

Number 6 October 2024 Groups & Activities

MON	TUES	WED	THUR	FRI	SAT	SUN
	DROP IN: 1 - 7PM		DROP IN: 1 - 7PM	DROP IN: 1 - 5PM	Drop in 1st & 3rd Sat	
Abbreviations: GASP: Gender Affirming Sports & Physical Activity. TEam: Trans, Enby & More. TTRPG: Table Top Role Play Gaming. YFN: Yarn, Fibre & Needlecraft.	1 12 - 1.30 Parents Group 1 5.30 - 7 Young Women's Peer (16-24) 6-7.30 Spanish Peer	2 1 - 3 Gaming Group 2 2.30 – 3.30 Art Group 4.30 – 5 Tai Chi 4.30 – Football 5.30 Peer Group 4	3 11 - 12.30 Creative Writing 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 5-7 TALENT SHOW 5.30 - 7 Polish Peer	4 11 - 1 YFN 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Cyber-punk & One Shots)	5 Braid Hills walk (Tim) 2.30 - 4.30 Queer Book Group	6
7 2 - 3.30 Women's Group 1 (25-40) 5.30 - 7pm Peer Group 1	8 12 - 1.30 Parents Group 2 5.30 - 7.30 Gaming Group 1	9 1 - 1.30 Relaxation 1 - 3 TEam 4.30 – 5 Tai Chi 4 – 5.30 Peer Group 3	10 2 - 4 Thursday Group 4 - 5 Wellbeing Group 5.30 - 7 Peer Group 5	11 11 - 1 YFN 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Board Games)	12 1.30 - 3.30 Queer Singing Group 1:30 - Aqua Dash (Maff)	13
14 10am – Bus Group 11 - 12.30 Women's Group 2 (over 35's) 6.30 - 8pm Peer Group 2	15 12 - 1.30 Parents Group 1 5.30 - 7 Young Women's Peer (16-24) 6-7.30 Spanish Peer	16 1 - 3 GASP (Gym) 2.30 – 3.30 Art Group 4.30 – Football 4.30 - 5 Tai Chi (Zoom) 4 - 5.30 Peer Group 4	17 11 - 12.30 Creative Writing 2 1 - 3 Girls Group 2 - 4 Thursday Group 4 - 5 Wellbeing Group 5.30 - 7.30 Board Gaming Group	18 11 - 1 YFN 1 - 2 History Group 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Tails of Equestria)	19 12 - 4 Drop-in (Kim) 1 - 3 Tech Club 1.30 - 4.30 TTRPG (Lost Mines)	20
21 2 - 3.30 Women's Group 1 (25-40) 5.30 - 7pm Peer Group 1	22 12 - 1.30 Parents Group 2 1.30 - 2.30 Book Group 5.30 - 7.30 Gaming Group 1	23 1 - 1.30 Relaxation 1 - 3 TEam 4.30 - 5 Tai Chi 4 - 5.30 Peer Group 3	24 2 - 4 Thursday Group 4 - 5 Wellbeing Group Curry Club (details TBC)	25 11 - 1 YFN 1 - 4 Pool Group (Morningside Ballroom) 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Ravenloft)	26 Water of Leith (Ant) Cinema (Maff) 1.30 - 3.30 Queer Singing Group	27
28 11 - 12.30 Women's Group 2 (over 35's) 1 - 3 Quiz (FB Live) 6.30 – 8pm Peer Group 2	29 10 – Culture Club 12 – Gourmet (Rosa's Thai) 12 - 1.30 Parents Group 1 6-7.30 Spanish Peer	30 4.30-5 Tai Chi 4 - 5.30 Peer Group 4	31 2 - 4 Thursday Group 4 - 5 Wellbeing Group 5.30-7 Peer Group 6		Colour Key: Blue: at 24 Hill St Green: at 22 Hill St Orange: Online Red: Out & About Purple: Borders	

