

Number 6 November 2024 Groups & Activities

MON	TUES	WED	THUR	FRI	SAT	SUN
	DROP IN: 1 - 7PM		DROP IN: 1 - 7PM	DROP IN: 1 - 5PM	Drop in 3 rd Sat	
Abbreviations: GASP: Gender Affirming Sports & Physical Activity. TEam: Trans, Enby & More. TTRPG: Table Top Role Play Gaming. YFN: Yarn, Fibre & Needlecraft.		Colour Key: Blue: at 24 Hill St Green: at 22 Hill St Orange: Online Red: Out & About Purple: Borders Black: West Lothian		1 11 - 1 YFN 3 - 5 Young Men's Peer 4 - 7 TTRPG (Cyber-punk & One Shots)	2 2.30 - 4.30 Queer Book Group 11am Surgeons Hall (Louisa)	3
4 2 - 3.30 Women's Group 1 (25-40) 5.30 - 7pm Peer Group 1	5 12 - 1.30 Parents Group 2 5-6.30 Young Peer (16-24s) 5.30 - 7 Young Women's Peer (16-24s)	6 1 - 3 Gaming Group 2 2.30 - 3.30 Art Group 4.30 - 5 Tai Chi 4.30 - Football 4 - 5.30 Peer Group 3	7 11 - 12.30 Creative Writing 1 1 - 3 Girls Group 2 - 3.30 Women's Group 3 (over-50s) 2 - 4 Thursday Group 4 - 5 Wellbeing Group 5-7 Tech Club 5.30 - 7 Polish Peer	8 11 - 1 YFN 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Board Games)	9 Cinema trip (Maff) 1.30 - 3.30 Queer Singing Group 1 11am Crazy Golf (Graeme)	10
11 10am - Bus Group 11 - 12.30 Women's Group 2 (over 35's) 6.30 - 8pm Peer Group 2	12 12 - 1.30 Parents Group 1 5.30 - 7.30 Gaming Group 1 5-7 Spanish Peer	13 1 - 1.30 Relaxation 1 - 3 TEam 4.30 - 5 Tai Chi (Zoom) 4 - 5.30 Peer Group 4	14 1-3 Young TEam (16-24) 2 - 4 Thursday Group 4 - 5 Wellbeing Group 5.30 - 7 Peer Group 5	15 11 - 1 YFN 3 - Culture Club (over-40s) 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Tails of Equestria)	16 12 - 4 Drop-in (Karina) 1 - 3 Tech Club 1.30 - 4.30TTRPG (Lost Mines)	17
18 2 - 3.30 Women's Group 1 (25-40) 5.30 - 7pm Peer Group 1	19 12 - 1.30 Parents Group 2 12 - Gourmet (Souvlaki) 5-6.30 Young Peer (16-24s) 5.30 - 7 Young Women's Peer (16-24s)	20 1 - 3 GASP (Badminton) 2.30 - 3.30 Art Group 4.30 - Football 4.30 - 5 Tai Chi 4 - 5.30 Peer Group 3	21 11 - 12.30 Creative Writing 2 1 - 3 Girls Group 2 - 4 Thursday Group 4 - 5 Wellbeing Group 4.30-6.30 Board Gaming Group (Ancient Robot Games)	22 11 - 1 YFN 1 - 2 History Group 1 - 4 Pool Group (Morningside Ballroom) 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Ravenloft)	23 11 - Calton Hill walk (Zaid) 1.30 - 3.30 Queer Singing Group 2	24
25 11 - 12.30 Women's Group 2 (over 35's) 1 - 3 Quiz (FB Live) 6.30 - 8pm Peer Group 2	26 12 - 1.30 Parents Group 1 1.30 - 2.30 Book Group 5-7 Spanish Peer	27 1 - 1.30 Relaxation 1 - 3 TEam 4.30 - 5 Tai Chi 4 - 5.30 Peer Group 4	28 1-3 Young TEam (16-24) 2 - 4 Thursday Group 4 - 5 Wellbeing Group Curry Club (details TBC)	29 11 - 1 YFN	30 Borders Group (Charlotte)	

Please note that you must register with Number 6 before being able to attend any groups & activities. For more info about registering, please email: number6@aiscotland.org.uk or call 0131 526 3176

