

Number 6 October 2025 Groups & Activities

MON	TUES	WED	THUR	FRI	SAT	SUN
	DROP IN: 1-6pm	DROP-IN 1-4pm	DROP IN: 1-6pm	DROP IN: 12-3pm	DROP IN: 3 rd Sat 12 – 4pm	
Colour Key: Blue: at 24 Hill St Green: at 22 Hill St Orange: Online Red: Out & About Purple: Borders		1 1-2 Creative Writing Group 1 1 - 3 Gaming Group 2 4 - 5.30 Peer 4 4.30 - Football 4.30 - 5 Tai Chi	2 11 - 12.30 Creative Writing 1 1 - 2.30 Women's Group (over-50s) 1 - 3 Girls Group 2 - 4 Thursday Group 5.30 - 7 Polish Peer 5.30 – 7.45 Yoga with Roo 3 - 6 Tech Club	3 11 - 1 YFN 2 - 3 Pop Culture Group (16-24s) 3 - 5 Young Men's Peer (16-24) 4.30 - 7.30 TTRPG (Cyber-punk and One Shots)	4 11am AuDHD Focus Group (Tim) 2.30 - 4.30 Queer Book Group	5
6 2 – 4pm Women's Peer 1 (25-35) 5.30 - 7pm Peer 1	7 12-1.30pm Parents Group 2 5.30 - 7.30 Gaming Group 1	8 1-2 Creative Writing Group 2 1-3 TEam 1 3-3.30 Relaxation 4.30 - 5 Tai Chi 4 - 5.30 Peer 3	9 1 – Culture Club (over-40s) 1-2.30 Young Women's Peer (16-24) 2 - 4 Thursday Group 5.30-7 Peer 5 5.30-7 Young Women's Peer (16-24) 5.30 – 7.45 Yoga with Roo	10 11 - 1 YFN 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Board Games)	11 11am Water of Leith walk (Ant) Cinema trip (Maff) 1.30 - 3.30 Queer Singing Group 1	12
13 11 - 12.30 Women's Peer 2 (over 35's) 6.30 – 8pm Peer 2	14 12-1.30pm Parents Group 1	15 1-2 Creative Writing Group 1 GASP (yoga) 4.30 - 5 Tai Chi 4.30 – Football 4 - 5.30 Peer 4	16 11 - 12.30 Creative Writing 2 1 - 3 Girls Group 2 - 4 Thursday Group 4 - 5 Wellbeing Group	17 11 - 1 YFN 1 - 2 History Group 1 2 - 3 Pop Culture Group (16-24s) 3 - 5 Young Men's Peer (16-24) 4.30 - 7.30 TTRPG (Tails of Equestria)	18 12 - 4 Drop-in (Scott) 1 - 4 Tech Club 1.30 - 4.30TTRPG (Lost Mines)	19
20 10 – Bus Group 2 – 4pm Women's Peer 1 (25-35) 1 - 3 Quiz 1 5.30 - 7pm Peer 1	21 12 – Gourmet Club 12-1.30pm Parents Group 2 1 - 2.30 Women's Group 3 (over-50s) 6-7.30 History Group 2	22 1-2 Creative Writing Group 2 1-3 TEam 2 3-3.30 Relaxation 4 - 5.30 Peer 3 4.30 - 5 Tai Chi	23 1 - 2.30 Young Women's Peer (16-24) 2 - 4 Thursday Group Curry Club (details TBC) 5.30-7 Young Women's Peer (16-24) 5.30 – Yoga Info session	24 11 - 1 YFN 1 - 4 Pool Group (Morningside Ballroom) 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Ravenloft)	25 3.15pm Halloween Underground Ghost Tour (Karina) 1.30 - 3.30 Queer Singing Group 2	26 Quiz 2 10am -12
27 11 - 12.30 Women's Peer 2 (over 35's) 6.30 – 8pm Peer 2	28 12-1.30pm Parents Group 1 5 – 7.30pm Board Gaming Group 5.30-7pm Spanish Peer	29 1-2 Creative Writing Group 1 4 - 5.30 Peer 4 4.30 - 5 Tai Chi	30 2 - 4 Thursday Group 4-7 Halloween Party @24 Hill Street	31 11 - 1 YFN	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 (full)	Meets at Number 6 on the second and fourth Friday of the month from 3 - 4.30pm. Currently full but please email Zaid to be added to the waiting list: zaid.al-nayazi@aiscotland.org.uk
Board Gaming Group	This monthly group meets on the 4th Tuesday of the month from 5-7.30pm. For info about joining, please email Louisa: louisa.dawson@aiscotland.org.uk
Borders Group	This is a closed group for people living in the Borders. Please email Charlotte for more info: charlotte.dudley@aiscotland.org.uk
Bus Group	A group for people who enjoy bus journeys. This month we will be meeting at Number 6 on Monday 20 th October 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 (full)	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 please email Karina if you'd like to be added to the waiting list: karina.williams@aiscotland.org.uk
Creative Writing (full) (online)	Ashley is now running two online creative writing groups. Group 1 takes place on the 1 st and 3 rd Wednesday of the month and Group 2 on the 2nd & 4th (both 1-2pm via Zoom). Both groups are full but please email her to be added to the waiting list: Ashley.mclennan@aiscotland.org.uk .
Culture Club (over-40s)	This month we'll be visiting the Andy Goldsworthy retrospective at the National Gallery on Thursday October 9 th at 1pm. Please let Tim know if you are interested (tim.hather@aiscotland.org.uk). You will need to buy your own ticket from their website for that specific date and time – disabled concessions £10. www.nationalgalleries.org
Curry Club	A group for people who love curry ☺ This month's Curry Club will be on Thursday 23 rd 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 1-6pm, Wednesdays 1-4pm, Thursdays 1-6pm; Fridays 12-3pm, 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 Groups 1 & 2 (full)	Do you enjoy playing computer games? Do you want to try new games with other gamers? Then this might be the group for you! 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 and she will add you to the waiting list: 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 doing a yoga session at Number 6. For more info, please email Kim: kim.maxwell@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 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 <i>Rendevous</i> on Queensferry Street on

