

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1st 16+ Wednesday Social Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £27) ***** 18+ Rochdale Group 2pm – 4pm I AM Centre, Stretford (Activity Cost: £10)	2nd 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30)	3rd 18+ Friday Group Gym Session at Nuffield Health & Fitness, Didsbury + lunch in the Café (via tram) 11am – 2:30pm Bring suitable gym / footwear, towel, shower gel + padlock & key Bring £4.30 tram fare & £10 for lunch (or packed lunch) Meet at Primark, Market Street entrance, Manchester (Activity Cost: £36)	
6th 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20)	7th DNA VR Manchester 11:30am – 2:30pm Bring money for food and drinks Meet at Primark, Market Street entrance (Activity cost: £58)	8th 16+ Wednesday Social Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £27)	9th 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30) ***** 18+ Trafford Pub Night 6pm - 8pm Bring money for food & drinks Meet at Coppice Wood Farm, Trafford Park M41 7PA (Activity Cost: £28)	10th 18+ Friday Group Minikin paint a pot & lunch (via minibus) 11am – 2:30pm Bring £10 lunch money or packed lunch Meet I AM Centre, Stretford (Activity Cost: £47)	11th 18+ Big Day Out – Rufford Hall, Gardens and lunch 9am - 4pm (via minibus) Please bring £20 for lunch Wear suitable clothes and footwear. Meet at I am Centre, Stretford (Activity Cost: £85)
13th 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20)		15th 16+ Wednesday Social Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £27) ***** 18+ Bolton Adult Group 6pm – 8pm Meal at Ciao Napoli Please meet at 11 Mawdsley Street, BL11JN. Bring £25 for meal (Activity cost: free to Bolton residents only)	16th 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30) ***** 18+ DVD/Takeaway Night 5pm – 8pm Bring money for food & drinks I AM Centre, Stretford (Activity Cost: £30)	17th 18+ Friday Group Lunch at Nando's & Manchester art gallery 11am – 2:30pm Please bring £20 for lunch Meet at Primark, Market Street entrance, Manchester (Activity Cost: £36)	
20th 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20)		22nd 16+ Wednesday Social Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £27)	23rd 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30)	24th 18+ Friday Group Escape Hunt Manchester & lunch 11am – 2:30pm Please bring £20 for lunch Meet at Primark, Market Street entrance, Manchester (Activity Cost: £57)	25th Professional Music Studio Day with Lobé & JJ Dean 1pm – 5pm Bring money for food and drinks Meet at Primark, Market Street entrance, Manchester. (Activity Cost: £60) 
27th 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20)	28th 18+ Manchester Pub Night 7pm - 9pm Please bring money for food & drinks Meet at The Seven Stars, Manchester M4 2BS (Activity Cost: £33)	29th 16+ Halloween Buffet Social Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £39) 	30th 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30) ***** Halloween Ghost Train on East Lancashire railway (via minibus) 4:30pm – 9pm Please bring £20 for food and drinks Meet at I AM Centre, Stretford. (Activity Cost: £72)	31st 18+ Friday Group Lunch at house of social food hall 11am – 2:30pm Please bring £20 for lunch Meet at Primark, Market Street entrance, Manchester (Activity Cost: £36) 	

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3rd 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20)	4th Karaoke at Kingpin bowling Trafford Centre 11:30pm-2:30pm Meet in food court outside Namco (Activity cost: £37)	5th 16+ Wednesday Social Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £27) *****  18+ Rochdale Group 2pm – 4pm I AM Centre, Stretford (Activity Cost: £10) 	6th 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30)	7th 18+ Friday Group Gym Session at Nuffield Health & Fitness, Didsbury + lunch in the Café (via tram) 11am – 2:30pm Bring suitable gym / footwear, towel, shower gel + padlock & key Bring £4.30 tram fare & £10 for lunch (or packed lunch) Meet at Primark, Market Street entrance, Manchester (Activity Cost: £36)	8th 18+ Big Day Out – Flower Bowl Entertainment Centre 9am - 4pm (via minibus) Please bring £20 for lunch Wear suitable clothes and footwear. Meet at I am centre, Stretford (Activity Cost: £92)
10th 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20) ***** 18+ Bolton Adult Group 10:30am – 5pm DNA virtual reality Manchester & pizza hut. Meet at Bolton train station and bring £25 for lunch (Activity cost: free to Bolton residents)	11th	12th 16+ Wednesday Social Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £27) ***** I AM Community Voice 6pm– 7:30pm I AM Centre, Stretford, with an option to join via Zoom (Cost: free to I AM members) Contact: Debra.Bradley@i-am-autism.org.uk	13th 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30) ***** 18+ Trafford Pub Night 6pm - 8pm Meet at Coppice Wood Farm, Trafford Park M41 7PA Bring money for food & drinks (Activity Cost: £28)	14th 18+ Friday group Gaming at Bar NQ64 11am – 2:30pm Bring £20 for lunch Meet at Primark, Market Street entrance, Manchester (Activity Cost: £52)	15th Music Studio Day with Lobé and JJ Dean 1pm – 5pm Bring money for food and drinks Meet at Primark, Market Street entrance, Manchester. (Activity Cost: £60)  
17th 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20)	18th	19th 16+ Wednesday Social Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £27) ***** 18+ Bolton Adult Group 6pm – 8pm Amazonia Golf & McDonalds Please meet at the Market Place, Shopping centre, 24 Knowsley Street, Bolton, BL12AP. Please bring £20 for golf and food. (Activity cost: free to Bolton residents)	20th 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30) ***** 18+ DVD/Takeaway Night 5pm – 8pm Bring money for food & drinks I AM Centre, Stretford (Activity Cost: £30)	21st 18+ Friday Group Lunch at ThaiKun 11am – 2:30pm Bring £25 for lunch Meet at Primark, Market Street entrance, Manchester (Activity Cost: £36)	22nd
24th 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20)	25th 18+ Manchester Pub Night 7pm - 9pm Meet at Seven Stars, Manchester M4 2BS Bring money for food & drinks (Activity Cost: £33)	26th 16+ Wednesday Social Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £27)	27th 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30)	28th 18+ Friday Group Sixes social cricket & lunch at the venue 11am – 2:30pm Bring £20 for lunch Meet at Primark, Market Street entrance, Manchester (Activity Cost: £46)	29th