Group/activity	Group Descriptions
Art Group	Meets online via Skype on the first and third Wednesday of the month from 2.30-3.30pm and in person at Number 6 on the second and fourth Friday of the month from 3-4.30pm. For more information about the Skype group please contact Ashley: ashley.mclennan@aiscotland.org.uk and for information about the in-person group contact Zaid: zaid.al-nayazi@aiscotland.org.uk
Board Gaming Group	We are now running a monthly board gaming group on the third Thursday of the month . We'll be playing different, classic, board games each month. This month we're going to Ancient Robot Games (23 Leith Walk, £2 entry). There are only limited spaces so please let Louisa know if you are planning on coming along. You can either meet there at 4.30pm or meet Louisa at Number 6 at 3.45pm and travel with the tram. Please email Louisa for more information: louisa.dawson@aiscotland.org.uk
Book Group	Meets from 1.30-2.30pm on the 4 th Tuesday of every month in the Peer Room at 22 Hill Street. We choose a book to read each month, discuss that book during the group and then spend a bit of time considering the book for the next group. The group is currently full, but if you are interested in joining, then let Matthew know matthew.day@aiscotland.org.uk as there may be remote options.
Borders Group	This is a closed group for people living in the Borders. Ashley & Charlotte alternate the running of this group. For more information about this month's meeting on 30 th November, please email Charlotte: charlotte.dudley@aiscotland.org.uk
Bus Group	A group for people who enjoy bus journeys. This month, we'll be doing the 139 (East Coast Bus) from Bonnyrigg to Dalkeith on Mon 11 th Nov, meeting at Number 6 at 10am. Please email Maff for more information: matthew.day@aiscotland.org.uk
Cinema Group	We organise a monthly Saturday trip to the cinema. Further information available in the 'weekend' section.
Creative Writing	We run two separate, monthly groups (on the 1 st & 3 rd Thursday from 11am to 12.30). During the session, Karina leads one or two short writing exercises using prompts to come up with poems, prose and short stories. Participants read out their work if they feel comfortable doing so. Both groups are currently full, but if you'd like to be added to the waiting list, please email: karina.williams@aiscotland.org.uk
Culture Club (over-40s)	A monthly meet-up for anyone over 40 who is interested in cultural outings & events. In November, we are going to see the Scottish Opera production of Don Pasquale at the Festival Theatre. There is an Access performance on Friday 15 th November at 3pm. Tickets are £12.50. Please email Tim for more info: tim.hather@aiscotland.org.uk .
Curry Club	A group for people who love curry ☺ This month's Curry Club will be on Thursday 28 th November, time and venue TBC. Please email Andy at least one week before if you are interested in coming as spaces are limited: andrew.horseman@aiscotland.org.uk
Drop-ins	We are open for drop-in on the following days & times: Tuesdays 1-7pm; Thursdays 1-7pm; Fridays 1-5pm, and the third Saturday of the month from 12 noon to 4pm. Anyone registered with Number 6 is welcome to come along to the building to use the computer room, pool room and any meeting rooms that are available. Tea & coffee is available.
Football	We meet on the first and third Wednesday of the month at World of Football, Corn Exchange. Meet outside the pitches at 4:20pm, for a 4:30pm start. Please email Ant for more information: Anthony.shek@aiscotland.org.uk
Gaming Group	Do you enjoy playing computer games? Do you want to try new games with other gamers? Then this might be the group for you! There are two separate groups for you to choose from. Group 1 meets on the second Tuesday of the month from 5.30pm – 7.30pm and Group 2 meets on the first Wednesday of the month from 1pm until 3pm. Both groups are held in 24 Hill Street. If you are interested in either please email Sarah and please indicate which group you are interested in joining: sarah.gardiner@aiscotland.org.uk
GASP (Gender)	Are you Trans/Non-binary/Genderqueer? Like sports but dysphoria gets in the way? This might be the group for you. We meet on the third

