

Number 6 December 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	
1 12-1.30 Creative Writing 1 2 – 4pm Women's Peer 1 (25-35) 5.30 - 7pm Peer 1	2 5.30-7.30 Craft Club	3 1-2 Creative Writing Group 1 1 - 3 Gaming Group 2 4 - 5.30 Peer 3 4-5 Football 4.30 - 5 Tai Chi	4 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	511 - 1 YFN 2 - 3 Pop Culture Group 1 (16-24s) 3-4.30 AuDHD Group 2 3 - 5 Young Men's Peer (16-24) 4.30 - 7.30 TTRPG (Cyber-punk and One Shots)	6 10am - Portobello walk (Tim) Cinema (Maff) 2.30 - 4.30 Queer Book Group	7
8 11 – Women's Running Group (16-24) 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	9 12-1.30pm Parents Group 5.30 - 7.30 Gaming Group 1	10 1-2 Creative Writing Group 2 1-3 TEam 1 3-3.30 Relaxation 4.30 - 5 Tai Chi 4 - 5.30 Peer 4	11 1-2.30 Young Women's Peer (16-24) 2 - 4 Thursday Group 4 - 5 Wellbeing Group (16-24) 5.30-7 Peer 5 5.30-7 Young Women's Peer (16-24) 5.30 – 7.45 Yoga with Roo	12 11 - 1 YFN 2 – Culture Club (over-40s) 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Board Games)	13 10am Christmas Market (Ant) 1.30 - 3.30 Queer Singing Group	14
15 10:15 – Bus Group 12-1.30 Creative Writing 1 2 – 4pm Women's Peer 1 (25-35) 5.30 - 7pm Peer 1	16 12 – Gourmet Club 1 - 2.30 Women's Group 3 (over-50s) 6-7.30 History Group 2	17 1-2 Creative Writing Group 1 1-3 GASP (tai chi) 4.30 - 5 Tai Chi 4-5 Football 4 - 5.30 Peer 3	18 11 - 12.30 Creative Writing 2 1 - 3 Girls Group 2 - 4 Thursday Group 4-7pm Christmas Party	19 11 - 1 YFN 1 - 2 History Group 1 3-4.30 AuDHD Group 1 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Tails of Equestria)	20 12 - 4 Drop-in (Karina) 1 - 4 Tech Club 1.30 - 4.30TTRPG (Lost Mines)	21
22 11 - 12.30 Women's Peer 2 (over 35's) 1 - 3 Quiz 1 5-6.15pm Pop Culture Group 2 (16-24) 6.30 – 8pm Peer 2	23 5 – 7.30pm Board Gaming Group	24 No groups	25 No drop-in or groups 12.15-2.30pm Christmas Chinese meal at Number 6 (limited spaces)	26 Number 6 closed	27 1 - 4 Pool Group (Morningside Ballroom)	28 Quiz 2 10am -12
29 Curry Club (details TBC) 5.30 - 7pm Peer 1	30 Drop-in 12 -3 5.30-7pm Spanish Peer	31 No drop-in 1-2 Creative Writing Group 1 (Karina)	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 Red: Online Black: Out and 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 (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 Groups 1 & 2 (full)	A new monthly peer group for anyone who has a dual autism and ADHD diagnosis or suspects that they also have ADHD. Group 1 meets on the third Friday and Group 2 meets on the first Friday of the month (both 3-4.30pm). Both groups are 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 15 th December at 10:15am and getting a bus to Haddington, where we will catch the 106 back. 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 (full)	Rowan is now running a crafting group on the first Tuesday of the month from 5.30-7.30pm. The group is currently full but please email Karina if you'd like to be added to the waiting list: karina.williams@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)	Ashley's Wednesday sessions are now full but Zaid is now running two Monday groups on Zoom. Group 1 runs 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. This month we'll be doing a free Heritage Tour of Leith Theatre (approx. 90 minutes) on Friday 12 th Dec at 2pm. Please email Tim for info: tim.hather@aiscotland.org.uk
Curry Club	A group for people who love curry ☺ This month's Curry Club will be on Monday 29th December , time and venue TBC. Requests for a place must be emailed to Andy no later than Thursday 18th December to allow for advanced booking: 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 3:50pm for a 4pm start. Please email Ant for more information: Anthony.shek@aiscotland.org.uk
Gaming Groups 1 (full) & 2	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 (NB: Group 1 is currently full): 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 Tai Chi at Number 6. For more info, please email Kim: kim.maxwell@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 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 Toby Carvery on Tuesday 16th December. Spaces are limited so please email Kim at least one week in advance 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 (full)	In order to meet demand, we have created a second History Group which will be facilitated by Rowan. This monthly group meets 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	Runs fortnightly on Tuesdays from 12 to 1.30pm. The group provides 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	<p>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 1 – Second & Fourth Thursday, 1-2.30pm (for women aged 16-24): Please email Ashley for more info: Ashley.mclennan@aiscotland.org.uk</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>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</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: Last Tuesday of the month from 5.30-7pm. Please email Maff if you'd like to join: matthew.day@aiscotland.org.uk</p>

