

**NUMBER 6
ONE STOP
SHOP
NEWSLETTER
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24 Hill Street, Edinburgh, EH2 3JZ.
Tel: 0131 220 1075

Website - www.number6.org.uk
Facebook - Number 6 One Stop Shop

Useful Contacts

Service Coordinator:
Matthew.Day@aiscotland.org.uk
Volunteer Coordinator:
Stewart.Campbell@aiscotland.org.uk
Employment /Training Co-ordinator:
Andrew.Horseman@aiscotland.org.uk

Housing/Education Co-ordinator:
Anthony.Shek@aiscotland.org.uk
Benefits Co-ordinator:
Graeme.Syme@aiscotland.org.uk
Activities Co-ordinator:
Hyan.Thiboutot@aiscotland.org.uk
Health & Wellbeing Coordinator:
Rachel.McRitchie@aiscotland.org.uk

Happy New Year!

It's 2018! Staff here at Number 6 hope that everyone had a lovely festive period. We truly wish you all the best for the new year ahead.

Late Diagnosis Group

This is an 8 week programme for people who have had a diagnosis of Asperger Syndrome or High Functioning Autism in their teens or as adults and would like to know more about the condition.

Graeme will be holding the group every Monday from 2-3:30pm (except the first session, which is 2-3pm) in the Training Room, so please let a member of staff know if you would like to take part.

Monday 22nd January, 2—3pm	Introduction
Monday 29th January 2—3:30pm	Childhood
Monday 5th February 2—3:30pm	Sensory Issues
Monday 12th February 2—3:30pm	Communication
Monday 19th February 2—3:30pm	Mental Health
Monday 26th February 2—3:30pm	Education / Learning
Monday 5th March 2—3:30pm	Employment
Monday 12th March 2—3:30pm	Relationships
Monday 19th March 2—3:30pm	Lifestyle

ALLIG Group

Hosted by Fergus Murray and Sonny Hallett, the Autistic-Led Late Identification Group (ALLIG) offers eight discussion sessions on autism as experienced by people on the spectrum. These are drop-in sessions. Feel free to come along to whichever looks most interesting or useful to you.

Thursday 11th January 6—7	Relationships, Communications (session 5)
Thursday 18th January 6—7	Autistic Community (session 6)
Thursday 25th January 6—7	Identity, Gender, Sexuality (session 7)
Thursday 1st February 6—7	Representation of Autism (Session 8)

January Saturday Drop-Ins, 10am—4pm

Saturday 6th January: Cinema Trip: Look for updates on Facebook as time and film will be confirmed nearer the time. Please meet at Number 6. We will then walk to Fountainpark cinema. Tickets generally cost around £10.60 and you may want to bring more money for snacks.

Saturday 20th January: Walking Group: Barony Circuit. Leave Number 6 at 10.20am. We will take an X62 bus to Eddlestone, pass the impressive Barony Castle and the Great Polish Map of Scotland, before looping back to Eddlestone, with great views of the Moorfoot Hills (5km in total). Please wear appropriate footwear, clothing and bring a packed lunch. We will aim to be back at Number 6 around 3:30pm.

Saturday 27th January: National Gallery - Turner in January. We will leave Number 6 after lunch at 1pm and visit the National Gallery. Amongst other exhibitions, there is a display of watercolours from JMW Turner with sketches of continental Europe in the 1830s and 1840s. We should be back at Number 6 by 3pm.



HAPPY NEW YEAR

Regular Activity Groups

- 5-a-Side Football:** **10th January 4:30—5:30pm** at the Corn Exchange. Some people leave Number 6 at 3:30pm and get the bus along together. Or you could meet the group at the World of Football at 4:15.
- Art & Crafts Group:** Every Wednesday, **6—8pm**.
- Badminton:** 3rd Tuesday, **16th January, 6—7pm**. Meet at Number 6 at 5pm to get the bus along to Craiglockhart Leisure Centre. Or meet at Craiglockhart 5:50pm.
- Book Group:** On the **8th January, 3—5**. The group is reading The Occupation Trilogy, by Patrick Modiano.
- Film Night:** 1st & 3rd Thursday, **4th & 18th January, 5:30pm**. This month, we're presenting the space adventure **VALERIAN** on the **4th**, and the excellent crime heist **BABY DRIVER** on the 18th!
- Gaming Group:** 1st & 3rd Wednesday, **3rd & 17th January, 4—7pm**.
- Girls' Groups:** Every Wednesday **1pm—3pm** & 3rd Monday, **6.30pm—8pm (15th January)**
- Gourmet Club:** 4th Thursday, **25th January**. The Pie Maker on South Bridge. Meet at Number 6 at midday and we'll walk together.
- Music Group:** 3rd & 5th Monday of this month. This group meets on **Monday the 15th AND Monday the 29th of January, for this month only. 6—8pm**.
- Photography Group:** 3rd Thursday, **18th January, 6—8pm**.
- Quiz Night:** 4th Monday, **22nd January, 6—8pm**.
- Relaxation:** 2nd & 4th Thursday, **11th & 25th January, 6—7pm**. New members are welcome to come along and take part. Please speak to Hyan if you would like to take part.
- Scrabble & Chess:** 2nd & 4th Thursday, **11th & 25th January, 6—8pm**.
- Snooker Club:** 2nd Tuesday, **9th January, 5—8pm**.
- Table Tennis:** 1st Tuesday, **2nd January, 4—6pm**.
- Video Editing Group:** 3rd Tuesday, **16th January, 1—4pm**. We will continue to work on the Number 6 Promo film in January. Anyone interested in taking part in the group please contact Stewart.

