

Number 6 July 2026 Groups & Activities

MON	TUES	WED	THUR	FRI	SAT	S U
	DROP IN: 1-6pm	DROP-IN 1-4pm	DROP IN: 1-6pm	DROP IN: 12-3pm	DROP IN: First Sat 12 – 4pm	
<u>Colour Key:</u> Blue: at 24 Hill St Green: at 22 Hill St Red: Online Black: Out and about	<u>Abbreviations:</u> GASP: Gender Affirming Sports & Physical Activity TEam: Trans, Enby & More TTRPG: Table Top Role Play Gaming	1 1 - 2 Body Doubling 4 - 5 Football 4.30 - 5 Tai Chi 5 - 6.30 Peer 3	2 11 - 12.30 Creative Writing 1 1 - 2.30 Women's Group 3 (50+) 1 - 3 Girls Group 2 - 4 Thursday Group 4 - 5 Wellbeing Group (16-24) 5.30-7 Polish Peer	3 11 - 1 YFN 2 - GASP 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)	4 12 - 4 Drop-in (Andy) 1 - 4 Tech Club 2.30 - 4.30 Queer Book Group	5
6 10 – Bus group 12-1.30 Creative Writing 1 2 – 4pm Women's Peer 1 (25-35) 6.30 – 8pm Peer 2	7 12.30 - 2 Parents Group 5-7pm Gaming Group 1	8 1 - 2 Creative Writing 3 3 - 3.30 Relaxation 3.30-4 Tai Chi 4 - 5.30 Peer 4	9 1-2.30 Young Women's Peer 2 - 4 Thursday Group 4 - 5 Wellbeing Group (16-24) 5.30-7 Peer 5 5.30-7 AuDHD Women's Peer 2	10 11 - 1 YFN 2-4 TEam 3 – 4pm Art Group 4.30 - 7.30 TTRPG (Board Games)	11 12 - 3 Board Gaming (Louisa) 1.30 - 3.30 Queer Singing Group	12
13 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	14	15 1 - 2 Body Doubling 4 - 5 Football 5 - 6.30 Peer 3	16 11 - 12.30 Creative Writing 2 1 - 2.30 Women's Group 3 (50+) 1 - 3 Girls Group 2 - 4 Thursday Group 4 - 5 Wellbeing Group (16-24)	17 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)	18 Arthur's Seat 10.30am (Graeme) Cinema trip (Maff) 1.30 - 4.30 TTRPG (Witchlight & Cyberpunk)	19
20 12-1.30 Creative Writing 1 2 – 4pm Women's Peer 1 (25-35) 6.30 – 8pm Peer 2	21 2-3.30pm AuDHD Women's Peer 5 – 7.30pm Board Gaming Group 1	22 1 - 2 Creative Writing 3 1 - 3 Gaming Group 2 3 - 3.30 Relaxation 4 - 5.30 Peer 4	23 1-2.30 Young Women's Peer 2 - 4 Thursday Group 4 - 5 Wellbeing Group (16-24) 5.30 - 7 AuDHD Peer	24 11 - 1 YFN 1 - 4 Pool Group (Morningside Ballroom) 2pm – Culture Club (over-40s) 2-4 TEam 3 – 4pm Art Group 4.30-7.30 TTRPG (Ravenloft)	25 Coffee & walk (Zaid) 11am 1.30 - 3.30 Queer Singing Group	26
27 11 - 12.30 Women's Peer (over-35s) 12-1.30 Creative Writing 2 1 - 3 Quiz 5 - 6.15pm Pop Culture Group 2 (16-24) 5.30-7pm Peer 1	28 12 – Gourmet Club 12.30 - 2pm Parents Group 5 - 7.30pm Board Gaming 1 5.30 - 7pm Spanish	29 3.30-4 Tai Chi Curry Club (details tbc)	30 2 - 4 Thursday Group 4 - 5 Wellbeing Group (16-24)	31 11 - 1 YFN	<u>Abbreviations Cont:</u> 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 - 4pm. 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 2	We run two peer groups for women diagnosed with both autism and ADHD. Group 1 runs on the 3 rd Tuesday of the month from 2-3.30pm and Group 2 (for women who work during the day) runs on the 2 nd Thursday, 5.30-7pm. Please email Karina if you're interested in Group 1: karina.williams@aiscotland.org.uk or Kim for Group 2: kim.maxwell@aiscotland.org.uk
AuDHD online peer group	Tim is now running a monthly online peer group for anyone diagnosed with autism and ADHD on the 4 th Thursday of the month from 5.30-7pm. Please email him for more info: tim.hather@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
Body Doubling sessions (online)	<i>It's been shown that the presence (in real life or virtual) of another person who is also trying to focus on their own task helps you stay on track and get things done.</i> Join us online for one hour to support each other to focus on anything you want to get done, for example: housework, study, art project. We will meet 1 st and 3 rd Wednesday of each month at 1pm via Zoom. Please email Ashley for more info: ashley.mclennan@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 6 th July. 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 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 x 3	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 email Zaid if you're interested in either: zaid.al-nayazi@aiscotland.org.uk Ashley runs Group 3 on the 2 nd and 4 th Wednesday from 1-2pm. Please email her for more info: Ashley.mclennan@aiscotland.org.uk
Culture Club (over-40s)	This month's Culture Club will be on Friday 24th July at 2pm . We will be going to an exhibition of photographs by Sandra George at the City Art Centre. Tickets cost £6. Sandra George was an Edinburgh-based photographer who took photos of communities and social action projects for over thirty years. This is a retrospective of her work. Please email Tim if you'd like to come along: tim.hather@aiscotland.org.uk
Curry Club	A group for people who love curry ☺ This month's Curry Club will be on Wednesday 29 th July, time and venue TBC. Please email Kim at least one week before if you are interested in coming as spaces are limited kim.maxwell@aiscotland.org.uk

