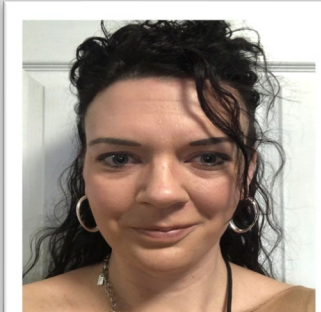
Groups

Adult Social Groups

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.

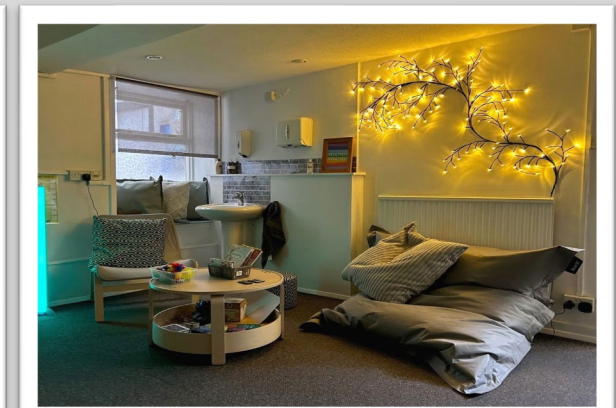
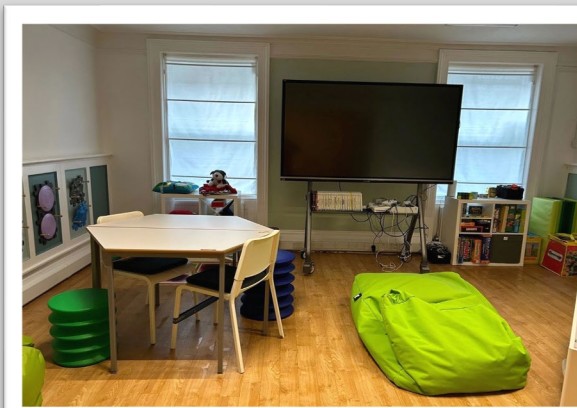
Staffed by a mix of:

- Claire
- Jude
- Aldo
- Gemma
- Bex



This group takes place in:

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



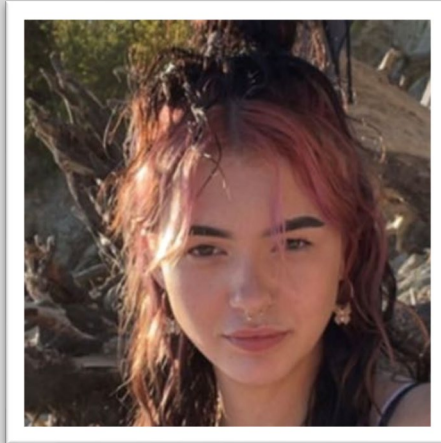
Groups

16-25 Social Group

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.

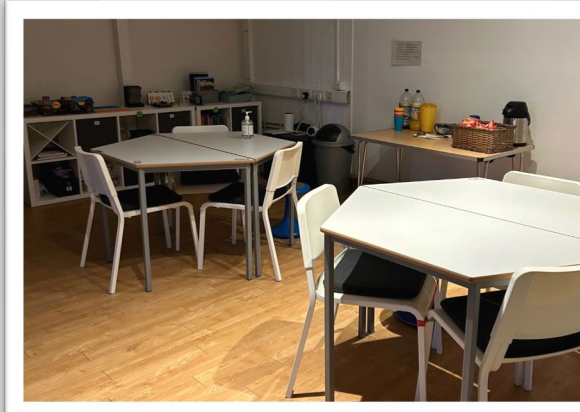
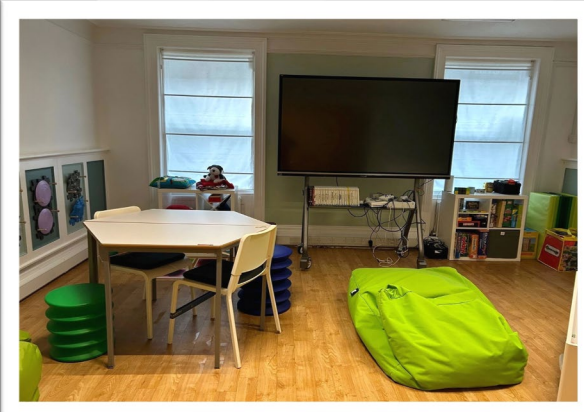
Staffed by:

