Number 6 December 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: First Sat 12 – 4pm	
Colour Key: Blue: at 24 Hill St Green: at 22 Hill St Red: Online Black: Out and about	1 12-1.30 Creative Writing 1	2 1 - 2 Body Doubling 4 - 5 Football 4.30 - 5 Tai Chi	3 1 - 2.30 Women's Group 3 (50+) 1 - 3 Girls Group 2 - 4 Thursday Group 3.30-4.30 Wellbeing Group 5.30-7 Polish Peer	4 11 - 1 YFN 3 - 5 Young Men's Peer 3 - 4.30 AuDHD Group 1 4.30 - 7.30 TTRPG (One Shots)	5 12 - 4 Drop-in (Karina) 1 - 4 Tech Club 2.30 - 4.30 Queer Book Group	6
7 11-12.30 Art & Craft Group 2 – 4pm Women's Peer 1 (20-35)	8 12-1.30 Creative Writing 2 12.30 - 2 Parents Group 4.30-7pm Gaming Group 1	9 1-3 TEam 2-3 Creative Writing 3 3 - 3.30 Relaxation 4.30-5 Tai Chi 4 - 5.30 Peer 4 5 - 6.30 Peer 3	10 11 - 12.30 Creative Writing 1 2 - 4 Thursday Group 3.30-4.30 Wellbeing Group 5.30-7 Peer 5 5.30-7 AuDHD Women's Peer 2	11 11 - 1 YFN 2 – Culture Club (over-40s) 4.30 - 7.30 TTRPG (Board Games)	12 11.30-2.30 Board Gaming (Louisa) 1.30 - 3.30 Queer Singing Group	13
14 10 – Bus group 11 - 12.30 Women's Peer (over-35s) 5 - 6.15pm Pop Culture Group 2 (16-24) 5.30-7pm Peer 1 6.30 – 8pm Peer 2	15 12 – Gourmet Club 12-1.30 Creative Writing 1 3-4.30pm AuDHD Women's Peer 1 5 – 7.30pm Board Gaming Group 1	16 1 - 2 Body Doubling 4 - 5 Football 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 4-7pm Christmas Party 6-7 AuDHD Peer	18 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)	19 Cinema trip (Ant) 1.30 - 4.30 TTRPG (Witchlight & Cyberpunk)	20
21 11-12.30 Art & Craft Group 2 – 4pm Women's Peer 1 (20-35)	22 12-1.30 Creative Writing 2 12.30 - 2 Parents Group 5 – 7.30pm Board Gaming Group 2 5.30 - 7pm Spanish Peer	23 1 - 2 Creative Writing 3 1-3 Gaming Group 2 3 - 3.30 Relaxation 4 - 5.30 Peer 4	24 Drop-in 12-3 Christmas Eve	25 No drop-in or groups 12.15-2.30pm Christmas Chinese meal at Number 6 (limited spaces)	26 Boxing Day (closed)	27 Pool Group 2-5pm
28 11 - 12.30 Women's Peer (over-35s) 5.30-7pm Peer 1 6.30 – 8pm Peer 2	29 Drop-in 12-3 Curry Club (details TBC)	30 Drop-in 12-3	31 Drop-in 12-3 No groups New Year's Eve	Abbreviations: GASP: Gender Affirming Sports & Physical Activity	TEam: Trans, Enby & More TTRPG: Table Top Role Play Gaming YFN: Yarn, Fibre &	

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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. *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.* 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 **NB: this Art Group will not be taking place in December.**
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 **Meeting on Thursday 17th Dec this month.**
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 3rd Tuesday of the month from 3-4.30pm and Group 2 (for women who work during the day) runs on the 2nd 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 4th 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 3rd Tuesday & Group 2 meets on the 4th 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)	*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.* 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 1st and 3rd 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 14th December and taking the #2. 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	We run two separate, monthly groups (on the 1st & 3rd 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. Please email Karina if you'd like to come along: karina.williams@aiscotland.org.uk **NB: Group 1 will be meeting on Thursday 10th December this month.**
Creative Writing Online x 3	**Group 1** runs on the 1st and 3rd Tuesday of the month and **Group 2** on the 2nd and 4th (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 2nd and 4th Wednesday from 1-2pm**.** Please email her for more info: Ashley.mclennan@aiscotland.org.uk