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 run a monthly board gaming group on the third Thursday of the month from 5.30-7.30pm. We'll be playing different, classic, board games each month. 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, please email Ashley: Ashley.mclennan@aiscotland.org.uk
Bus Group	A group for people who enjoy bus journeys. This month, we'll be doing route 32 on Monday 14 th October, 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. This month we'll be visiting Newhailes House and Gardens. Meeting at Number 6 at 10am, getting a bus there. A guided tour will be arranged. The cost for entry into the house and the tour is £12:50 for concessions, free for National Trust members. We expect to be back mid-afternoon. Please email Tim for more details. tim.hather@aiscotland.org.uk
Curry Club	A group for people who love curry ☺ This month's Curry Club will be on Thursday 24 th October, 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	An opportunity to try out computer games with other gamers, this group meets on the second and fourth Tuesday of the month from 5.30-7.30pm at 24 Hill Street and the first Wednesday of the month from 1-3pm. Please email Sarah if you're interested in coming along: sarah.gardiner@aiscotland.org.uk
GASP (Gender Affirming Sports & Physical Activity)	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 Wednesday of the month and try out a different sporting activity. For more info, please email Sarah: sarah.gardiner@aiscotland.org.uk

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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 Rosa's Thai (Frederick Street) on Tuesday 29 th October, 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 40) 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>Peer 6 – Last Thursday of the month, 5.30-7pm (for anyone in employment/self-employment) Louisa.dawson@aiscotland.org.uk</p> <p>Young Women's Peer – First & Third Tuesday, 5.30-7pm (for women & non-binary people 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>Women's Group 1 (for women & non-binary people aged 25-40) First & third Monday of the month, 2-3.30pm karina.williams@aiscotland.org.uk</p> <p>Women's Group 2 (for women & non-binary people over 35) Second & Fourth Monday of the month, 11am – 12.30 karina.williams@aiscotland.org.uk</p> <p>Women's Group 3 (for women & non-binary people 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 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 . Please email Sarah if you'd like to come along: sarah.gardiner@aiscotland.org.uk

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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. Meets on the second & fourth Saturday of the month from 1.30-3.30pm. For more information, please email 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 Sarah: 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 of the month from 5-7pm and 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
Thursday Group	This discussion group is currently closed.
TTRPG	Table-top-role-playing games. Currently full, however, if you would like to be added to the waiting list, please email: 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 (16-24's)	A 6-session course for individuals aged 16-24. This course explores topics related to Health & Wellbeing, including: Sleep Hygiene, 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

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Weekend Activities

Date	Description
<p><u>Sat 5th Oct</u> Hermitage of Braid walk (Tim)</p>	<p>We'll meet at Number 6 at 10am and take a bus to Morningside. We'll walk to the Hermitage of Braid and Blackford Hill area and then to Marchmont for a coffee. It will probably be muddy so please bring wet-weather clothing, appropriate footwear. Email Tim for further details: tim.hather@aiscotland.org.uk</p>
<p><u>Sat 12th Oct</u> Aqua Dash (Maff)</p>	<p>Maff will be taking a group to do Aqua Dash (an inflatable playground on water) at the Commonwealth Pool. You will need to book your own ticket (see below) for the 2:45pm Aquadash Extreme session. Please note, this activity is only appropriate for people who can swim and have good mobility. Maff will be leaving Number 6 at 1:30pm, or you can meet him at reception at the Commonwealth Pool at 2:15pm. Tickets can be booked here: https://www.edinburghleisure.co.uk/aquadash/book/select-your-session. Please email Maff for further details: matthew.day@aiscotland.org.uk</p>
<p><u>Sat 19th Oct</u> Drop-in 12 noon to 4pm (Kim) Tech Club 1-3pm</p>	<p><u>Drop-in:</u> Anyone registered with Number 6 is welcome to drop into the building (24 Hill Street) between 11am and 3pm. 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.</p> <p><u>Tech Club</u> A space for anyone who is interested in computers/geeky/techy stuff. The club meets on the first and 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</p>
<p><u>Sat 26th Oct</u> Cinema (Maff) Water of Leith walk (Ant)</p>	<p><u>Cinema trip:</u> We'll be going to see <i>Venom: The Last Dance</i>. Venue & time will be agreed nearer the time. Please email Maff if you would like to come along: matthew.day@aiscotland.org.uk</p> <p><u>Water of Leith walk:</u> We'll meet at Number 6 at 10.30am then take a bus to Saughton Park and walk back into town along the Water of Leith. Please email Ant if you'd like to come along: Anthony.shek@aiscotland.org.uk</p>

Thursday 3rd October – Number 6 Talent Show

We're organising a Talent Show from 5-7pm on Thursday 3rd October in the Training Room at 24 Hill Street. This is an exciting opportunity to showcase your talent! If you would like to take part, please email Karina by 19th September with a description of your act. Performances should be no longer than 10 minutes and there will be a prize for the winner. Karina.williams@aiscotland.org.uk

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