

Number 6 September 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	
	1 12-1.30 Creative Writing 1	2 1 - 2 Body Doubling 4 - 5 Football 4 - 5.30 Peer 4 4.30 - 5 Tai Chi	3 Culture Club (over-40s) 11 - 12.30 Creative Writing 1 1 - 2.30 Women's Group 3 (50+) 1 - 3 Girls Group 2 - 4 Thursday Group 5.30-7 Polish Peer 5.30-7.45 Yoga with Roo	411 - 1 YFN 2-4 GASP 2 - 3 Pop Culture Group 1 3 - 5 Young Men's Peer 3 - 4.30 AuDHD Group 1 4.30 - 7.30 TTRPG (Troubleshooters)	5 12 - 4 Drop-in (Zaid) 1 - 4 Tech Club 2.30 - 4.30 Queer Book Group	6
7 11-12.30 Art & Craft Group 5.30-7pm Peer 1 6.30 – 8pm Peer 2	8 12-1.30 Creative Writing 2 12.30 - 2 Parents Group 4.30-7pm Gaming Group 1	9 1 - 2 Creative Writing 3 3 - 3.30 Relaxation 4.30-5 Tai Chi 5 - 6.30 Peer 3	10 1-2.30 Young Women's Peer 2 - 4 Thursday Group 5.30-7 Peer 5 5.30-7.45 Yoga with Roo	11 11 - 1 YFN 2-4 TEam 3 – 4pm Art Group 3 - 4.30 AuDHD Group 2 4.30 - 7.30 TTRPG (Board Games)	12 Cinema trip (Maff) 10.30am Crazy Golf (Graeme) 1.30 - 3.30 Queer Singing Group	13
14 10 – Bus group 11 - 12.30 Women's Peer 2 (over 35's) 5 - 6.15pm Pop Culture Group 2 (16-24)	15 12 – Gourmet Club 12-1.30 Creative Writing 1 2-3.30pm AuDHD Women's Peer 1 5 – 7.30pm Board Gaming Group 1	16 1 - 2 Body Doubling 4 - 5 Football 4 - 5.30 Peer 4 4.30-5 Tai Chi	17 11 - 12.30 Creative Writing 2 1 - 2.30 Women's Group 3 (50+) 1 - 3 Girls Group 2 - 4 Thursday Group 5.30-7 AuDHD Women's Peer 2 5.30-7.45 Yoga with Roo	18 11 - 1 YFN 1 - 2 History Group 2 - 3 Pop Culture Group 1 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Lancer)	19 1.30 - 4.30 TTRPG (Witchlight & Cyberpunk)	20
21 11-12.30 Art & Craft Group 2 – 4pm Women's Peer 1 (25-35) 5.30-7pm Peer 1 6.30 – 8pm Peer 2	22 12-1.30 Creative Writing 2 12.30 - 2 Parents Group 5 - 7.30pm Board Gaming 2	23 1 - 2 Creative Writing 3 1-3 Gaming Group 2 3 - 3.30 Relaxation 4.30-5 Tai Chi	24 1-2.30 Young Women's Peer 2 - 4 Thursday Group 4 - 5 Wellbeing Group (16-24) 5.30-7.45 Yoga with Roo 6-7 AuDHD Peer Curry Club (details TBC)	25 11 - 1 YFN 1 - 4 Pool Group (Morningside Ballroom) 2-4 TEam 3 – 4pm Art Group 4.30 - 7.30 TTRPG (Ravenloft)	26 10am Cammo Estate (Andy) 12-3 Board Gaming (Louisa) 1.30 - 3.30 Queer Singing Group	27
28 11 - 12.30 Women's Peer 1-3pm Quiz 5 - 6.15pm Pop Culture Group 2 (16-24)	29 5.30 - 7pm Spanish Peer	30 4.30-5 Tai Chi	Colour Key: Blue: at 24 Hill St Green: at 22 Hill St Red: Online Black: Out and about	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
Arts & Crafts Group	Runs on the first & third Monday of the month from 11am to 12.30 in the Training Room (first floor) at 24 Hill Street. <i>Bring along your inspiration and creative project to enjoy making alongside others in a relaxed, friendly environment. Whether you're painting, drawing, knitting, crafting or working on something completely different, this is a space to create at your own pace. This is not a taught group nor is there an expectation to produce anything, just the opportunity to connect with others, share a creative atmosphere, and enjoy time for your own projects.</i> Materials available for use including paper, pens & paints. Everyone is welcome, whatever your experience or preferred creative outlet. Come as you are, create what you love and enjoy the buzz that comes from making things together. Please email Ashley to be added to the mailing list: Ashley.mclennan@aiscotland.org.uk
Art Group (full)	The Art Group meets on the second and fourth Friday of the month from 3 - 4pm. 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 NB. Group 2 will be taking place on Thursday 17th September.
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 6-7pm. 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 14 th September & taking the X18. 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 Tuesday 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

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Culture Club (over-40s)	This month we'll be visiting Aberdour Castle. We will get the train there in the morning and take a pack lunch. Entry tickets are £6 booked online (concessions) or free for Historic Scotland members. We'll be back in Edinburgh by 3pm. 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 Thursday 24 th September, 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 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 4.30-7pm 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 Ant and please indicate which group you are interested in joining and she will add you to the waiting list: Anthony.shek@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 first Friday of the month from 2-4pm and try out different sporting activities. For more info about this month's activity, 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're going to Fat Hippo on George Street at 12 on Tuesday 15 th September. 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	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. Meets in person on the second Tuesday of the month and online on the fourth Tuesday (both 12.30-2pm). 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

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	Peer 3 – Second Wednesday of the month 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 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 NB: Only meeting on Mon 21st Sept. 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. 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. 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 This month the quiz will be on Monday 28th Sept from 1-3pm.
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 from 4.30 to 5pm 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. For more information please contact Kim: kim.maxwell@aiscotland.org.uk Please note that we are now meeting on the second and fourth Friday of the month from 2-4pm.

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Tech Club (full)	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.
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
Yoga with Roo	Our volunteer, Roo, is running another 6 week block of yoga classes from the end of August. Please note, these classes are fully subscribed.

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Saturday Activities

Date	Details
Sat 5th September Drop-in (Zaid) 12 - 4pm Tech Club (1-4pm) (full)	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. Please note, this group is now at capacity and not accepting any new members at the moment.
Sat 12th September Cinema (Maff) Crazy golf at Fountain Park (Graeme)	We'll be going to see Pressure at the cinema on Sat 12th September. Further details will be released nearer the time. Please email Maff if you'd like to come along: matthew.day@aiscotland.org.uk We're going to play crazy golf at Fountain Park. You can either meet at Number 6 at 10.30am and walk along or meet outside Fountain Park at 10.50am. It costs £8.50 for one game. Please bring money to pay with and extra if you'd like to buy refreshments afterwards. Please email Graeme if you'd like to come along: Graeme.syme@aiscotland.org.uk
Sat 26th September Cammo Estate walk (Andy) 10am onwards Board Gaming (Louisa) 12-3pm	We're going for a walk at Cammo Estate and along the River Almond on Saturday 26th September. We'll be leaving Number 6 at 10am. Please email Andy if you'd like to come along: andrew.horseman@aiscotland.org.uk Louisa will be running a board gaming session at 24 Hill Street from 12 to 3pm. Please contact her for more info: louisa.dawson@aiscotland.org.uk

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