

**NUMBER 6
ONE STOP SHOP
NEWSLETTER
JANUARY
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Number 6 Update

At publication the Training Room was still out of action. This means that a few groups will be affected by this by room changes and possible cancellations.

Please check our calendar, whiteboard for more information or speak to a member of staff.

Late Diagnosis Group

Hyan has three new LDG programmes starting this month. This group is for people registered with Number 6 who would like to learn more about their diagnosis. The sessions will last around 1 hour, with 30mins of Q&A at the end. Due to the sessions being very popular it would be helpful if you could let a staff member know if you would like to take part in a particular session.

Tuesday 4.30—6pm

8th - Short introduction to LDG (30 - 45mins)
15th - What is Autism? Disability? Disorder?
Diversity?
22nd - Childhood, Adolescence, Adulthood, Elderly
29th - Social (Dis)function? Relationships,
Employment

Friday 2 - 3.30pm or 3.30 - 5pm

11th - Short introduction to LDG (30 - 45mins)
18th - What is Autism? Disability? Disorder?
Diversity?
25th - Childhood, Adolescence, Adulthood, Elderly

If you would like to take part in any of these sessions please let Matthew Day know.
Matthew.day@aiscotland.org.uk

January Saturday Drop-Ins, 10am - 4pm

We have decided to change the way Saturday drop ins are run. We will now have lunch between 12 - 1pm this will then be cleared away meaning the Art Room can be used for something else. We will run an informal discussion group in the Room 1 (previously known as the Red Room) from 1.30pm and we will show a film or sporting event in the Training Room from 1.30pm. The pool competition will still be running at 2pm. We hope that you all like the sound of the new and improved drop in but if you have any suggestions please let Matthew know.

Saturday 5th January: Cinema: We have decided to see Fantastic Beasts: The Crimes of Grindelwald. We will leave Number 6 at 12:15 for the 1:10 showing. The film will finish around 3:45pm, so will not be returning to Number 6 afterwards. Tickets cost around £11 but you will need extra if you would like any drinks or snacks.

Saturday 19th January: Walking Group - Musselburgh Ash Lagoons: Meet at Number 6 at 10.30am. We will get a bus to Musselburgh and start our walk at the Harbour. We will walk along the shore and back along by the race course. If the group want to we can stop for an ice cream at Luca's. Please bring money with you if you would like to buy an ice cream at Luca's and bring a packed lunch if you would like a snack during the walk. We will aim to be back at Number 6 for approximately 2.30pm.

Saturday 26th January: Laser Station, Fountainpark: We are planning on going to Laser Station at Fountainpark. Please let Kim know if you would like to take part so she can book places. One session will cost £5.99 or £10.99 for two. Please meet at Number 6 at 10am. We will aim to leave at 10.15am to walk along to Fountainpark. We will aim to be back at Number 6 by 1pm.

BORDERS GROUP INFORMATION

Drop-In Session - 14th January

We now have a Drop-In session where people can book 1-1 sessions with Anthony between 10:30 - 15:30 for a chat, walk, or coffee; or to talk about any issues they may be facing. Meetings will take place at the Galashiels office, 54 Ladhope Vale, TD1 1BT.

If you have any questions or would like to book an appointment please contact Anthony.

Book Group, Tuesday 15th January, 2 - 3.30pm

We would like to encourage new members to the group, so if you have an interest in reading books, then either come along, or talk to Matthew about how the group works.

This month, we will be bringing along the last book we read and sharing our synopsis of that book with the group. If you would like to attend, but are not available at that time, let Matthew know, as we may be able to change the time/day for the next month.

If you have any questions about the book group, please contact Matthew.

Scottish Borders Women's Group

The group meets monthly in Galashiels, and is facilitated by Cathy Steedman.

The focus of the group will be shaped by those attending, but may include a mixture of sharing experiences, speakers on issues for autistic women, open discussion, and social activities.

If you want to know more or you want to join the group, please call Matthew on 0131 220 1075.

