

Number 6 March 2026 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
2 12-1.30 Creative Writing 1 2 – 4pm Women’s Peer 1 (25-35) (Louisa) 6.30 – 8pm Peer 2	3 12.30-2pm Parents Group 2-3.30 AuDHD Women’s Peer 5.30-7.30 Craft Club	4 1-2 Creative Writing Group 1 1 - 3 Gaming Group 2 4 - 5.30 Peer 4 4-5 Football 4.30 - 5 Tai Chi	5 11 - 12.30 Creative Writing 1 - 3 Girls Group 1 - 2.30 Women’s Group 3 2 - 4 Thursday Group 4 - 5 Wellbeing Group 5.30-7 Polish Peer 5.30-7.45 Yoga with Roo	6 11 - 1 YFN 2 - 3 Pop Culture Group 1 3 - 5 Young Men’s Peer 3-4.30 AuDHD Group 1 4.30 - 7.30 TTRPG (One Shots)	7 2.30 - 4.30 Queer Book Group	8
9 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) 5.30-7pm Peer 1	10 12.30-2 Parents Group 5.30 - 7.30 Gaming Group 1	11 1-2 Creative Writing Group 2 1-3 TEam 3-3.30 Relaxation 4.30 - 5 Tai Chi 5-6.30 Peer 3	12 1-2.30 Young Women’s Peer 2 - 4 Thursday Group 4 - 5 Wellbeing Group 5.30-7 Peer 5 5.30-7 AuDHD Women’s Peer 5.30-7.45 Yoga with Roo	13 11 - 1 YFN 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Board Games)	14 12-3 Board Gaming (Kim) 1.30 - 3.30 Queer Singing Group	15
16 9.45am – Bus group 12-1.30 Creative Writing 1 2 – 4pm Women’s Peer 1 (25-35) 6.30 – 8pm Peer 2	17 12 – Gourmet Club 12.30-2 Parents Group 1 - 2.30 Women’s Group 3 2-3.30 – AuDHD Women’s Peer 2 5 -7.30pm Board Gaming 1 6-7.30 History Group 2	18 10.30am Women’s Running Group (16-24s) 1-2 Creative Writing 1 1-3 GASP 4 - 5.30 Peer 4 4-5 Football 4.30 - 5 Tai Chi	19 11 - 12.30 Creative Writing 2 1 - 3 Girls Group 2 - 4 Thursday Group 4 - 5 Wellbeing Group 5.30-7.45 Yoga with Roo	20 11 - 1 YFN 1 - 2 History Group 1 2 - 3 Pop Culture Group 1 3-4.30 AuDHD Group 2 3 - 5 Young Men’s Peer 4.30 - 7.30 TTRPG (Tails of Equestria & Lancer)	21 Braids walk (Andy) 12-4 Drop-in (Zaid) 1 - 4 Tech Club 1.30 - 4.30 TTRPG (Witchlight & Cyberpunk)	22 Quiz 2 10am -12
23 11 - 12.30 Women’s Peer 2 (over 35’s) 12-1.30 Creative Writing 2 1-3 Quiz 5-6.15pm Pop Culture Group 2 (16-24) 5.30-7pm Peer 1	24 12.30-2pm Parents Group 5 – 7.30pm Board Gaming Group 2	25 1-2 Creative Writing Group 2 1-3 TEam 3-3.30 Relaxation 5-6.30 Peer 3 4.30 - 5 Tai Chi	26 10am – Culture Club 1-2.30 Young Women’s Peer 2 - 4 Thursday Group 4 - 5 Wellbeing Group Curry Club (details tbc) 5.30-7.45 Yoga with Roo	27 11 - 1 YFN 1 - 4 Pool Group (Morningside Ballroom) 2 – Culture Club (over 40s) 3 - 4.30 Art Group 4.30-7.30 TTRPG (Ravenloft)	28 10.15am Laser Quest (Graeme) Cinema trip (Maff) 1.30 - 3.30 Queer Singing Group	29
30 6.30 – 8pm Peer 2	31 12.30-2pm Parents Group 5.30-7pm Spanish Peer		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		