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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 Meeting on Sat 27th Dec this month.
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>The very secret society of irregular witches</i> by Sangu Mandanna. <i>In January</i> Please email Kim if you'd like to come along: kim.maxwell@aiscotland.org.uk
Queer Singing Group	A beginner's friendly, non-performing group for anyone who identifies as LGBT+ Meets on the second and fourth Saturday of the month from 1.30 - 3.30pm at 24 Hill Street. Please email Kim if you are interested in joining: kim.maxwell@aiscotland.org.uk Only on Sat 13th Dec this month.
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
*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

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Women's Running Group (for 16-24 year olds) NEW	Rachel will now be running a monthly running group for women aged 16-24 on the second Monday of the month, setting off from Number 6 at 11am. Each month, the group will run 5K and then stop for coffee/snacks afterwards. Please email her for more info: Rachel.mcritchie@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
Christmas Party Thursday 18th Dec 4-7pm	We'll be holding a Christmas Party at Number 6 (24 Hill Street) on Thursday 18 th December from 4-7pm. We'll be organising a pool competition (kick-off 4.30pm) and a festive quiz (starting 5pm). The party is open to anyone registered with Number 6, no need to tell us you're coming, just turn up on the day. Christmas jumpers encouraged! 😊
Christmas Day Chinese Takeaway 25th Dec 12.15-2.30pm	As is the Number 6 tradition, we'll be organising a Chinese takeaway for 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 Stew by Thursday 18 th December so he can send you the menu and you can choose what you would like in advance: stewart.campbell@aiscotland.org.uk

Weekend Activities

Date	Details
<u>Sat 6th December</u> Portobello walk (Tim) Cinema trip (Maff)	Walk: Tim will be leading a walk to Portobello. We'll be meeting at Number 6 at 10am then taking the tram to Constitution Street and walking to Portobello via Leith Links. We'll stop for coffee in Portobello then take the bus back into town. Please email Tim if you'd like to come along: tim.hather@aiscotland.org.uk Cinema: Maff will be taking the group to see Five Nights at Freddy's 2 . Further info will be released nearer the time. Please email him if you're interested in coming along: matthew.day@aiscotland.org.uk
<u>Sat 13th December</u> Christmas Market 10am (Ant)	Ant will be taking a trip to the Christmas Market on Sat 13 th December. Please dress in warm clothes and bring a debit/credit card and cash in case you would like to buy anything or go on the rides We'll be meeting at Number 6 at 10am. Please email Ant if you'd like to come along: Anthony.shek@aiscotland.org.uk
<u>Sat 20th December</u> Drop-in (Karina) 12- 4pm Tech Club (1-4pm)	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
<u>Sat 27th December</u> Pool Group (closed group) 1-4pm (Scott)	Our monthly Pool Group at Morningside Ballroom will be taking place on Sat 27 th December. The group is currently full but please email Scott to be added to the waiting list: scott.wright@aiscotland.org.uk

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