

Number 6 December 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	1
2 5.30 - 7pm Peer Group 1	3 12 - 1.30 Parents Group 2 2 – Culture Club (over-40s) 5-6.30 Mixed Gender Peer (16-24s)	4 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	5 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	6 11 - 1 YFN 3 - 5 Young Men's Peer 4 - 7 TTRPG (Cyber-punk & One Shots)	7 10am Braids Walk (Tim) 2.30 - 4.30 Queer Book Group	8
9 11 - 12.30 Women's Group 2 (over 35's) 6.30 - 8pm Peer Group 2	10 12 - 1.30 Parents Group 1 5.30-7.30 Gaming Group 1 6-7.30 Spanish Peer	11 1 - 1.30 Relaxation 1 - 3 TEam 4.30 - 5 Tai Chi 4 - 5.30 Peer Group 4	12 1 - 3 Young TEam (16-24) 2 - 4 Thursday Group 4 - 5 Wellbeing Group 5.30 - 7 Peer Group 5 5 - 7 Board Gaming (Kim)	13 11 - 1 YFN 4.30 - 7.30 TTRPG (Board Games)	14 11am Christmas Market (Kim) 11am Table tennis (Andy) 1.30 - 3.30 Queer Singing Group 1	15
16 10 – Bus Group 2 - 3.30 Women's Group 1 (25-40) 5.30 - 7pm Peer Group 1	17 12 – Gourmet (Toby Carvery) 12 - 1.30 Parents Group 2 1-2.30 Women's Group 3 (over-50s) 5-6.30 Mixed Gender Peer (16-24s)	18 1 - 3 GASP (Glenogle gym) 2.30 – 3.30 Art Group 4.30 – Football 4.30 - 5 Tai Chi 4 - 5.30 Peer Group 3	19 11 - 12.30 Creative Writing 2 1 - 3 Girls Group 2 - 4 Thursday Group 4 - 5 Wellbeing Group 4- 7 XMAS PARTY	20 11 - 1 YFN 1 - 2 History Group 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Tails of Equestria)	21 Cinema trip (Maff) 12 - 4 Drop-in (Scott) 1 - 3 Tech Club 1.30 - 4.30TTRPG (Lost Mines)	22
23 11 - 12.30 Women's Group 2 (over 35's) 1 - 3 Quiz (FB Live) 6.30 – 8pm Peer Group 2	24 DROP-IN 12-4 12 - 1.30 Parents Group 1 1.30 - 2.30 Book Group	25 12.15-2.30pm Christmas Chinese take-away (limited spaces)	26 NO DROP-IN	27 DROP-IN 12-4 Borders Group (Ashley) 1 - 4 Pool Group (Morningside Ballroom) 4.30 - 7.30 TTRPG (Ravenloft) Curry Club (details TBC)	28 11am Bowling @ Corn Exchange (Ant)	29
30 5.30 - 7pm Peer Group 1	31 DROP-IN 12-4	Colour Key: Blue: at 24 Hill St Green: at 22 Hill St Orange: Online Red: Out & About Purple: Borders	Abbreviations: GASP: Gender Affirming Sports & Physical Activity. TEam: Trans, Enby & More. TTRPG: Table Top Role Play Gaming. YFN: Yarn, Fibre & Needlecraft.			

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. This month Kim will be covering the group and we'll be meeting on Thursday 12th December (from 5-7pm). For info about future sessions, 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 27 th December, please email Ashley: Ashley.mclennan@aiscotland.org.uk
Bus Group	A group for people who enjoy bus journeys. This month, we'll be doing the X7 route, 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 December we'll be having a free tour of St Cecilia's Hall with optional cuppa and mince pie afterwards. 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 Friday 27 th December, 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 Kim and please indicate which group you are interested in joining: kim.maxwell@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. This month we'll be going to the gym at Glenogle. For more info, please email Kim: kim.maxwell@aiscotland.org.uk

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Group/activity	Group Descriptions
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 build companionship. For more information, please contact Kim: 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 Toby's Carvery in Costorphine, meeting at 24 Hill Street at 12 noon on Tuesday 17 th December. A £5 deposit is required to secure your space. Please email Kim for more info: kim.maxwell@aiscotland.org.uk
History Group	History Group runs on the 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 15 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 Kim if you would like to come along: kim.maxwell@aiscotland.org.uk
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. Peer 1 – Alternate Mondays 5.30-7pm (for men over 30) stewart.campbell@aiscotland.org.uk Peer 2 – Alternate Mondays 6.30-8pm (for men over 30): stewart.campbell@aiscotland.org.uk Peer 3 – Alternate Wednesdays 4-5.30pm (for anyone over 30) scott.wright@aiscotland.org.uk Peer 4 – self-led, closed group (no spaces) Peer 5 – Second Thursday of the month, 5.30-7pm (for men in their 20s & 30s): scott.wright@aiscotland.org.uk Young Women's Peer – First & Third Tuesday, 5.30-7pm (for women aged 16-24). Currently full. Please email Karina to be added to waiting list. karina.williams@aiscotland.org.uk Young Men's Peer – First & Third Friday, 3-5pm (for men aged 16-24) scott.wright@aiscotland.org.uk Mixed Gender Peer – First & Third Tuesday, 5-6.30pm (for anyone aged 16-24). Please email Kim for more info: kim.maxwell@aiscotland.org.uk Young TEam – Second & Fourth Thursday, 1-3pm (for 16-24 year olds who identify as trans, non-binary or gender-questioning). Please email Ashley for more details: ashley.mclennan@aiscotland.org.uk 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 Women's Group 2 (for women over 35) Second & Fourth Monday of the month, 11am – 12.30 karina.williams@aiscotland.org.uk Women's Group 3 (for women over 50) First Thursday (2-3.30pm) and third Tuesday of the month (1-2.30pm). Louisa.dawson@aiscotland.org.uk 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