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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 first 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 5-7pm and Group 2 meets on the fourth 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. For more info about this month's activity, please email Kim: kim.maxwell@aiscotland.org.uk Please note that from July, we will be meeting on first Friday of the month from 2-4pm.
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're going to Pho (Vietnamese restaurant) at St James Quarter on Tuesday 28 th July. Please email Kim if you'd like to come along: kim.maxwell@aiscotland.org.uk
History Group	Meets on the third Friday of the month from 1-2pm. This group is for people who are interested in discussing different historical events. We discuss a different subject each month. Please email Matthew if you'd like to come along: matthew.day@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	Our parents groups will now run once a month rather twice and the groups will be facilitated by Andy Horseman from now on. Dates scheduled for this month have been arranged around Andy's holidays and may differ in the following months. 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 Andy if you would like to come along: andrew.horseman@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): scott.wright@aiscotland.org.uk Peer 2 – Alternate Mondays 6.30-8pm (for men over 30): scott.wright@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 – Second & Fourth Thursday, 1-2.30pm (for women aged 16-24): Please email Ashley for more info: Ashley.mclennan@aiscotland.org.uk

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	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 & third Thursday 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 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. In July, we're reading 'Into the Drowning Deep' by Mira Grant (NB: this is a horror novel so may not be for everyone) 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 (online)	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. We also have space for a few people to attend the quiz in person at Number 6. For more info, please contact Maff: matthew.day@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 Please note that due to Andy's availability there are only three Tai Chi sessions during July and two of them will be at the earlier time of 3.30pm. Apologies for any inconvenience. The plan is to return to the regular weekly schedule and 4.30pm timings for subsequent months.
TEam (Trans, Enby and More)	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 Please note that from July, we will be meeting on the second and fourth Friday of the month from 2-4pm
Tech Club	A space for anyone who is interested in computers/geeky/techy stuff. The club meets at 24 Hill Street on the first 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.

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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 a 'virtual drop-in' on Facebook for anyone registered with Number 6. This is a closed group which is mainly used to host our Relaxation sessions. 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)	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
Sat 4th July Drop-in (Andy) 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/techy stuff. Meets on the first 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
Sat 11th July Board Gaming 12-3pm	Louisa will be running a board gaming session at 24 Hill Street from 12-3pm. Please email her if you'd like to come along: louisa.dawson@aiscotland.org.uk
Sat 18th July Arthur's Seat walk 10.30am onwards Cinema	Arthur's Seat: Graeme will be leading a walk from Number 6 to Holyrood Park, up Arthur's Seat and back to Number 6. Please note, this will be a strenuous walk and is only suitable for people with a good level of fitness. Please dress for the weather and wear trainers or walking shoes/boots and bring water and snacks. Please email Graeme for more info: Graeme.syme@aiscotland.org.uk Cinema: Maff will be taking the cinema trip on Saturday 18th July. Details will be confirmed nearer the time. Please email him for more info: matthew.day@aiscotland.org.uk
Sat 25th July Coffee & walk at Princes Street Gardens (Zaid) 11am to approx. 12.30	If you're in the mood for getting out of the house and having a wee bit of fresh air with a coffee and some company, why not join Zaid on Saturday 25th July. We'll be meeting outside Number 6 at 11am, having a wander down to Princes Street Gardens and picking up takeaway coffee/snacks for anyone who wants any. Please email Zaid if you'd like to come along: Zaid.Al-Nayazi@aiscotland.org.uk

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