

MON

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			<b>1</b> 11.30-1 Creative Writing (Skype) 2 – 4 Thursday Group (No.6) 3 –4 Late Diagnosis Group (Zoom) 6 – 7 Relaxation (No.6)	<b>2</b> 11 – 1 Yarn, Fibre & Needlecraft Group (Zoom) 2 - 3 Late Diagnosis Group (No.6)	<b>3</b> 11 - 12 Q&A with Maff (No.6 & FB Live) 1 – 2.30 Online Quiz (No.6 & FB Live)	<b>4</b> Number 6 Closed
<b>5</b> 4 – 5.30 Late Diagnosis Group (No.6) 6.30 – 8 Peer Support Group (No.6)	<b>6</b> 3 –4 Late Diagnosis Group (Zoom) 3 – 4 Coffee & Chat Group A (Number 6) 6 – 7 Coffee Evening (Skype)	<b>7</b> 1 - 3 Girls Group (No.6) 3 – 4 Art Group (Skype) 4 – 5.30 Peer Support Group (No.6) 4.30 – 5 Tai Chi (Zoom) 6.30 – 8 Late Diagnosis Group (No.6)	<b>8</b> 2 – 3 Peer Support Group (Skype) 2 – 4 Thursday Group (Skype) 3 –4 Late Diagnosis Group (Zoom) 4.30 - 6 Girls Group (No.6) 6 – 6.30 Relaxation (FB Live)	<b>9</b> 11 – 1 Yarn, Fibre & Needlecraft Group (No.6) 2 - 3 Late Diagnosis Group (No.6)	<b>10</b> Number 6 Closed	<b>11</b> Number 6 Closed
<b>12</b> 1 – 2.30 Online Quiz (No.6 & FB Live) 4 – 5.30 Late Diagnosis Group (No.6) 6.30 – 8 Peer Support Group (No.6)	<b>13</b> 2 – 3.30 Film/TV Chat (Skype) 3 –4 Late Diagnosis Group (Zoom) 3 – 4 Coffee & Chat (Skype) 6 – 7 Coffee Evening (Skype)	<b>14</b> 1 - 3 Girls Group (Skype) 4 – 5.30 Peer Support Group (No.6) 4.30 – 5 Tai Chi (Zoom) 6.30 – 8 Late Diagnosis Group (No.6)	<b>15</b> 11.30-1 Creative Writing (No.6) 2 – 4 Thursday Group (No.6) 3 –4 Late Diagnosis Group (Zoom) 6 – 7 Relaxation (No.6)	<b>16</b> 11 - 1 Yarn, Fibre & Needlecraft Group (Zoom) 2 - 3 Late Diagnosis Group (No.6)	<b>17</b> Number 6 Closed	<b>18</b> Number 6 Closed
<b>19</b> 4 – 5.30 Late Diagnosis Group (No.6) 6.30 – 8 Peer Support Group (No.6)	<b>20</b> 3 –4 Late Diagnosis Group (Zoom) 3 – 4.30 Coffee & Chat Group B (Number 6) 6 – 7 Coffee Evening (Skype)	<b>21</b> 1 - 3 Girls Group (No.6) 3 - 4 Art Group (Skype) 4 – 5.30 Peer Support Group (No.6) 4.30 – 5 Tai Chi (Zoom) 6.30 – 8 Late Diagnosis Group (No.6)	<b>22</b> 2 – 4 Thursday Group (Skype) 3 –4 Late Diagnosis Group (Zoom) 4.30 – 6 Girls Group (No.6) 6 – 6.30 Relaxation (FB Live)	<b>23</b> 11 - 1 Yarn, Fibre & Needlecraft Group (No.6) 2 - 3 Late Diagnosis Group (No.6)	<b>24</b> Number 6 Closed	<b>25</b> Number 6 Closed
<b>26</b> 1 – 2.30 Online Quiz (No.6 & FB Live) 4 – 5.30 Late Diagnosis Group (No.6) 6.30 – 8 Peer Support Group (No.6)	<b>27</b> 2 – 3.30 Film/TV Chat (Skype) 2 – 3 Book Group (No.6) 3 –4 Late Diagnosis Group (Zoom) 6 – 7 Coffee Evening (Skype)	<b>28</b> 1 - 3 Girls Group (Skype) 4 – 5.30 Peer Support Group (No.6) 4.30 – 5 Tai Chi (Zoom) 6.30 – 8 Late Diagnosis Group (No.6)	<b>29</b> 2 – 4 Thursday Group (Skype) 3 –4 Late Diagnosis Group (Zoom)	<b>30</b> 11 - 1 Yarn, Fibre & Needlecraft Group (No.6) 2 - 3 Late Diagnosis Group (No.6)	<b>31</b> Number 6 Closed	