- Layla
- Bex



This group takes place in:

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



Groups

Adult Pre-Diagnosis Social

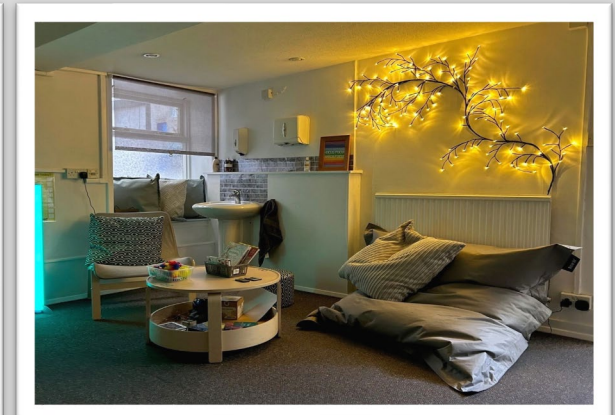
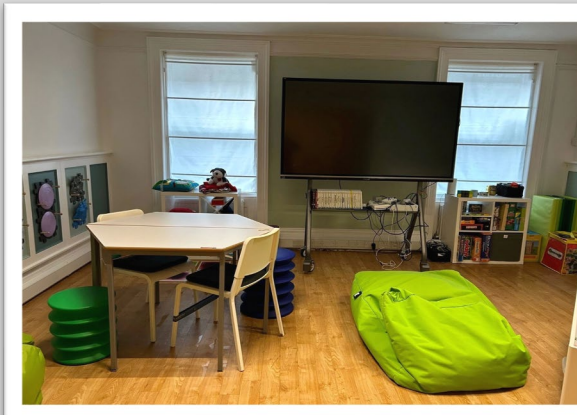
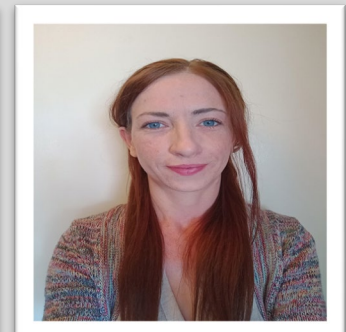
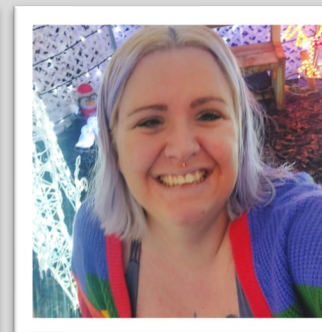
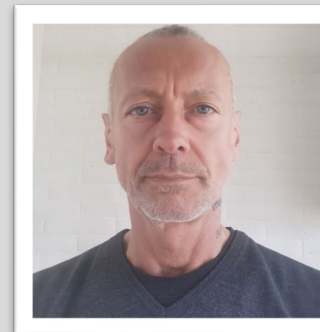
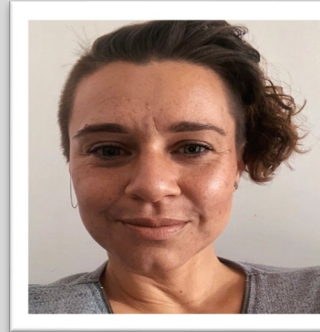
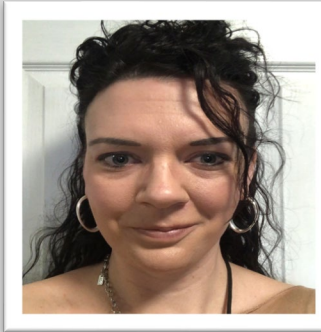
You may bring someone with you for the first session if you feel anxious or need other support from them, however, this is not a group for family members, carers or supporters.

