

#001

# NEWSLETTER

DECEMBER 2020



I AM

celebrating autism  
in greater manchester

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[www.i-am-autism.org.uk](http://www.i-am-autism.org.uk)



Dear Member

We hope you are all well and looking forward to Christmas. For some individuals however, Christmas creates a range of different challenges. Changes to routines, the never-ending Christmas tunes, and increased social activity that comes with a seemingly new set of season specific social conventions to navigate and for some increased feelings of loneliness.

Christmas this year is likely to be a bit different but however you choose to deal with it, even if its to not celebrate it, that's absolutely fine.

Here at I AM we will be available to offer support if you need it, but the centre will be closed during the holidays. Our opening times are

**CHRISTMAS EVE,  
THURSDAY DECEMBER 24TH, 2020  
CLOSE AT 12.30PM  
REOPEN MONDAY JANUARY 4TH, 2021 AT 9.00AM**

We are here to help, if you are struggling with anxiety, loneliness or experiencing difficulties with carrying out day to day activities let us know and we will be able to support you.

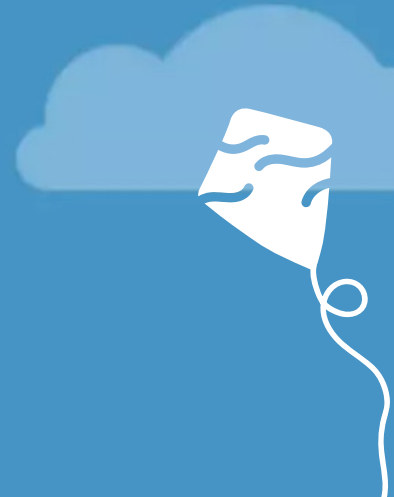
# GET IN TOUCH AND STAY IN TOUCH

We love hearing from our members so please do get in touch and stay in touch with us.

We have been very busy planning our activities schedule for next year. It has some of your favourites in it but also lots of new activities. We will start to share information about these over the coming weeks.

If you have any ideas for activities that you would like to do, that we can organise for you, then let us know and we'll try to set them up for you once we are able to return to face to face activity. In the meanwhile, stay safe and stay in touch.





It is very easy to feel alone and isolated perhaps even more so during the Christmas Season.

I AM is continuing to hold regular Zoom Chats. These are for any member who would like to join the conversation and just connect with other people.

Our Zoom Chats are facilitated by our Key Workers so don't worry if you are a bit concerned about talking with others. Our Key Workers are there to keep the conversations going and they are a safe space. You don't even have to have your camera on or talk if don't want to.

**ZOOM CHATS FOR MEMBERS UNDER 18 YEARS**

**Mondays 4.00pm – 5.00pm and Fridays 11.00am – 12 noon**

**ZOOM CHATS FOR MEMBERS OVER 18 YEARS**

**Thursdays 1.00pm – 2.00pm**

Contact [admin@i-am-autism.org.uk](mailto:admin@i-am-autism.org.uk) if you would like to join.

# SAVE THE DATE

The Annual General Meeting of I AM will be taking place on **January 26th 2021.**

In the current circumstances this is likely to be a virtual event. More information and papers will be sent out to members shortly





# CHRISTMAS JUMPER DAY DECEMBER 11TH 2020



Although we can't hold face to face activities at the moment that doesn't stop us getting into the Christmas spirit.

In order to brighten things up here at I AM we have decided to dedicate December 11th as Christmas Jumper Day. So dig out your wildest and brightest Christmas jumper and wear it on this day. Maybe you might even like to decorate your own jumper. The I AM staff will be joining in so look out for photos of us wearing our Christmas jumpers.

## WINTER WALK PHOTO COMPETITION DECEMBER 14TH TO 20TH

Although this time of year the weather isn't always great, the scenery in winter can be just as beautiful. Everyone has spent a lot of time inside this year so here at I AM we decided to get out for some fresh air.

Although we can't all walk together as a group yet, although watch this space for the relaunch of our walking group, we can all get out and enjoy the scenery and enjoy the winter air.

We know that many of you are talented photographers and therefore we have decided to combine our winter walks activity with a photography competition. Between the 14th and 20th of December go for a winter walk, it could be in the countryside or the town or even in your back garden and while you are out take a photo of your walk and submit it by email for our photo competition.

[admin@i-am-autism.org.uk](mailto:admin@i-am-autism.org.uk)

**WE WOULD LOVE TO RECEIVE PHOTOS OF YOU ALL WEARING YOUR CHRISTMAS JUMPERS SO PLEASE DO SEND THEM THROUGH TO US.**

**WHY NOT ENCOURAGE YOUR FRIENDS AND FAMILY TO JOIN IN AND MAKE A DONATION TO I AM**  
[CLICK HERE](#)





# FUNDRAISING ACTIVITIES

I AM is a charity and therefore we always need to raise money to support the work that we do. The more we raise the more we can do to support people with ASC.



These are very challenging times for many individuals and their families and here at I AM we want to be able to continue to provide support for those we need it. Christmas is the season of goodwill and giving. If you would

like to support our work then here are some ideas and ways that you can support us.

**If you shop at Amazon you can now shop at Amazon Smile and donate to us at no extra cost to you by clicking here**

On your browser, you may also want to add a bookmark to **smile.amazon.co.uk** to make it even easier to return and start your shopping at Amazon Smile.

## NEW MEMBERS OF THE I AM TEAM

We have some very exciting news from I AM with two new team members joining us shortly.

We will soon be welcoming a new team member to work on our Communications and Marketing activities.



And we have a new mascot. We are delighted to introduce Rexy. Rexy will be visiting the I AM centre from time to time and we are sure you are all going to love meeting him and getting to know him. We will be posting lots of Rexy "Pup-dates" on our social media pages so you can follow his progress.

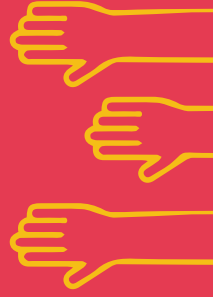
Remember - I AM is here to help and support you just drop us an email: [admin@i-am-autism.org.uk](mailto:admin@i-am-autism.org.uk) or give us a call on 0161 866 8483





I AM

OUTREACH SUPPORT SERVICES



# NEW OUTREACH SUPPORT SERVICE



Our new Outreach Service is available so get in touch with us if you would like more information.

We know that sometimes everyone needs help and support to achieve their personal goals and live happy independent lives. I-AM has been working with and supporting individuals who are autistic for over 50 years. We can bring this wealth of practical knowledge and experience directly to you through our New

## **Outreach Support service.**

This service is completely tailored and bespoke to your individual needs. It might be that you would like support with a particular task or activity. Or you might like support with things that you want to do but feel anxious about such as using public transport, shopping, going for a walk, having a haircut, or a meal out or even trying something completely new.

[To find out more click here](#)

WE ARE HERE TO HELP, IF YOU ARE STRUGGLING WITH ANXIETY, LONELINESS OR EXPERIENCING DIFFICULTIES WITH CARRYING OUT DAY TO DAY ACTIVITIES LET US KNOW AND WE WILL BE ABLE TO SUPPORT YOU.