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

BORDERS GROUP INFORMATION

Cinema Group – Monday 8th January

Please meet Anthony at the Pavilion Cinema in the main foyer on Monday at 4.30pm. The film and start time is still to be confirmed. This will be confirmed nearer the time.

Social Group – Monday 15th January, 12 – 3

The details for this month will be put on facebook on 9th January. Please call a member of the team if you want to attend for the first time.

Also, if you want to request an appointment with a staff member about anything, such as benefits, housing, employment, relationships, or for information about Asperger Syndrome & Autism, please send a staff member an email or call the office (0131 220 1075).

Scottish Borders Women's Group

The date for the women's group this month has not yet been agreed. This will be put on facebook once the date has been confirmed by Cathy and the group.

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 discuss your involvement beforehand, please call Matthew on 0131 220 1075.

Book Group, Monday 8th January, 3—5pm

This month the first hour will be spent discussing The Occupation Trilogy, by Patrick Modiano.

In the second hour, we will discuss any book you have read and would like to talk about, so you can still attend if you haven't read the book.

Any questions about the book group, please contact Matthew.

New Faces

Meeting monthly, this group is an opportunity for new service users at Number 6 to meet some of the staff, to meet other service users, to have a chat to the staff about the service and to enjoy some tea, coffee and biscuits in an informal setting.

Activities coordinator Hyan runs the group on **Tuesday 23rd January in the Training Room at 4—5pm.**

If you have registered with us within the last year but haven't come along to anything, please come along and join in.

Red Cabbage & Potato Hash

4. You can have a fried egg or slices of ham with it if you wish.

Ingredients

800g diced potatoes
25g Butter
100-300g Red Cabbage

1. Boil 800g diced Potatoes until tender.

2. Melt 25g Butter in a shallow pan then fry 100-300g red cabbage for a few minutes to soften.

3. Stir in the well-drained potato with some seasoning, press down and carry on cooking to crisp the bottom and heat through.



by Sarah Dickinson

Factoid

In 2006, an Australian man tried to sell New Zealand on eBay. The price rose to \$3,000 before eBay shut it down!

Some cats are allergic to humans.

Gourmet Club, Thursday 25th January

For Gourmet club, we're heading to PieMaker on South Bridge. With over 30 different meat, PieMaker has veggie and sweet fillings and something for everyone. This month's feast attack is against The Pie Maker on South Bridge. Meet at Number 6 at midday and will walk together. The PieMaker has quality coffee, soups, burgers, sandwiches, cakes, and of course pies! It's known for being cheap, but to be on the safe side bring £10—£12 and that should cover it.

If you would like to come along please let a staff member know.

Dynamic Earth Needs Your Help!

Dynamic Earth is working on improving their accessibility scheme and would like your feedback on how engaging and accessible the science centre is for autistic adults.

You're invited to attend a free tour of Dynamic Earth on the afternoon of January 10th. Following the tour you will have the opportunity to give your feedback in a relaxed setting over teas and coffees.

We will meet at Number 6 at 1:30pm and head along to Dynamic Earth for 2pm, and we should be back for about 5pm. Places are limited, so let a member of staff know if you want to attend.

West Lothian Group

The group will be meeting on **Monday 22nd January** to go for dinner at Pizza Express in Livingston. The address of the restaurant is 2 McArthur Glen Designer Outlet, Almondvale, Livingston EH54 6QP. The plan is to meet at the main entrance of the restaurant at 6pm. You will need between £15 - £25 to cover the cost of your meal (this will vary depending on your choices).

Film Nights, Thursday 4th & 18th January

Films start at 5.30pm. Drinks and snacks are provided.

Thursday 4th January: Valerian (Animation, Adventure, 1hr 37mins) The friendly but forgetful blue tang fish begins a search for her long-lost parents, and everyone learns a few things about the real meaning of family along the way.

Thursday 18th January: Baby Driver (Action, Adventure, 2hrs) The USS Enterprise crew explores the furthest reaches of uncharted space, where they encounter a new ruthless enemy who puts them and everything the Federation stands for to the test.

PHOTOGRAPHY GROUP

For January, the Photography Group will be having a planning meeting in the Art Room to decide what topics we will be visiting during the course of 2018. We will also have a chance to look over photos that we have taken during 2017 so please bring in your camera or photographs if you would like to show them. Meet in the Art Room at 6pm.

Thursday 18th January 2017. 6pm to 8pm in the Art Room.