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)	Two monthly mixed gender peer groups for anyone who has a dual diagnosis of autism and ADHD. Meets on the first & third Friday of the month from 3-4.30pm. Both groups are currently full but please email Tim to be added to the waiting list: tim.hather@aiscotland.org.uk
AuDHD Women's Peer Groups x 3 (full)	We're now running 3 new peer groups for women diagnosed with autism and ADHD. Group 1 runs on the 1 st Thursday from 2-3.30pm; Group 2 runs on the 3 rd Thursday, 2-3.30pm and Group 3 will run on the 2 nd Thursday, 5.30-7pm. Please email Karina to be added to the waiting list: karina.williams@aiscotland.org.uk
Board Gaming Group	Group 1 meets on the 3 rd Tuesday & Group 2 meets on the 4 th Tuesday of the month (both 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 16 th March at 9.45am. 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 will run in 4 month blocks (two different projects per block). Please email Karina if you're interested in joining future blocks: 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 currently full but Zaid has space at his Monday groups. 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). 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)	Two outings this month: 1: Linlithgow Palace on Thurs 26 th March – leaving Number 6 at 10am (please bring a packed lunch and some money if you'd like to buy refreshments there). 2: A trip to the City Art Centre on Fri 27 th March at 2pm to see two free exhibitions. Please email Tim if you're interested in coming along to either: tim.hather@aiscotland.org.uk
Curry Club	A group for people who love curry ☺ This month's Curry Club will be on Thursday 26 th March, 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 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

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	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 going for a walk around Holyrood Park. 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 Merlin in Morningside on Tuesday 17 th March, meeting at Number 6 at 12 noon. 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	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	Each group runs weekly on Tuesdays from 12 to 1.30pm (sessions alternate being in-person & online). 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 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. AuDHD Peer groups – (see 'AuDHD' section). 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 5-6.30pm (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 Men's Peer – First & Third Friday, 3-5pm (for men aged 16-24) 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 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>Bitterstone</i> by Kate Dunn. 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 2nd and 4th Saturday of the month from 1.30 - 3.30pm in 22 Hill Street. Please email Kim if you are interested in joining: kim.maxwell@aiscotland.org.uk
Quiz 1 (online) & 2 (in-person)	Our 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)	A group for trans and non-binary people, as well as anyone questioning their gender. We meet on the second and fourth Wednesday of the month from 1-3pm and do different activities. 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

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	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
Women's Running Group (16-24s)	A monthly running group for women aged 16-24. Each month, the group will run 5K and then stop for coffee/snacks afterwards. Please email Rachel for more info: Rachel.mcritchie@aiscotland.org.uk Meeting on Wed 18 th Feb this month.
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. We are currently working on our own projects so owning equipment is currently a must. Please email Kim if you'd like to come along: kim.maxwell@aiscotland.org.uk

Weekend Activities

Date	Details
<u>Sat 14th March</u> Board Gaming (Kim) 12-3	Kim will be running a board gaming session at 24 Hill Street from 12-3pm. Please email her if you'd like to come along: kim.maxwell@aiscotland.org.uk
<u>Sat 21st March</u> Braids walk (Andy) 10am onwards Drop-in (Zaid) 12- 4pm Tech Club (1-4pm)	Andy will be taking a walk to the Hermitage of Braid and Blackford Hill. We'll meet at Number 6 at 10am and take the bus together to the start of the walk. Make sure you have sturdy walking boots, a packed lunch and warm waterproof clothing. We anticipate the walk will be at least 5km, with options to extended extend the route if walkers prefer to on the day. Please email him if you'd like to come along: andrew.horseman@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 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/techy stuff. 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 info, please email: karina.williams@aiscotland.org.uk
<u>Sat 28th March</u> Laser Quest (Graeme) 10.15am onwards Cinema trip (Maff)	Graeme will be taking a group to play laser quest at Fountain Park. You can either meet him at Number 6 at 10.15am to take the bus or meet outside the main entrance to Fountain Park at 10.50am. It's £7.99 for one game – please bring a card to make payment on the day. We'll also be staying for snacks afterwards then heading back to Number 6. Please email Graeme if you'd like to come along: Graeme.syme@aiscotland.org.uk Cinema – Maff will be taking a trip to the cinema on Sat 28 th March. Further details will be released nearer the time – please email him for more info: matthew.day@aiscotland.org.uk

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