I AM Voice:

Where every Member Matters.

Empowering members, sharing ideas, and shaping our community together - because every voice matters.

**Gym
sessions**

**Music
Classes**

**Art
Clubs**





18+ Calendar

DECEMBER 2025

Please arrive punctually for Groups as we are unable to wait when activities/venues have been booked

****On rare occasions, we may have to cancel activities if minimum numbers are not met****

MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 st 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20)	2 nd Christmas art session with Hot chocolate and biscuits 12pm – 3pm I AM Centre, Stretford Please bring lunch (Activity cost: £37)	3 rd 16+ Wednesday Social Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £27) ***** 18+ Christmas lights & trail at Dunham Massey (via minibus) 6pm – 9pm Please bring £20 for food and drinks Meet at I am centre, Stretford (Activity Cost: £64) ***** 18+ Rochdale Group 2pm – 4pm I AM Centre, Stretford (Activity Cost: £10)	4 th 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30)	5 th 18+ Friday Group Gym Session at Nuffield Health & Fitness, Didsbury + lunch in the Café (via tram) 11am – 2:30pm Bring suitable gym / footwear, towel, shower gel + padlock & key Bring £4.30 tram fare & £10 for lunch (or packed lunch) Meet at Primark, Market Street entrance, Manchester (Activity Cost: £36)	6 th 18+ Big Day Out The piece hall, Halifax (via train) 9:30am - 4pm Bring £20 for lunch Meet at Victoria train station ticket office (Activity Cost: £69)
8 th 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20)	9 th	10 th 16+ Wednesday Social Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £27)	11 th 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30) ***** 18+ Trafford Pub Night 6pm - 8pm Bring money for food & drinks Meet at Coppice Wood Farm, Trafford Park M41 7PA (Activity Cost: £28)	12 th 18+ Friday Group Electric Shuffle & Lunch at venue 11am – 2:30pm Bring £20 for lunch Meet at Primark, Market Street entrance, Manchester (Activity Cost: £47)	13 th
15 th 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20)	16 th 18+ Manchester Pub Night 7pm - 9pm Bring money for food & drinks Meet at The seven stars, Manchester M4 2BS (Activity Cost: £33)	17 th 16+ Christmas Party at Social group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £39) ***** 18+ Bolton Adult Group 6pm—8pm Meal at Blanco Lounge Please meet at 81 the linkway, Horwich, Bolton, BL66JA. Please bring £25 for meal (Activity cost: free to Bolton residents only)	18 th 16+ Gaming Group 12pm – 3pm I AM Centre, Stretford (Activity Cost: £30) ***** 18+ DVD/Takeaway Night 5pm – 8pm Bring money for food & drinks I AM Centre, Stretford (Activity Cost: £30)	19 th 18+ Friday Group Christmas Market & lunch at Moon under the water 11am – 2:30pm Bring £15 for lunch Meet at Primark, Market Street entrance, Manchester (Activity Cost: £36)	20 th
22 nd 16-25 Next Steps 6pm-8pm I AM centre, Stretford (Activity cost: £20)	23 rd	24 th Christmas Eve – No group	25 th Christmas Day – No group 	26 th Boxing Day – No group	27 th
29 th Holidays - No group	30 th Holidays - No group	31 st New Years eve – No group 	1 st JANUARY 2026 New Years Day – No group	2 nd JANUARY 2026 Holidays – No group	3 rd JANUARY 2026 18+ Big Day Out Alladin Panto at Plaza and lunch at Berretto 12pm – 5:30pm Please bring £20 for lunch Please meet at Berretto, Redrock, Bridgefield St, Stockport, SK1 1SP (Activity Cost: £81)