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Culture Club (over-40s)	Friday 11th December 2pm – visit to the Fruitmarket Gallery in Market Street to see the free exhibition – Ida Applebroog: Portraits. Then over the road to the City Art Centre for their free exhibition and refreshments. 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 29th December, time and venue TBC. **Please email Andy by 17th December 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. **Drop-in will run from 12-3pm during the last week of December.**
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? **NB: This group is currently on hold.**
Girls Group (full)	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 email Kim to be added to the waiting list: kim.maxwell@aiscotland.org.uk
Gourmet Club	A monthly lunch club where we try out different eating establishments. This month we're going to **Toby Carvery on Tuesday 15th Dec**. Please email Kim as soon as possible to book your space as spaces are limited. **You will need to bring a £5 into Number 6 by 8th Dec to secure your space**. We'll be leaving Number at 12 to take the bus or you can meet outside the venue at 12.30. 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).

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	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** – 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 20-35) First and third Monday of the month, 2-4pm. karina.williams@aiscotland.org.uk **Women's Group 2** (for women over 35) Second & Fourth Monday of the month, 11am – 12.30 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 4th 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 **This month we'll be meeting on Sunday 27th December 2-5pm.**
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) Every 3 months	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 **NB: The quiz will now be quarterly from Jan 2027.**
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. This month we'll be having a solstice celebration on Wed 9th December from 1-3pm. For more information please contact Kim: kim.maxwell@aiscotland.org.uk
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

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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
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 yoga sessions, with a session for beginners or those who prefer slower movement, and another for those with more experience or who might prefer more dynamic movement. Please email Matthew if you're interested in attending future blocks: matthew.day@aiscotland.org.uk
Christmas Party Thursday 17th Dec 4-7pm	It that time again – we're hosting our Christmas Party at 24 Hill Street from 4-7pm on Thursday 17th December. The party is open to anyone registered with Number 6. There will be a pool competition, a quiz, a room with a Christmas craft activity, a card games room and 20 min sessions of **Party Yoga** (held next door in 22 Hill St), along with music and chat from a D.J and M.C. The Yoga sessions are new for this year's party, so below is more info about what to expect from that. You don't have to attend the rest of the party in order to attend the party yoga. **Party Yoga** *We often think about yoga as a relaxation practice, but it can also offer a chance to play and have fun with movement. In these 20 minute 'party yoga' sessions Roo will guide us through some movements and shapes to help connect with our bodies and breath and hopefully have fun. We'll use music as we go. Come as you are; no need to bring anything or wear anything in particular and no yoga experience necessary. You might want to take off your shoes and/or socks for the practice, but you don't need to. Sessions will start every half hour, with the first session at 4pm and last at 7pm. To book a slot, email matthew.day@aiscotland.org.uk.* If you want to ask any questions about the rest of the party, please speak to any member of Number 6 staff or email Andy andrew.horseman@aiscotland.org.uk
Christmas Day (25th Dec) Chinese Takeaway **12.15 to 2.30pm**	As is the Number 6 tradition, we'll be organising a Chinese takeaway to 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 Maff by **Thursday 18th December** so he can send you the menu and you can choose what you would like in advance: matthew.day@aiscotland.org.uk

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Saturday Activities

Date	Details
Sat 5th December **Drop-in (Karina)** **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 December **Board Gaming** **11.30am to 2.30pm**	Louisa will be running a board gaming session at 24 Hill Street from 11.30am to 2.30pm. Please email her if you'd like to go along: louisa.dawson@aiscotland.org.uk
Sat 19th December **Cinema (Ant)**	We're going to see **Avengers: Doomsday** at Cineworld, Fountain Park on Saturday 19th December at 12:20pm (Screen 4). Ant is taking the trip this month. We recommend booking your ticket in advance. Ant's seat number is J16 in case you'd like to sit near him. Please email Maff to let him know if you plan to attend and whether you'd like to meet Ant either at 24 Hill Street at 11:35am, or at Fountain Park at 12:05. Matthew.day@aiscotland.org.uk

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