Curry Club, 24th January, 4.30 - 7pm

We have booked a table at Shezan, Union Place for our monthly Curry Club. If you would like to join Andy please let Kim or Andy know so they can book your place. Please meet at Number 6 at 4.30pm. We will leave at 4.45pm to walk along to Shezan.

West Lothian Group, 14th January

The group will be meeting on **Monday 14th January** to go for a game of mini golf at Paradise Island, Livingston Designer Outlet, Almondvale Avenue, Livingston, EH54 6QX. It costs £6 for a single course or £8.50 for 2 courses. The plan is to meet in the main entrance of the mini golf at 4pm.

After we will go for dinner at The New Year Field 102 McArthur Glen Design Outlet Centre, Livingston EH54 6XA. You will need between £15 - £25 to cover the cost of your meal (this will vary depending on your choices).

If you would like more information please contact Rachel - Rachel.mcritchie@aiscotland.org.uk

Gourmet Club, Thursday 24th January

This month for the Gourmet Club, we're going to The Filling Station, Rose Street to try out their great lunch deal. Please meet at Number 6 12noon or at the The Filling Station at 12.30pm. There are a limited amount of spaces available so please let Kim know if you would like to come along.

Remember places are limited, so please let us know if you are coming along.

Chess Club, Tuesday, 15th January, 4 - 6pm

Chess Club is open to anyone with an interest in chess, from complete newbie to master player. The aim is to have fun in great company while learning the rudiments of this fascinating game.

Direct any questions to Matthew Day, matthew.day@aiscotland.org.uk

New Faces, Tuesday 22nd January, 4 - 5pm

This group meets monthly. It's an opportunity for new service users at Number 6 to meet staff and other newly registered service users, chat about the service enjoy some tea, coffee and biscuits in an informal setting.

Peer Support for Late Diagnosed Adults

This group creates a relaxed support network for late diagnosed adults, run by late diagnosed adults. We believe sharing our experiences of ASD will offer solutions, coping strategies, unique perspectives, new ideas, and new insights! The Peer Support group is a great opportunity to learn from each other.

6:30—8 Tuesdays, 15th & 29th January in the Art Room

Film Nights, 3rd & 17th January

Thursday 3rd January - Sherlock Gnomes: Garden gnomes, Gnomeo & Juliet, recruit renowned detective Sherlock Gnomes to investigate the mysterious disappearance of other garden ornaments (Animation, Comedy, 1hr 26mins)

Thursday 17th January - The Spy Who Dumped Me: Audrey and Morgan are best friends who unwittingly become entangled in an international conspiracy when one of the women discovers the boyfriend who dumped her was actually a spy (Action, Comedy, 1hr 57mins)

Cult Movie Club 18th January, 2pm

The next group are meeting in the Art Room on Friday 18th January at 2pm. At each meeting, there will be an introduction to the film before we show it, and a discussion of the film afterwards. Coffee and tea (including herbal) will be provided, and the films will be shown with subtitles (they will be in English, but some people find it easier to follow the dialogue when they can read it).

The film this month is 'Bottle Rocket'. A bright, optimistic caper comedy from first-time director Wes Anderson, Bottle Rocket focuses on a group of young Texans aspiring to become master thieves.

If you'd like more information before attending, talk to a member of staff.

Photography Group Thursday 17th January

Photography Group – Thursday January 17th 2pm till 6pm.

For January we will be heading out to North Queensferry to photograph the Forth Bridges and the Harbour Light Tower. Meet at Hill Street at 1.45pm to head along to the west end to get the X55 bus. We aim to be back in Edinburgh for around 6pm.

Apricot and Coconut Slice

Ingredients

300 g dried apricots
60 g desiccated coconut

1. Line a loaf tin with baking paper making sure you leave plenty hanging over the sides to aid removal later on.
2. Place the dried apricots and coconut into your food processor and blitz until the apricot pieces are finely chopped and the mixture is well combined. This should take around 30 seconds.
3. Pour the mixture into your prepared tin and use a metal spoon to evenly spread it across the tin and push down firmly until you have a smooth surface.
4. Place the slice into the fridge overnight to set.
5. Remove the slice from the tin and cut into small squares. Then return to the fridge until required.

By Sarah Dickinson

