

Number 6 October 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	
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	1 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 3.30-4.30 Wellbeing Group 5.30-7.45 Yoga with Roo	2 11 - 1 YFN 2-4 GASP 3 - 5 Young Men's Peer 3 - 4.30 AuDHD Group 1 4.30 - 7.30 TTRPG (One Shots)	3 11 – Water of Leith (Ant) 12 - 4 Drop-in (Karina) 1 - 4 Tech Club 2.30 - 4.30 Queer Book Group	4
5 11-12.30 Art & Craft Group 2 – 4pm Women's Peer 1 (25-35) 5.30-7pm Peer 1 6.30 – 8pm Peer 2	6 12-1.30 Creative Writing 1	7 1 - 2 Body Doubling 4 - 5 Football 4 - 5.30 Peer 4 4.30 - 5 Tai Chi	8 2 - 4 Thursday Group 3.30-4.30 Wellbeing Group 5.30-7 Peer 5 5.30-7.45 Yoga with Roo 5.30-7 AuDHD Women's Peer 2	9 11 - 1 YFN 2-4 TEam 3 – 4pm Art Group 4.30 - 7.30 TTRPG (Board Games)	10 Cinema (Maff) 12-3 Board Gaming (Louisa) 1.30 - 3.30 Queer Singing Group	11
12 11 - 12.30 Women's Peer 2 (over 35's) 5 - 6.15pm Pop Culture Group 2 (16-24)	13 12-1.30 Creative Writing 2 12.30 - 2 Parents Group 4.30-7pm Gaming Group 1	14 1 - 2 Creative Writing 3 3 - 3.30 Relaxation 4.30-5 Tai Chi 5 - 6.30 Peer 3	15 11 - 12.30 Creative Writing 2 1 - 2.30 Women's Group 3 (50+) 1 - 3 Girls Group 2 - 4 Thursday Group 3.30-4.30 Wellbeing Group	16 11 - 1 YFN 1 - 2 History Group 3 - 4.30 AuDHD Group 2 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Lancer)	17 11 - Bowling @ Corn Exchange (Scott) 1.30 - 4.30 TTRPG (Witchlight & Cyberpunk)	18
19 10 – Bus Group 11-12.30 Art & Craft Group 2 – 4pm Women's Peer 1 (25-35) 5.30-7pm Peer 1 6.30 – 8pm Peer 2	20 12 - Gourmet Club 12-1.30 Creative Writing 1 12.30 - 2 Parents Group 3-4.30pm AuDHD Women's Peer 1 5 – 7.30pm Board Gaming Group 1	21 1 - 2 Body Doubling 4 - 5 Football 4 - 5.30 Peer 4 4.30 - 5 Tai Chi	22 2 - 4 Thursday Group 3.30-4.30 Wellbeing Group 6-7 AuDHD Peer (online)	23 11 - 1 YFN 1 - 4 Pool Group (Morningside Ballroom) 2 – Culture Club (over-40s) 2-4 TEam 3 – 4pm Art Group 4.30 - 7.30 TTRPG (Ravenloft)	24 1.30 - 3.30 Queer Singing Group	25
26 11 - 12.30 Women's Peer (over-35s) 5 - 6.15pm Pop Culture Group 2 (16-24)	27 5 – 7.30pm Board Gaming Group 2 5.30 - 7pm Spanish Peer	28 1 - 2 Creative Writing 3 1-3 Gaming Group 2 3 - 3.30 Relaxation 4.30-5 Tai Chi	29 3.30-4.30 Wellbeing Group Curry Club (details TBC)	30 11 - 1 YFN	31	

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 (full)	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 waiting 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 3-4.30pm 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.
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 19 th October & taking the #28. 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)	At 2pm on Friday 23 rd October we will be visiting two free exhibitions ('Rain' and 'Paperback Revolution') at the National Library of Scotland and then walking down to the Scottish Parliament building for a third free exhibition of World Press Photography. 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 29 th October, 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 Solti (Nepalese restaurant, 10 Drummond Street). Leaving Number at 12 to take the bus or you can meet outside the venue at 12.30. Please email Kim at least one week in advance 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 info sheet which lists all the course options (there are online and in-person options). 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

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	Peer 2 – Alternate Mondays 6.30-8pm (for men over 30): scott.wright@aiscotland.org.uk 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 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	On the 4 th Friday of the month from we play pool at Morningside Ballroom (pool hall) from 1-4pm. Please email Scott if you'd like to come along: scott.wright@aiscotland.org.uk
Pop Culture Group (16-24s) (full)	A space for young people to talk about their interests. We meet on the second and fourth Monday of the month from 5-6.15pm. Please email Ashley to be added to the waiting list: 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 Please note, there will be no quiz in October.
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. Please email Karina to be added to the waiting list: 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 3.30-4.30pm. 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	Free, beginners yoga sessions. The current block of yoga ends 8 th October.

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Saturday Activities

Date	Details
<u>Sat 3rd October</u> Water of Leith walk (Ant) 11am onwards Drop-in (Karina) 12 - 4pm Tech Club (1-4pm) (full)	<u>Water of Leith:</u> We'll be meeting at Number 6 at 11am and going for a walk along the Water of Leith. We will be out for at least a few hours. Please dress in warm clothes with comfortable footwear and bring snacks and something to drink. Please email Ant if you'd like to come along: Anthony.shek@aiscotland.org.uk <u>Drop-in:</u> 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. <u>Tech Club:</u> 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.
<u>Sat 10th October</u> Cinema trip (Maff) Board Gaming (Louisa) 12-3pm	<u>Cinema:</u> We'll be going to see Digger at the cinema. Further details will be released nearer the time. Please email Maff if you'd like to come along: matthew.day@aiscotland.org.uk <u>Board gaming:</u> 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
<u>Sat 17th October</u> Bowling at Corn Exchange (Scott)	We've booked two lanes at the Corn Exchange from 12-1pm. You can either meet outside Number 6 at 11am to take the bus along or outside the Corn Exchange at 11.45am. The cost is £6 cash to be paid to Number 6 by 10th October to secure your space. Please bring your money in cash to Gabriela at the reception of 22 Hill Street. Please bring extra money on the day if you'd like to buy snacks. Please email Scott by 8th October if you'd like to come along: scott.wright@aiscotland.org.uk

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