Staffed by a mix of:

- Claire
- Jude
- Aldo
- Gemma
- Bex

This group takes place in:

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- The Quiet Zone

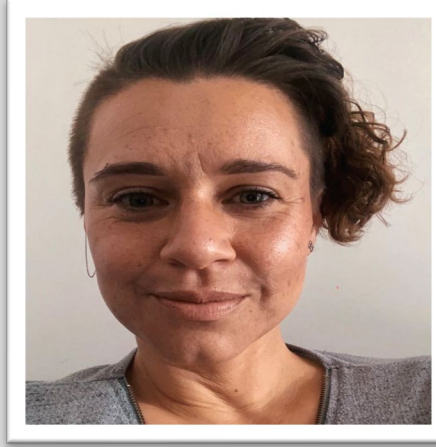


Groups

4-9 Years

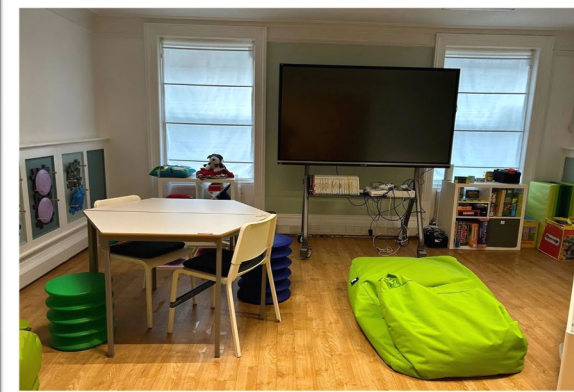
Staffed by:

- Jude
- Layla
- Bex



This group takes place in:

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- The Link Zone
- The Quiet Zone

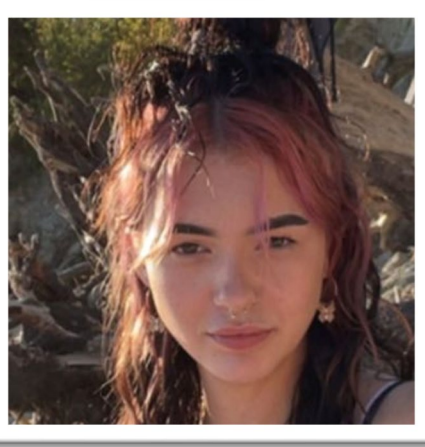
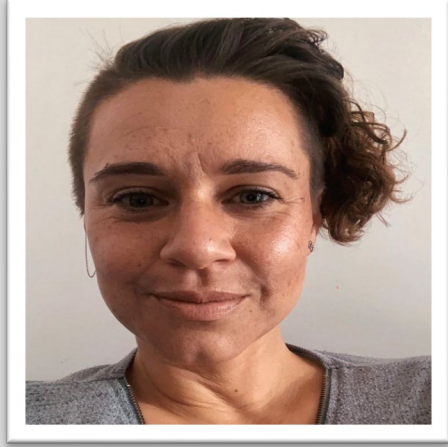