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Affirming Sports & Physical Activity)	Wednesday of the month and try out a different sporting activity. This month we'll be playing badminton at Craiglockart (either meet at Number 6 at 1pm or Craiglockart Sports Centre at 2pm). For more info, please email Sarah: sarah.gardiner@aiscotland.org.uk
Girls Group	Meets at 24 Hill Street on the first and third Thursday from 1-3pm. The group provides the opportunity to chat with other autistic women, take part in activities and to build companionship. For more information, please contact Kim for more info: kim.maxwell@aiscotland.org.uk
Gourmet Club	A monthly lunch club where we try out different eating establishments. This month we'll be going to Souvlaki on Rose Street on Tuesday 19 th November, meeting at 24 Hill Street at 12 noon. Please email Kim for more information: kim.maxwell@aiscotland.org.uk
History Group	We now run two, separate, History Groups on the first & third Friday of the month during which we discuss different historical events. Please email Matthew if you would like to be added to the waiting list: matthew.day@aiscotland.org.uk
Late Diagnosis Group (LDG)	Late Diagnosis Group – A 7 week post-diagnostic course for newly-diagnosed people who would like to enhance their understanding of autism. Please email number6@aiscotland.org.uk and request the LDG calendar which lists the 16 course options (we run courses specifically for women, minority gender people and under-25s). Please note that there is usually a waiting list for LDG which may be up to a few months long.
Parents Group	We run two in-person groups fortnightly on Tuesdays from 12 to 1.30pm. These groups provide the opportunity to meet other autistic parents in a relaxed environment and share the ups and downs of being a parent. There is no requirement for your child to be autistic just that you are a parent. Please contact Sarah if you would like to come along: sarah.gardiner@aiscotland.org.uk
Peer Support Groups	<p>We run 13 peer support groups. Peer groups are suitable for individuals who enjoy group conversations on topics that emerge organically on the day of the group. Due to spaces being very limited, it is only possible to sign up to one peer group. We also recommend that newly-diagnosed people attend the Late Diagnosis Group before joining a peer group. Please contact individual staff facilitators if you are interested in joining a group and they will let you know if there is space.</p> <p>Peer 1 – Alternate Mondays 5.30-7pm (for men over 30) stewart.campbell@aiscotland.org.uk</p> <p>Peer 2 – Alternate Mondays 6.30-8pm (for men over 30): stewart.campbell@aiscotland.org.uk</p> <p>Peer 3 – Alternate Wednesdays 4-5.30pm (for anyone over 30) scott.wright@aiscotland.org.uk</p> <p>Peer 4 – self-led, closed group (no spaces)</p> <p>Peer 5 – Second Thursday of the month, 5.30-7pm (for men in their 20s & 30s): scott.wright@aiscotland.org.uk</p> <p>Young Women's Peer – First & Third Tuesday, 5.30-7pm (for women aged 16-24) karina.williams@aiscotland.org.uk</p> <p>Young Men's Peer – First & Third Friday, 3-5pm (for men aged 16-24) scott.wright@aiscotland.org.uk</p> <p>Young Peer – First & Third Tuesday, 5-6.30pm (for anyone aged 16-24). The group will sometimes stay at Number 6 and sometimes go out and do activities. Please email Kim for more information: kim.maxwell@aiscotland.org.uk</p> <p>Young TEam – Second & Fourth Thursday, 1-3pm (for 16-24 year olds who identify as trans, non-binary or are gender-questioning). Please email Ashley for more details: ashley.mclennan@aiscotland.org.uk</p> <p>Women's Group 1 (for women aged 25-40) First and third Monday of the month, 2-3.30pm. Please contact Karina for more info: karina.williams@aiscotland.org.uk</p> <p>Women's Group 2 (for women over 35) Second & Fourth Monday of the month, 11am – 12.30 karina.williams@aiscotland.org.uk</p> <p>Women's Group 3 (for women over 50) First Thursday of the month, 2-3.30pm. Louisa.dawson@aiscotland.org.uk</p> <p>Polish Peer: First Thursday of the month, 5.30-7pm. For Polish individuals diagnosed by Number 6. This group is self-led but please contact Maff for more info: matthew.day@aiscotland.org.uk</p> <p>Spanish Peer: Meets every other Tuesday evening from 5-7pm. Please email Maff if you'd like to join: matthew.day@aiscotland.org.uk</p>
Pool Group	We run a pool group at Morningside Ballroom on the 4 th Friday of the month from 1-4pm. Please email Scott if you would like to come

