

#002

# NEWSLETTER

CHRISTMAS 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

Christmas is nearly here, and we just wanted to say Happy Christmas to everyone. We hope that you all have a lovely time in whatever way you choose to celebrate this year.

Christmas can be a very difficult time for some people for lots of reasons but there are organisations who can offer support during the Christmas period. We have provided some contact details in this newsletter just in case you need them.

Whilst Christmas is likely to be different there is a lot to look forward to next year and we will soon be sharing our exciting calendar of events.

Our opening times over Christmas are:

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

We wish you all a very Happy Christmas and I think we are all looking forward to putting 2020 behind us and having a starting afresh in 2021

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.

## CHRISTMAS SUPPORT AGENCIES

We know that Christmas can be a very difficult time for some people. If you or someone you know is in crisis during the Christmas then here are some emergency contact numbers that will enable you to get in touch with people who can help whilst I AM is closed over Christmas.

**GREATER MANCHESTER  
MENTAL HEALTH  
(GMMH) MHS TRUST  
FOUNDATION**  
**0800 953 0285**

**SAMARITANS**  
**0800 069 6222**  
**OR 116123**

**CHILDLINE 0800 1111**



# 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.

**amazon**smile  
You shop. Amazon gives.

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](https://smile.amazon.co.uk) to make it even easier to return and start your shopping at Amazon Smile.

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



## SAVE THE DATE

Don't forget to save the date for the Annual General Meeting of I AM which 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



# NEW MEMBER OF THE I AM TEAM

We are delighted to let you know that I AM is welcoming Nicholas Bowles to the team. Nicholas has many years of experience in marketing and communications.



He has worked with many companies and charities both internationally and in the UK. Nicholas, who has personal experience of autism, said: **"I'm excited to be taking on a new challenge with I AM, and I can't wait to get started."** **"It is a great opportunity for me to join I AM following the recent rebranding, and I am looking forward to working with my colleagues and supporting members."**

## WINTER WALK PHOTO COMPETITION DECEMBER 14TH TO 28TH

We have extended the dates for our Winter Walks Photo Competition and will announce the winner in the New Year so if you haven't sent in your entry yet then you still have time to do so. The closing date for entries is now January 8th 2021.



I AM  
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## CHRISTMAS JUMPER DAY PICTURES

THANK YOU TO  
EVERYONE WHO  
TOOK PART IN OUR  
CRAZY CHRISTMAS  
JUMPER ACTIVITY,  
WE HOPE YOU  
ENJOYED ALL THE  
PICTURES ON  
FACEBOOK AS MUCH  
AS WE DID.





# NEW OUTREACH SUPPORT SERVICE

Our new Outreach Service is available so get in touch with us if you would like more information and are looking for support to fulfil your New Year resolutions.

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.

[To find out more click here](#)

## 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.**



## REXY PUP-DATE



Remy, our I AM Mascot, is growing up fast and is looking forward to Christmas, particularly unwrapping all the presents....even those presents that are not actually his. He's been practicing his "present opening skills" on any parcel deliveries that he finds!

## ACTIVITIES FOR JANUARY

I AM will open on January 4th, 2021 and our Zoom Chat Groups will continue on their usual days and times.

We are anticipating that face to face activities will still be restricted but we have some virtual events lined up for you, including a virtual walk and activities that will let us all share our hopes, dreams and aspirations for 2021.

**We'll let you know more about these after Christmas**