Groups

8-12 Years

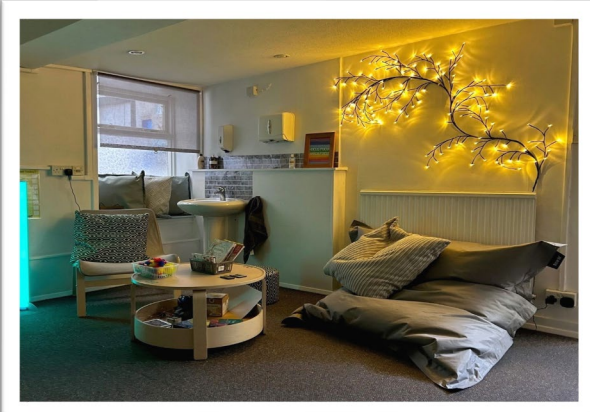
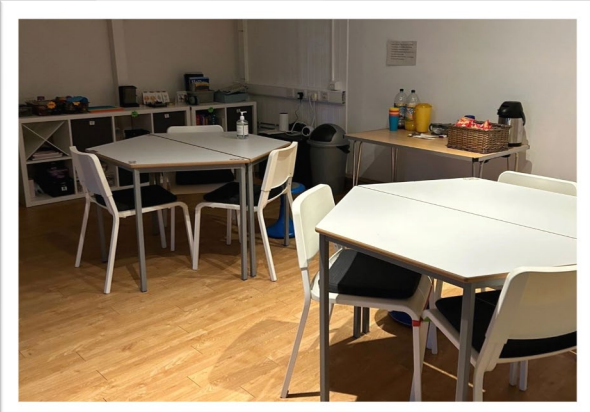
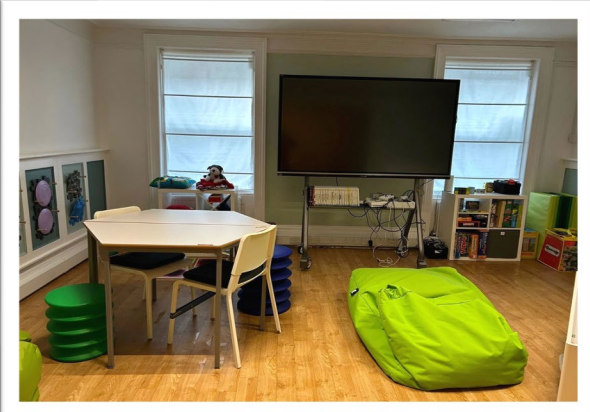
Staffed by:

- Jude
- Layla
- Bex



This group takes place in:

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- The Quiet Zone

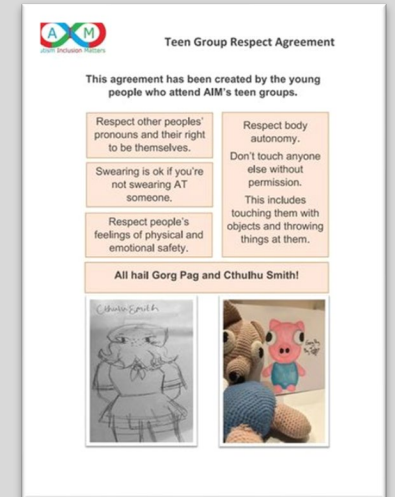
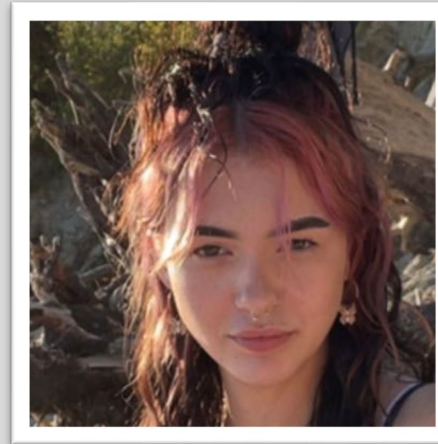
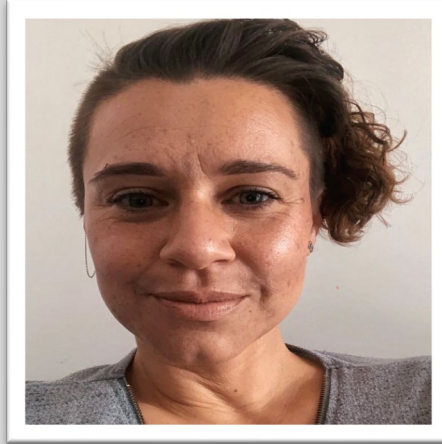