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	along: scott.wright@aiscotland.org.uk
Queer Book Group	Are you LGBT+, like reading, want to read more and have a space to talk about what you're reading? We now run a queer focused monthly book group. We meet on the first Saturday from 2.30-4.30pm. This month we're reading <i>Beyond the Black Door</i> by AdriAnne Strickland . Please email Sarah if you'd like to come along: sarah.gardiner@aiscotland.org.uk
Queer Singing Group	Like singing? Want to try singing in a group? Just want to have fun and maybe learn some new songs? Want to extend your vocal range? This might be the group for you. We now run a singing group for our LGBTQ+ service users. It's not always easy finding a space to sing that doesn't divide people into men's and women's voices this group aims to be as inclusive as possible – we are also aware that hormone therapy can change your voice and that people may be learning how to speak (and sing) in a new vocal range – because of this we will encourage you to sing in the range that feels best for you. This is a beginner's friendly, non-performing group, we'll be coming together to have fun, sing songs, and make music together. There are two separate groups for you to choose from. The first group meets on the second Saturday and the second group meets on the fourth Saturday of the month. Both groups run from 1.30-3.30pm in 24 Hill Street. If you are interested in either please email Sarah and please indicate which group you are interested in joining: sarah.gardiner@aiscotland.org.uk
Quiz (online)	Hosted through a closed group on Facebook on the fourth Monday of the month from 1pm to 3pm, each quiz consists of 5 rounds containing 10 questions. Subjects for quiz rounds have been, but are not limited to, General Knowledge, Geography, Nature and the Natural World, Food and Drink, Picture Rounds, Sci-fi and 80's pop. In order to take part you will need a Facebook account and have contacted a member of staff to be added to the closed Facebook Quiz Group – from there you can watch the quiz live. For more info, please contact Stew: stewart.campbell@aiscotland.org.uk
Relaxation Group (online)	Ashley runs an online relaxation session on the second and fourth Wednesday of the month from 1-1.30pm. This takes place through our closed Facebook Group *'The Virtual Drop-in'. For more information about joining the sessions, please email: Ashley.mclennan@aiscotland.org.uk
Tai Chi (online)	Wednesdays at 4.30pm on Zoom. This 30 minute session comprises of warm up and warm down stretches, breathing exercises and a set of Tai Chi moves to combine breathing and movement. For more info, please contact Andy: andrew.horseman@aiscotland.org.uk
TEam (Trans, Enby and More)	Meets on the second and fourth Wednesday of the month from 1-3pm at 24 Hill Street. This is a group for trans and non-binary people, as well as anyone questioning their gender. For more information please contact Rowan: sarah.gardiner@aiscotland.org.uk
Tech Club	A space for anyone who is interested in computers/geeky/techy stuff. The club meets at 24 Hill Street on the first Thursday (5-7pm) and third Saturday of the month (1-3pm) and is led by volunteers who are experienced in coding, electronics & software & hardware repair. For more information, please email: karina.williams@aiscotland.org.uk
Thursday Group	This discussion group is currently closed.
TTRPG	Table-top-role-playing games. You must attend the One Shots session before being able to join other campaigns. Please email Sarah for more info: sarah.gardiner@aiscotland.org.uk
*Virtual Drop-in (Facebook)	We have created a virtual social drop-in on Facebook for anyone who is registered with Number 6. This is a closed group where service users can chat to each other, share tips on how to stay well and generally stay in touch. This is a closed group so please contact Karina to request an invite: karina.williams@aiscotland.org.uk
Wellbeing Group (16-	A 6-session course for individuals aged 16-24. This course explores topics related to Health & Wellbeing, including: Sleep Hygiene,

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24's)	Motivation & Emotional Regulation. Thursdays 4-5pm. Please contact Ashley for more information: ashley.mclennan@aiscotland.org.uk
Yarn, Fibre & Needlecraft (YFN)	Meets every Friday 11am- 1pm at 24 Hill Street. This group provides a space to meet, work on fibre crafts, and chat about life the universe and everything. Suitable for anyone with an interest in fibre crafting. Some skills help but are not necessary although for the time being we are only working on our own projects so owning equipment is currently a must. Please email Rowan for more info: sarah.gardiner@aiscotland.org.uk

Weekend Activities

Date	Description
<u>Saturday 2nd November</u> Surgeons Hall trip (Louisa)	Louisa will be taking a visit to Surgeons Hall. It's £6 per ticket (you will need to book your own ticket in advance). You can either meet Louisa at Number 6 at 10.30am and take the bus or meet at Surgeons Hall at 11am. Please email Louisa if you would like to come along: louisa.dawson@aiscotland.org.uk
<u>Saturday 9th November</u> Crazy Golf, Fountain Park (Graeme) Cinema trip (Maff)	<u>Crazy Golf:</u> Graeme will be taking a trip to Volcano Falls (crazy golf) at Fountain Park on Sat 9 th November. You can either meet him at Number 6 at 10.15am and walk to Fountain Park, or meet at the main entrance to Fountain Park at 10.50am. Please email Graeme by Thursday 31 st October if you would like to come along: Graeme.syme@aiscotland.org.uk <u>Cinema trip:</u> Maff will be taking a group to see Paddington in Peru. We are seeing the film at 12:20pm at Cineworld Fountainpark. Please email Maff for more info: matthew.day@aiscotland.org.uk
<u>Saturday 16th November</u> Drop-in 12 noon to 4pm (Karina) Tech Club 1-3pm	<u>Drop-in:</u> Anyone registered with Number 6 is welcome to drop into the building (24 Hill Street) between 12 noon and 4pm. You're welcome to use the Computer Room, Pool Room and all of the other meeting rooms will be available to hang out in. The kitchen will be open for people to make themselves a tea and coffee. We do not provide lunch but you're welcome to bring your own. <u>Tech Club</u> A space for anyone who is interested in computers/geeky/techy stuff. The club meets on the third Saturday of the month from 1-3pm and is led by volunteers who are experienced in coding, electronics & software & hardware repair. For more information, please email: karina.williams@aiscotland.org.uk
<u>Saturday 23rd November</u> Calton Hill walk (Zaid) 11am onwards	Meeting at Number 6 at 11am, walking to Calton Hill then going for optional coffee afterwards. Please email Zaid if you'd like to come along: zaid.al-nayazi@aiscotland.org.uk

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