Please note that groups meeting at Number 6 will be limited to a maximum of 4 participants (plus staff facilitator).

## Group Descriptions

**Arts & Crafts Group** - We run Skype art sessions on the first and third Wednesday of the month from 3-4pm. We use these sessions to talk about our art-work and to work on simple drawing and painting exercises. We also have a Facebook group where we share ideas, photos and inspiration about our own arts and craft projects. For further information please contact Karina on [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)

**Coffee and Chat** - This is a social group which runs in person at Number 6 on the first and third Tuesday of the month and on Skype on the second and fourth Tuesday of the month. This is a space to chat to others about how you're doing over a virtual cuppa. If you are interested in joining please contact Karina on [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)

**Coffee evening** - This group meets for a chat on Skype every Tuesday from 6-7pm. For more information please contact Kim.

**Creative Writing** - This group is suitable for service users with some writing experience. We run an online Skype session on the first Thursday of the month and an in-person group at Number 6 on the third Thursday of the month. During the session we use prompts to come up with short stories and poems and we read out what we have written. Please email Karina if you are interested in joining.

**Film & TV Chat** - Rachel is facilitating this Film & TV group on Skype twice a month. This is for anyone who would like to discuss films and TV shows. For more information please contact Rachel on [rachel.mcritchie@aiscotland.org.uk](mailto:rachel.mcritchie@aiscotland.org.uk)

**Girls Group Wednesdays** - This weekly group runs alternately at Number 6 and Skype. There are limited spaces for this group so please contact Kim if you are interested in joining [Kim.maxwell@aiscotland.org.uk](mailto:Kim.maxwell@aiscotland.org.uk)

**Girls Group Thursdays** - This group runs on the second and fourth Thursday of the month, 4.30 - 6pm at Number 6. Please contact Karina for more information.

**Late Diagnosis Group** - This 8 week course is for anyone who has had a late diagnosis of Autism and who would like to find out more about what it means and to discuss common challenges with other late-diagnosed people. Hyan runs these groups on Zoom and at Number 6. Please contact him directly for more information.

**Peer Support** - We run peer support groups at Number 6 every Monday and Wednesday. This is an opportunity to meet with other autistic people to discuss how you're doing and to share experiences and coping strategies. For more information please email Matthew at [matthew.day@aiscotland.org.uk](mailto:matthew.day@aiscotland.org.uk)

**Relaxation Group** - Kim runs this weekly relaxation session online via Facebook Live and at Number 6. Please check the calendar for more information about times or contact Kim directly.

**Tai Chi** — For more information about these sessions please contact Andy by email at [andrew.horseman@aiscotland.org.uk](mailto:andrew.horseman@aiscotland.org.uk)

**Yarn, Fibre & Needlecraft** - Fridays from 11am to 1pm, alternating between Zoom and in person at Number 6. This fibre arts based group is open to anyone, you don't need to have any experience or equipment just an interest and enthusiasm. Please contact Mo for more information. [morag.donnachie@aiscotland.org.uk](mailto:morag.donnachie@aiscotland.org.uk)

**Virtual Social Drop-in** - We have created a virtual social drop-in on Facebook for anyone who is registered with Number 6. This is a space where service users can chat to each other, share tips on how to stay well during lockdown and generally stay in touch. This is a closed group so please contact Kim or Karina to request an invite.

**Quiz** - We run an online quiz on the second and fourth Monday of the month from 1 to 2.30pm, and on the first Saturday of the month from 1pm to 3pm. For more information please contact Stew or Kim.