

Number 6 November 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	Abbreviations: GASP: Gender Affirming Sports & Physical Activity TEam: Trans, Enby & More TTRPG: Table Top Role Play Gaming YFN: Yarn, Fibre & Needlecraft				1 12-3 Board Gaming (Louisa) 2.30 - 4.30 Queer Book Group	2
3 12-1.30 Creative Writing 1 2 – 4pm Women's Peer 1 (25-35) 5.30 - 7pm Peer 1	4 12-1.30pm Parents Group 2 5.30-7.30 Craft Club	5 1-2 Creative Writing Group 1 1 - 3 Gaming Group 2 4 - 5.30 Peer 3 4.30 - Football 4.30 - 5 Tai Chi	6 11 - 12.30 Creative Writing 1 1 - 2.30 Women's Group (over-50s) 1 - 3 Girls Group 2 - 4 Thursday Group 4 - 5 Wellbeing Group (16-24) 5.30 - 7 Polish Peer 5.30 – 7.45 Yoga with Roo	7 11 - 1 YFN 2 - 3 Pop Culture Group 1 (16-24s) 3 - 5 Young Men's Peer (16- 24) 4.30 - 7.30 TTRPG (Cyber- punk and One Shots)	8 11am – Bowling at Corn Exchange (Zaid) 1.30 - 3.30 Queer Singing Group 1	9
10 11 - 12.30 Women's Peer 2 (over 35's) 12-1.30 Creative Writing 2 5-6.15pm Pop Culture Group 2 (16-24) 6.30 – 8pm Peer 2	11 12-1.30pm Parents Group 1 5.30 - 7.30 Gaming Group 1	12 1-2 Creative Writing Group 2 1-3 TEam 1 3-3.30 Relaxation 4.30 - 5 Tai Chi 4 - 5.30 Peer 4	13 1-2.30 Young Women's Peer (16- 24) 2 - 4 Thursday Group 4 - 5 Wellbeing Group (16-24) 5-7 Talent Show 5.30-7 Peer 5 5.30-7 Young Women's Peer (16-24) 5.30 – 7.45 Yoga with Roo	14 11 - 1 YFN 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Board Games)	15 Cinema trip (Andy) 12 - 4 Drop-in (Kim) 1 - 4 Tech Club 1.30 - 4.30TTRPG (Lost Mines)	16
17 10 – Bus Group 12-1.30 Creative Writing 1 2 – 4pm Women's Peer 1 (25-35) 1 - 3 Quiz 1 5.30 - 7pm Peer 1	18 12 – Gourmet Club 12-1.30pm Parents Group 2 1 - 2.30 Women's Group 3 (over-50s) 6-7.30 History Group 2	19 1-2 Creative Writing Group 1 GASP (yoga) 4.30 - 5 Tai Chi 4.30 – Football 4 - 5.30 Peer 3	20 11 - 12.30 Creative Writing 2 1 - 3 Girls Group 2 - 4 Thursday Group 4 - 5 Wellbeing Group (16-24) 5.30 – 7.45 Yoga with Roo	21 11 - 1 YFN 1 - 2 History Group 1 2 - 3 Pop Culture Group 1 (16-24s) 3-4.30 AuDHD Group 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Tails of Equestria)	22 10am – Duddingston walk (Graeme) 1.30 - 3.30 Queer Singing Group 2	23 Quiz 2 10am -12
24 11 - 12.30 Women's Peer 2 (over 35's) 12-1.30 Creative Writing 2 5-6.15pm Pop Culture Group 2 (16-24) 6.30 – 8pm Peer 2	25 12-1.30pm Parents Group 1 5 – 7.30pm Board Gaming Group 5.30-7pm Spanish Peer	26 1-2 Creative Writing Group 2 1-3 TEam 2 3-3.30 Relaxation 4 - 5.30 Peer 4 4.30 - 5 Tai Chi	27 1-2.30 Young Women's Peer (16- 24) 2 - 4 Thursday Group 4 - 5 Wellbeing Group (16-24) Curry Club (details TBC) 5.30-7 Young Women's Peer (16-24) 5.30 – 7.45 Yoga with Roo	28 11 - 1 YFN 1 - 4 Pool Group (Morningside Ballroom) 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Ravenloft)	29	30

