

**NUMBER 6**

**EVENTS CALENDAR**

**JANUARY 2019**

<b>MON</b> Drop-In 2-8pm	<b>TUES</b> Quiet Drop-In 10-5pm	<b>WED</b> Drop-In 10-8pm	<b>THUR</b> Drop-In 2-8pm	<b>FRI</b> Drop-In 12-5pm	<b>SAT</b>	<b>SUN</b>
	<b>1</b> NUMBER 6 CLOSED	<b>2</b> 12-3 DROP IN	<b>3</b> 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (Sherlock Gnomes)	<b>4</b> 3-5 Pool Drop-In	<b>5</b> 10-4 Drop-In Cinema Group – (Maff/Stew)	<b>6</b>
<b>7</b> 2-4 Woolly Women (Closed) 6-8 Music Group 6-8 Girls' Group (RR)	<b>8</b> 10-12 Tuesday Morning Women's Group (closed) 4-7 RPG (Closed) (ART) 6-7.30 Pizza Night 4.30 – 5.30 LDG Short Introduction to LDG	<b>9</b> 1-3 Girls' Group 6-8 Art & Crafts (ART)	<b>10</b> 2-4 Thursday Discussion Group (Closed) 6-7 Relaxation Group (RM 1) 6-8 Scrabble (ART)	<b>11</b> 2-3 Service User Forum (RR) 2-3 & 3.30-4.30 LDG Short Introduction to LDG 3-5 Pool Drop-In	<b>12</b>	<b>13</b>
<b>14</b> 2-4 Woolly Women (Closed) 6-8 West Lothian Social Group	<b>15</b> 10-12 Tuesday Morning Women's Group (closed) 1-4 Video Editing 2-3.30 Book Group 4.30 - 6 LDG- What is Autism? Disability? Disorder? Diversity? 4-6 Chess Club (ART) 6-7 Badminton 6:30-7:30 Peer Support Group (ART)	<b>16</b> 1-3 Girls' Group 2-5 Gaming Group (ART) 4:30-5:30 5-a-Side football 6-8 Art & Crafts (ART)	<b>17</b> 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (The Spy Who Dumped Me) 2-6 Photography Group	<b>18</b> 2-4 Cult Movie Club (Bottle Rocket, 1996) 2-3.30 & 3.30-5 LDG- What is Autism? Disability? Disorder? Diversity? 3-5 Pool Drop-In	<b>19</b> 10-4 Drop-In Walking Group (Rachel/Kim)	<b>20</b>
<b>21</b> 2-4 Woolly Women (Closed) 6-8 Music Group 6-8 Girls' Group (RR)	<b>22</b> 10-12 Tuesday Morning Women's Group (closed) 4.30 - 6 LDG- Childhood, Adolescence, Adulthood, Elderly 4-7 RPG (Closed) (ART) 4-5 New Faces Group	<b>23</b> 1-3 Girls' Group 2-5 Pool League 6-7.30 Coffee, Cake & Chat 6-8 Art & Crafts (ART)	<b>24</b> Midday Gourmet Club (The Filling Station, Rose St) 2-4 Thursday Discussion Group (Closed) 4.30 – 7 Curry Club (Shezan, Union Place) 6-7 Relaxation Group (RM 1) 6-8 Scrabble (ART)	<b>25</b> 2-3.30 & 3.30-5 LDG- Childhood, Adolescence, Adulthood, Elderly 3-5 Pool Drop-In	<b>26</b> 10-4 Drop-In Laser Station (limited numbers please book your place with a staff member) (Graeme/Ant)	<b>27</b>
<b>28</b> 2-4 Woolly Women (Closed) 4:30-5 Tai Chi 6-8 Quiz Night	<b>29</b> 10-12 Tuesday Morning Women's Group (closed) 4.30 - 6 LDG – Social (Dis)function? Relationships, Employment 6:30-7:30 Peer Support Group (ART)	<b>30</b> 1-3 Girls' Group 6-8 Art & Crafts (ART)	<b>31</b> 2-4 Thursday Discussion Group (Closed)	ART – Art Room, 1 <sup>st</sup> floor TR – Training Room 1 <sup>st</sup> floor RM1 – Room 1, 2 <sup>nd</sup> floor RM2 – Room 2, 2 <sup>nd</sup> floor		

## Regular Activity Groups

- 5-a-Side Football:** **2<sup>nd</sup> Wednesday of every month** at the Corn Exchange. Leave Number 6 at 3:30, or meet the group at the World of Football at 4:15.
- Art & Crafts Group:** **Every Wednesday, 6—8pm** In the Art Room!
- Badminton:** 3<sup>rd</sup> Tuesday of every month, **6—7pm** at Craiglockhart Leisure Centre. Meet at Number 6 at 5pm to get the bus, or at Craiglockhart for 5:50pm.
- Book Group:** See newsletter for further details for this month.
- Chess Club:** 3<sup>rd</sup> Tuesday of every month, 4-6pm.
- Coffee, Cake, and Chat:** 4<sup>th</sup> Wednesday of every month. This relaxed, informal discussion groups meets at **6—7:30** in the Training Room to discuss current affairs or meet new people.
- Curry Club:** This group will meet once a month and visit different curry houses in Edinburgh. Depending on what you order, you will need between £15 - £20.
- Film Night:** 1<sup>st</sup> & 3<sup>rd</sup> Thursday, **5:30pm**. See newsletter for further details for this month.
- Gaming Group:** **1<sup>st</sup> & 3<sup>rd</sup> Wednesday** of every month, **4—7pm**.
- Girls' Groups:** **Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of every month** from **6pm—8pm**, and every Wednesday from **1pm—3pm**.
- Gourmet Club:** Meets on the **4<sup>th</sup> Thursday**. Depending on your choices, you will need between £15—£25 to cover the cost. See newsletter for further details for this month.
- Music Group:** **1<sup>st</sup> and 3<sup>rd</sup> Monday** of every month, from **6—8pm**.
- Photography Group:** **3<sup>rd</sup> Thursday of every month**. Normal meeting time **6—8pm**. However, check newsletter as times can change, depending on what is covered.
- New Faces:** **Meets 3<sup>rd</sup> Tuesday, 5 – 6pm**. For anyone registered Number 6 in the last year. Mingle with staff, learn more about the service, and meet people newly registered with us.
- Pizza Night:** **2<sup>nd</sup> Tuesday, 6 – 7.30pm**. Meeting at Pizza Hut, Hanover Street at 6pm. Depending on what you order, you will need between £10 - £20.
- Pool League:** **4<sup>th</sup> Wednesday, 2 -5pm**. Maff runs the pool league, which takes place at the Ballroom, Morningside.
- Quiet Room:** A room will be booked each weekday throughout the month for people to use as a quiet place to sit, read and have the opportunity to be around others without any pressure to talk but quiet conversation would be allowed. There will be some guidelines for using the space that people will need to follow.
- Quiz Night:** 4<sup>th</sup> Monday of every month, **6—8pm**.
- Relaxation:** 2<sup>nd</sup> & 4<sup>th</sup> Thursday, **6—7pm**. New members welcome!
- Scrabble:** 2<sup>nd</sup> & 4<sup>th</sup> Thursday, **6—8pm**.
- Table Tennis:** Cancelled this month.
- Video Editing Group:** 3<sup>rd</sup> Tuesday, **1—4pm**.
- Tai Chi:** 4<sup>th</sup> **Monday, 4:30—5**. Andy Horseman runs this introduction to Tai Chi!

**Please let a staff member know if you intend to join a group for the first time.**