Groups

Teen Chill Club

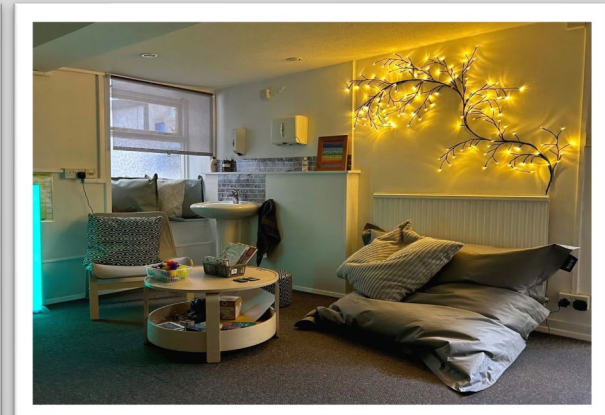
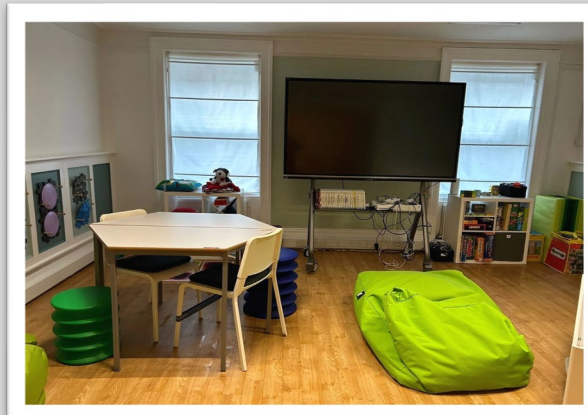
Staffed by:

- Jude
- Layla
- Bex



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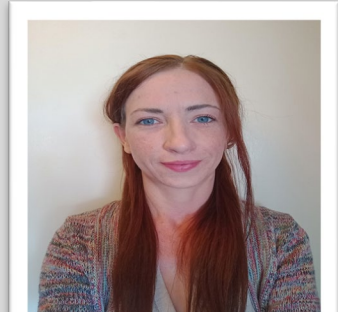
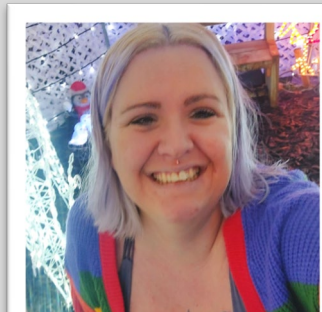
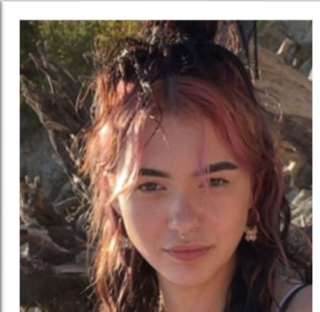
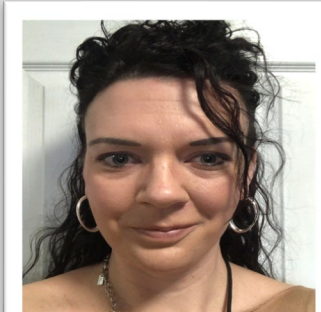