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
AuDHD Group NEW (full)	A new monthly peer group for anyone who has a dual autism and ADHD diagnosis or suspects that they also have ADHD. Meets on the third Friday of the month from 3-4.30pm. The group is already full but please email Tim to be added to the waiting list: tim.hather@aiscotland.org.uk
Board Gaming 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 17 th November 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.
Craft Club NEW	Rowan will now be running a crafting group on the first Tuesday of the month from 5.30-7.30pm. The group will be open to anyone interested in learning new crafts or working on crafting projects (and priority will be given to people who are not already attending the Art Group or YFN.) The first session will be an introduction to chainmail as well as a discussion about what crafts people might be interested in learning such as whittling, model making or pottery for example. Please email Kim for more info: kim.maxwell@aiscotland.org.uk
Creative Writing In person (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 (online) *Monday sessions added	Ashley's Wednesday sessions are now full but Zaid will now be running two Monday groups on Zoom. Group 1 will run on the 1 st and 3 rd Monday of the month and Group 2 on the 2 nd and 4 th (both from 12 to 1.30pm). Priority will be given to people who were already on the waiting list. Please note, it is only possible to join one creative writing group. Please email Zaid for more information: zaid.al-nayazi@aiscotland.org.uk
Culture Club (over-40s)	Monthly outings for over-40's. Please note there is no outing this month. Please email Tim for info about future meet-ups: tim.hather@aiscotland.org.uk
Curry Club	A group for people who love curry ☺ This month's Curry Club will be on Thursday 27 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 1-6pm, 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

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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 yoga 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. 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 The Waiting Room on Tuesday 18 th November. 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 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

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	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 email Scott to be added to the waiting list: scott.wright@aiscotland.org.uk
Pop Culture Groups 1 and 2 (16-24s)	These groups are a space for young people to talk about their interests (such as e.g. Marvel, Taylor Swift etc.). Group 1 meets on the first and third Friday of the month from 2-3pm and Group 2 meets on the second and fourth Monday of the month from 5-6.15pm. Please email Zaid about joining Group 1 or Ashley about Group 2: zaid.al-nayazi@aiscotland.org.uk / Ashley.mclennan@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>A closed and Common Orbit</i> by Becky Chambers and in December we're reading <i>The very secret society of irregular witches</i> by Sangu Mandanna. Please email Kim if you'd like to come along: kim.maxwell@aiscotland.org.uk
Queer Singing Group Groups 1 & 2	A beginner's friendly, non-performing group for anyone who identifies as LGBT+ Group 1 meets on the second Saturday and Group 2 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) Groups 1 & 2	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 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

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*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) (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
Talent Show – Thursday 13th November 5-7pm	We're holding a Talent Show at 24 Hill Street on Thursday 13 th November from 5-7pm. This is open to anyone registered with Number 6 who would like to showcase their talents – this could be singing, dancing, stand-up comedy, or anything else. Performers will be given a time slot of up to 10 minutes and will need to provide any equipment or tech that they need for their act. All members of Number 6 are welcome to come along to support the performers and there will be a prize for the winner. If you are interested in taking part, please let Andy know: andrew.horseman@aiscotland.org.uk

Weekend Activities

Date	Details
<u>Sat 1st November</u> Board Gaming (Louisa) 12-3pm	Louisa will be holding a board gaming session at Number 6 (24 Hill Street) from 12-3 on Sat 1 st Nov. Please email her if you'd like to come along: louisa.dawson@aiscotland.org.uk
<u>Sat 8th November</u> Bowling (Zaid) 11am onwards.	Zaid will be taking a group bowling at <i>World of Bowling</i> at the Corn Exchange on Sat 8 th Nov. We'll be meeting at Number 6 at 11am then taking the bus. We've booked two lanes from 12 to 1pm and we'll stay for snacks afterwards. Please email Zaid if you would like to come along. You will need to pay your £6 to Number 6 at least one week in advance to secure your space. zaid.al-nayazi@aiscotland.org.uk
<u>Sat 15th November</u> Drop-in (Kim) 12- 4pm Tech Club (1-4pm) Cinema trip (Andy)	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 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. 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 1-4pm and is for anyone who is interested in coding, electronics & software/hardware repair. For more information, please email: karina.williams@aiscotland.org.uk Cinema – Andy will be taking the cinema trip this month. We'll be going to see Now You See Me 3. Please email Maff if you'd like to come along: matthew.day@aiscotland.org.uk
<u>Sat 22nd November</u> Duddingston Loch walk (Graeme)	Graeme will be taking a walk to Duddington Loch on Sat 22 nd Nov. We'll be meeting at Number 6 at 10am and taking the bus along. Please wear warm clothing and bring a packed lunch. Please email Graeme if you'd like to come along: Graeme.syme@aiscotland.org.uk

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