

**NUMBER 6
ONE STOP SHOP
NEWSLETTER
OCTOBER
ISSUE #157**

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:
Kim.Maxwell@aiscotland.org.uk
Hyan.Thiboutot@aiscotland.org.uk
Health & Wellbeing Coordinator:
Rachel.McRitchie@aiscotland.org.uk

Number 6 Update

If you enjoy reading why don't you try out our **Book Group** on Tuesday 16th at 2pm. The group will be talking about the last book that they read so a great opportunity for new members to join.

Cult Movie Club will be meeting for the second time on Friday 19th at 2pm. They have chosen to watch Westworld, 1970, which is a science fiction western thriller movie.

We will also be having a small **Halloween gathering** in the Training Room on Wednesday 31st from 4 - 7pm. There will be face painting, spooky tunes and a prize for the best costume.

Late Diagnosis Group

Hyan's sessions are continuing to run this month with a new block starting on Tuesday 23rd. This is an open group 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.

Hyan's Group, Tuesday 3 - 4.30pm

October 2nd Theory Of Mind, Executive Functions, Central Coherence
9th Energy, Anxiety, Coping (Last session)
16th NO SESSION

A new block will be starting on Fridays at 3pm.
Friday 26th, 3 - 3.30pm Short Introduction to LDG (30mins)

October Saturday Drop-Ins, 10am - 4pm

Saturday 6th October: Cinema. We are planning on seeing Venom. The film times haven't been released yet. Please check Facebook or the website for more information nearer the time.

Saturday 20th October: Walking Group - Pencaitland to Dalkeith along old railway line: Please meet at Number 6 at 10am. We will leave at 10.15am to get the 113 East Coast Bus to Pencaitland. The walk will take approximately 2 hrs 30 to 3hrs to complete. We will catch a bus in Dalkeith back to Edinburgh and will aim to be back by 3.30pm.

Saturday 27th October: Dalkeith Country Park: Please meet at Number 6 at 10.30am we will get a bus to Dalkeith. There will be a short walk from the bus to the park of around 15 minutes. Weather dependant we will explore the park and stop for a bite to eat and/or a drink in the café so please bring money if you would like to buy something there. We will spend a few hours at the park and aim to be back at Number around 3pm.

Please let a staff member know if you would like to go.

BORDERS GROUP INFORMATION

Drop-In Session - 8th October

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 October, 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.

West Lothian Group, Monday 8th October

The group will be meeting on **Monday 8th October** to go for dinner at Pizza Hut, 1, Livingston Designer Outlet, Almondvale Ave, Livingston EH54 6XA. 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).

There will be limited spaces so please let Rachel know if you would like to take part.

Gourmet Club, Thursday 25th October

This month for the Gourmet Club, we're going to **Tuk Tuk to try out their Indian street food lunch time menu**. Please meet at Number 6 at 12noon or at Tuk Tuk at 12.30pm. We will leave at 12.15pm to walk to Tuk Tuk, Leven Street near Tollcross. This will take around 20 minutes.

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

Chess Club, Tuesday, 16th October, 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 16th October, 5 - 6pm

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. Hyan will be running the group on **Tuesday 16th October in the Training Room, 5 - 6pm**. Please come along and join in if you have registered with us within the last year, but haven't come along to much since.

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, 9th and 23rd October in the Art Room

Film Nights, 4th & 18th October

Thursday 4th October - A Wrinkle in Time: After the disappearance of her scientist father, three peculiar beings send Meg, her brother, and her friend to space in order to find him (1hr 49min)

Thursday 18th October - Deadpool 2: Foul-mouthed mutant mercenary Wade Wilson (AKA. Deadpool), brings together a team of fellow mutant rogues to protect a young boy with supernatural abilities from the brutal, time-travelling cyborg, Cable (1hr 59mins)

Popcorn, crisps, fruit and juice will be provided, and films start at 5:30pm.

Cult Movie Club 19th October, 2pm

The next group are meeting in the Training Room on Friday 19th October 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 Westworld, 1973. A science fiction western thriller movie.

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

Spooky Chocolate Cat Cupcakes

Ingredients

200g butter, chopped
300g golden caster sugar
200g dark chocolate, melted
2 eggs
250 self-raising flour
¼ baking powder mixed with 100ml boiling water
50g cocoa powder
200ml milk
1-2 tsp black food colouring (optional)

For the buttercream

300g unsalted butter, softened
500g icing sugar
1 tsp vanilla extract
black food colouring

For the cat face

Smarties, Pink fondant, Strawberry laces



Method

1 Preheat oven to 180C/160F/Gas 4. Line two 12-hole cupcake tins with cases. Beat the butter and sugar until the mixture is creamy. Beat in the chocolate and eggs until well combined, then stir in the flour, baking powder, cocoa powder, milk and food colouring, if using. Spoon the mixture evenly between the cupcake cases, levelling the tops.

2 Bake for 20 mins or until the cakes are risen and springy to the touch. Cool for 5 mins in the tin, then lift out onto a wire rack to cool completely.

3 To make the buttercream beat the butter until soft, then stir in the icing sugar a little at a time. Beat in the vanilla and some black food colouring, then transfer into a piping bag fitted with a plain nozzle.

4 To make a cat face, pipe the black buttercream in an even swirl onto the cupcake and smooth with a palette knife. Pipe 2 ears by making a blob for each and pulling the icing bag upwards to a point. Add 2 eyes on with Smarties and use the black icing pen to paint a pupil onto each. Add a triangle nose made of pink fondant icing and create whiskers with sweets.

By Sarah Dickinson

NEW: Quiet Room at Number 6

Throughout each month we will arrange for a room (mainly the Training and Art Room) to be booked out at some point throughout each day to be used as a quiet room. This is a room for people that would prefer to be in a quieter environment. Stim toys, SAD lamps and weighted objects will also be available. There is no need to book to use the room.

The guidelines for using this room will be;

- No loud electronics
- No loud talking (quiet conversation is ok)
 - No phone calls will be allowed
 - No debating or arguments
- Silent electronic equipment only
- In case of emergency we may need to use the room

The first week of room bookings which are all in the Training Room are - Monday 1st 10 - 4pm, Tuesday 2nd 10 - 3pm, Wednesday 3rd 10 - 12pm, Thursday 4th 10 - 1pm and Friday 10 - 2pm. Please check the monthly calendar for the rest of the months bookings.

If you have any ideas or suggestions for this new calming, quiet room please email Matthew or Kim.

Employment Sessions, Wednesday 24th October, 3.30 - 5.30pm

Andy has 4 half hour sessions available on Wednesday 24th October between 3.30 - 5.30pm. These need to be booked in advance and are for people that haven't seen Andy previously.

Please speak to a staff member if you would like to book one.