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	Tuesday 21 st October. They have a lunch menu for £16.99 for 3 courses. Spaces are limited so please email Kim to book your place: kim.maxwell@aiscotland.org.uk
History Group 1 (full)	Meets on the third Friday of the month from 1-2pm. This group is for people who are interested in discussing different historical events. Please email Matthew if you would like to be added to the waiting list: matthew.day@aiscotland.org.uk
History Group 2 (NEW)	In order to meet demand, we have created a second History Group which will be facilitated by Rowan. This monthly group will meet on the third Tuesday of the month from 6-7.30pm at 22 Hill Street. Please email Kim if you are interested in coming along: kim.maxwell@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 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 1 & 2	Each group runs fortnightly on Tuesdays from 12 to 1.30pm. The 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 1 – Second & Fourth Thursday, 1-2.30pm (for women aged 16-24): Please email Ashley for more info: Ashley.mclennan@aiscotland.org.uk Young Women's Peer 2 – Second and fourth Thursday of the month, 5.30-7pm (for women aged 16-24). Please email Kim if you're interested in coming along: kim.maxwell@aiscotland.org.uk Young Men's Peer – First & Third Friday, 3-5pm (for men aged 16-24) Currently full, please email Scott to be added to the waiting list: scott.wright@aiscotland.org.uk Women's Group 1 (for women aged 25-35) First and third Monday of the month, 2-4pm. Please contact Karina for more info: karina.williams@aiscotland.org.uk Currently full, please email Karina to be added to the waiting list: karina.williams@aiscotland.org.uk Women's Group 2 (for women over 35) Second & Fourth Monday of the month, 11am – 12.30 Currently full, please email Karina to be added to the waiting list: karina.williams@aiscotland.org.uk Women's Group 3 (for women over 50) First Thursday (1-2.30pm) and third Tuesday of the month (1-2.30pm). Please specify whether you would prefer the Tuesday or Thursday session: 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 Spanish Peer: Last Tuesday of the month from 5.30-7pm. Please email Maff if you'd like to join: matthew.day@aiscotland.org.uk
Pool Group (full)	We run a pool group at Morningside Ballroom on the 4 th Friday of the month from 1-4pm. Please note that this group is now full. Please