Groups

Women & Girls

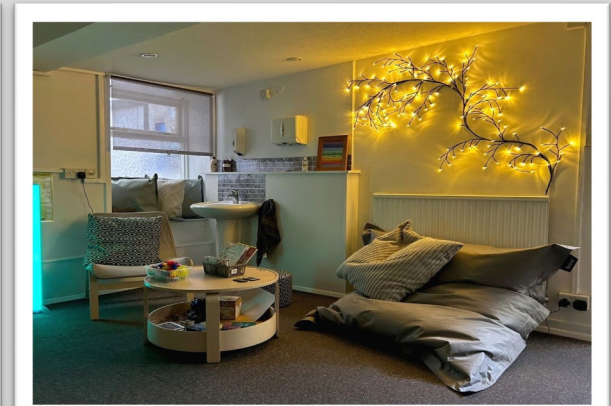
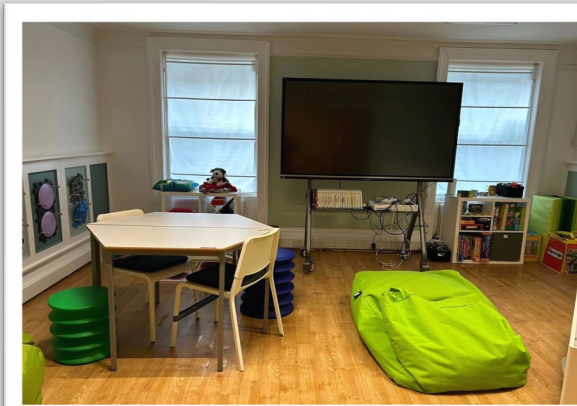
Staffed by a mix of:

- Claire
- Jude
- Gemma
- Layla
- Bex



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Groups

Dungeons & Dragons – Adults – Campaign

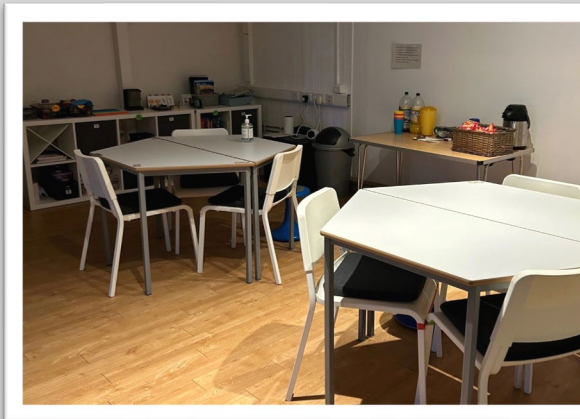
Staffed by:

- David



This group takes place in:

- The Link Zone
- The Quiet Zone



Groups

Dungeons & Dragons – Adults – One Shot

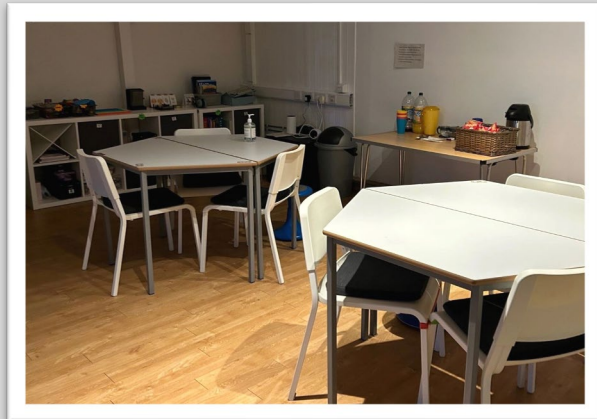
Staffed by:

- David
- Bex



This group takes place in:

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- The Quiet Zone

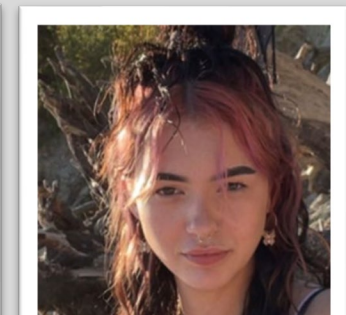
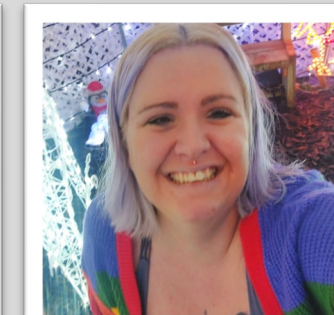
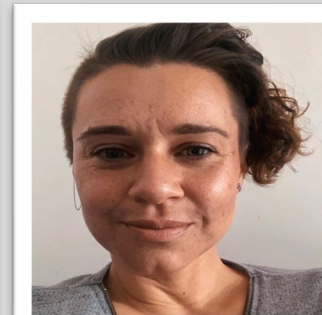
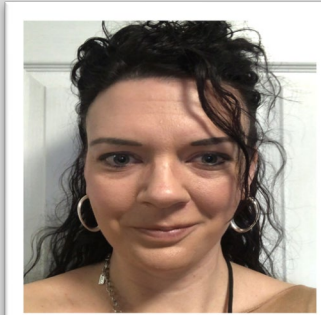


Parent & Carer Sessions

Family Information Evenings

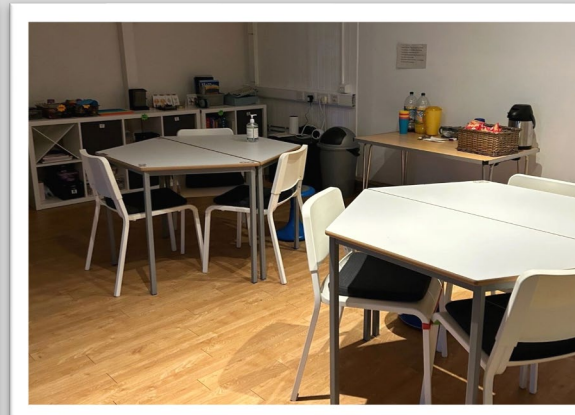
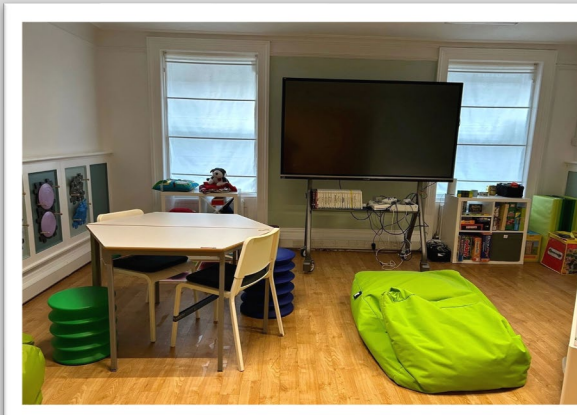
Staffed by:

- Claire
- Jude
- Layla
- Bex
- Aldo



These sessions take place in:

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- The Link Zone
- The Quiet Zone

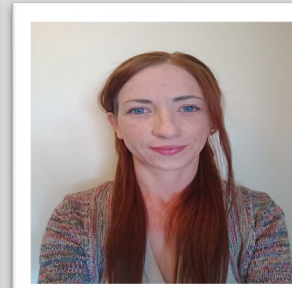
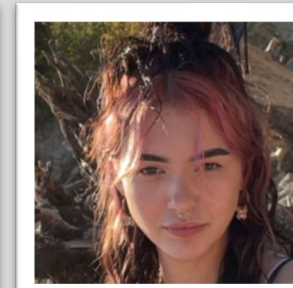
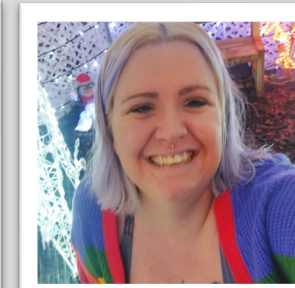
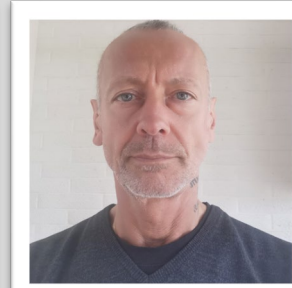
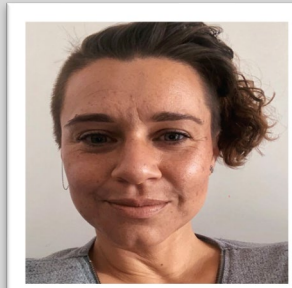
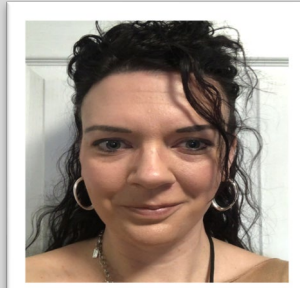