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	Spanish Peer: Meets every other Tuesday evening from 6-7.30pm. Please email Maff if you'd like to join: matthew.day@aiscotland.org.uk
Group/activity	Group Descriptions
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 <i>The Heartbreak Bakery</i> . Please email Kim if you'd like to come along: kim.maxwell@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 Kim and please indicate which group you are interested in joining: kim.maxwell@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 Kim: kim.maxwell@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 and 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-play-gaming).	We are currently running 5 campaigns. You must attend the One Shots session before being able to join other campaigns. Please email Kim for more info: kim.maxwell@aisctoalnd.org.uk
*Virtual Drop-in	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

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(Facebook)	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
Group/activity	Group Descriptions
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. We are currently working on our own projects so owning equipment is currently a must. Please email Kim for more info: kim.maxwell@aiscotland.org.uk

Weekend Activities

Date	Description
<u>Saturday 7th Dec</u> Braids Walk (Tim) 10am onwards	We'll be meeting at Number 6 at 10am and taking a bus to Morningside. We'll walk along the Braid Burn and around the side of Blackford Hill and then we'll head to Marchmont for (optional) coffee. Please dress in warm & waterproof clothes and wear sturdy shoes. Please email Tim if you'd like to come along: tim.hather@aiscotland.org.uk
<u>Saturday 14th Dec</u> Christmas Market (Kim) 11am onwards Table Tennis (Andy) 11am to 2pm	Christmas Market: We'll be meeting at Number 6 at 11am and walking to the Christmas Market on Princes Street. Please dress in warm clothes and bring some money in case you would like to buy anything or go on the rides. Please email Kim if you would like to come along: kim.maxwell@aiscotland.org.uk Table tennis tournament: We will be holding a table tennis tournament at Number 6. Everyone welcome. You will have a chance to practice or learn to play table tennis during a warm up session and then enter the tournament. There will be a trophy for the winner. Andy will be hosting and organising the event. Email him if you want any more information about what to expect or with any questions you might have: andrew.horseman@aiscotland.org.uk
<u>Saturday 21st Dec</u> Cinema trip (Maff) Drop-in 12 noon to 4pm (Scott) Tech Club 1-3pm	Cinema trip – We'll be going to see Kraven the Hunter. Please email Maff for further details: matthew.day@aiscotland.org.uk Drop-in: 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 any other available meeting rooms. 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. Tech Club 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 28th Dec</u> Bowling at Corn Exchange (Ant) 11am onwards	Ant will be taking a group to go bowling at the Corn Exchange. We'll be meeting at Number 6 at 11am and taking the bus. We'll be bowling from 12 noon until 1pm. Spaces are limited so please email Ant as soon as possible if you would like to come along: Anthony.shek@aiscotland.org.uk This will cost £5 per person – we ask that you bring your money into Number 6 before Christmas to secure your place.

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Additional Christmas Events

Thursday 19th December 4-7pm – Christmas Party

We'll be holding a Christmas Party at 24 Hill Street from 4-7pm on 19th December. We will be having a Christmas Quiz, a 'dance hour' and a pool competition. No need to book, everyone registered with Number 6 is welcome to just turn up on the day.

Please dress Christmassy 😊

Timings:

4.30-6.30pm – Pool competition

5-6pm - Christmas Quiz

6-7pm – Music & opportunity for dancing

Christmas Day (25th December) 12.15 to 2.30pm – Chinese Takeaway

As is the Number 6 tradition, we'll be organising a Chinese takeaway to those of you who don't have any family or friends to go to on Christmas Day. If you would like to come along, please email Maff by Monday 18th December so he can send you the menu and you can choose what you would like in advance: matthew.day@aiscotland.org.uk

Amended Drop-in times.

Tuesday 24th December – 12 noon to 4pm

Thursday 26th December – No drop-in

Friday 27th December – 12 noon to 4pm

Tuesday 31st December – 12 noon to 4pm

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