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	email Scott to be added to the waiting list: scott.wright@aiscotland.org.uk
Pop Culture Group (16-24s)	This group is a space for young people to talk about their interests (such as e.g. Marvel, Taylor Swift etc.). We meet on the first and third Friday of the month from 2-3pm. Please email Zaid if you'd like to come along: zaid.al-nayazi@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 run a queer focused monthly book group that meets on the first Saturday from 2.30-4.30pm. This month we're reading <i>The Jasmine Throne</i> by Tasha Suri; In November we'll be reading <i>A closed and Common Orbit</i> by Becky Chambers. 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 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 1 (online) & 2 (in-person)	Our new, in-person quiz takes place on the 4 th Sunday of the month from 10am till 12pm on the first floor in 22 Hill Street. The quiz consists of 5 rounds on a mix of topics and you can quiz individually or in teams. Please email Stew to let him know you are planning on coming along. stewart.campbell@aiscotland.org.uk Our online quiz is hosted through a closed group on Facebook on the 4 th Monday of the month from 1-3pm, each quiz consists of 5 rounds containing 10 questions. 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. 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 3-3.30pm. 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)	Group 1 meets on the second Wednesday of the month and Group 2 meet on the 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 (3-6pm) and third Saturday of the month (1-4pm) and is for anyone who is interested in coding, electronics, software & hardware repair to share their interests and work on projects together. For more information, please email: karina.williams@aiscotland.org.uk
Thursday Group (full)	This discussion group is currently closed.
TTRPG (full)	Tabletop-role-playing games. You must attend the One Shots session before being able to join other campaigns. Please email Kim to be added to the One Shots waiting list: kim.maxwell@aiscotland.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 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

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(Facebook)	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) (full)	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. This group is currently full. Please email Kim to be added to the waiting list: kim.maxwell@aiscotland.org.uk
Yoga with Roo	Our volunteer, Roo, will be running another block of beginners-friendly yoga sessions from the end of October. For more information, please email Karina: karina.williams@aiscotland.org.uk
Halloween Party!	We'll be holding a Halloween Party at 24 Hill Street from 4-7pm on Thursday 30 th October. DJ Flippin' Scary will be on the decks and we'll have some party games and a spooky quiz for anyone who wants to take part. Fancy Dress encouraged 😊 No need to sign up, just come along on the day.

Weekend Activities

Date	Details
<u>Sat 4th October</u> AuDHD focus group 11am to 12.30 at 22 Hill Street.	We are seeing more and more people at Number 6 who are autistic and also have an ADHD diagnosis. We touch on this in our late diagnosis groups, but it would be good to get an idea of what people think should be included and how, and whether there should be any other, more specific, groups for autistic people with an ADHD diagnosis. Tim is hosting a focus group on Saturday 4th October at 11am. Please email him if you are autistic with an ADHD diagnosis and you are interested in coming along to the focus group: tim.hather@aiscotland.org.uk
<u>Sat 11th October</u> Water of Leith walk (Ant) Cinema trip (Maff)	<u>Water of Leith:</u> Ant will be leading a walk along the Water of Leith. We'll meet at Number 6 at 11am and take the bus to Saughton Park then walk back along the Water of Leith. The walk will take approx. 1.5 hours. Please email Ant if you'd like to come along: Anthony.shak@aiscotland.org.uk <u>Cinema:</u> Maff will be taking a trip to see Tron: Ares . Further details will be released nearer the time. Please email him if you'd like to go along: matthew.day@aiscotland.org.uk
<u>Sat 18th October</u> Drop-in (Scott) 12- 4pm Tech Club (1-4pm)	<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 any available meeting rooms. The kitchen will be open for people to make themselves 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 first Thursday of the month from 3-6pm and the third Saturday of the month from 1-4pm and is for anyone who is interested in coding, electronics & software & hardware repair. For more information, please email: karina.williams@aiscotland.org.uk
<u>Sat 25th October</u> Halloween Underground Ghost Tour (Karina) 3.15pm onwards	We've booked 6 tickets for the Halloween Underground Ghost Tour run by Mercat Tours. We'll be meeting at Number 6 at 3.15pm then walking along to Mercat tours (20 min walk). The tour will start at 4pm and last 1 hour. Further information about the tour can be found here: https://www.mercattours.com/view.tour/halloween-underground It costs £23 per ticket, to be paid in advance to Number 6. Please email Karina for further info: karina.williams@aiscotland.org.uk

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