Workshops

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

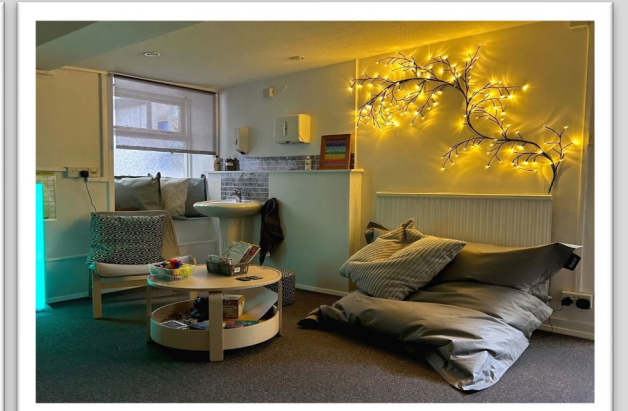
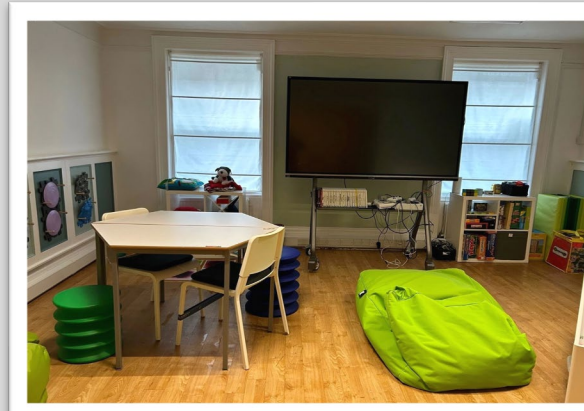
Workshops for adults are delivered by:

- Claire
- Jude
- Aldo
- Gemma



Workshops for children and young people are delivered by:

- Jude
- Bex
- Layla



Workshops take place in:

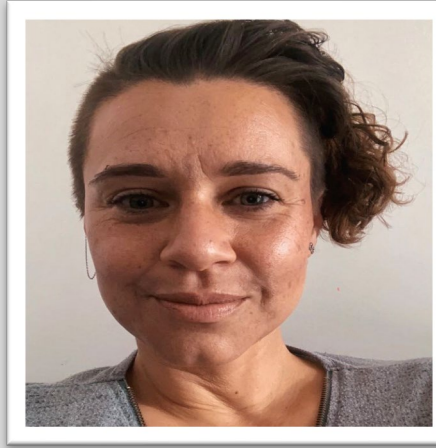
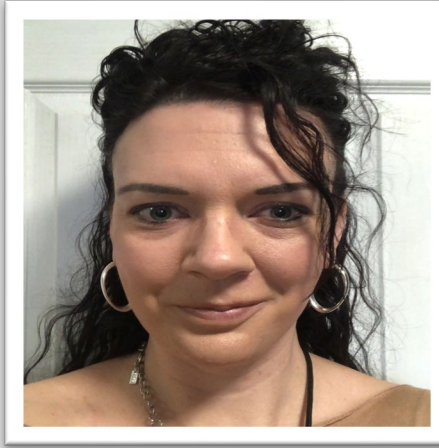
- The AU Zone
- The Link Zone
- The Quiet Zone

Training

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

Training is delivered by:

- Claire
- Jude



Training takes place in:

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- The Link Zone
- The Quiet Zone

