

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

We have appointed a member of staff to cover Kim's maternity leave. Hyan Thiboutot (who some of you will already know) will be starting with us on Monday 16th October, so he will be responsible for the coordination of activities at Number 6 from that date. Hyan will introduce himself in the November newsletter.

**Important Drop-in Notice**

Number 6 will be closed on Monday 30th October so that all staff can attend training. There will be no drop-in on that day and no staff will be available for 1-1s. We will be open as usual from Tuesday 31st.

**Late Diagnosis Group**

Rachel and Graeme will continue their Late Diagnosis Group sessions this month.

If you would like anymore information please contact Graeme or Rachel.

**Graeme's sessions**

**Monday 2nd October**, 11.30am - 1pm -  
Sensory Issues (session 2)  
**Monday 9th October**, 11.30am - 1pm -  
Communication (session 3)  
**Monday 16th October**, 11.30am - 1pm -  
Mental Health (session 4)  
**Monday 9th October**, 11.30am - 1pm -

Education/Learning (session 5)

**Rachel's sessions**

**Wednesday 11th October**, 1 - 2.30pm -  
Sensory Issues (session 2)  
**Wednesday 18th October**, 1 - 2.30pm -  
Communication (session 3)  
**Wednesday 25th October**, 1 - 2.30pm -  
Mental Health (session 4)

**Halloween Party - Tuesday 31st October, 7-10pm**

We have booked a hall in the Edinburgh Taxi Club (12 Beaverhall Road, Edinburgh, EH7 4JE) to hold a Halloween Social. There will be a disco and some live music, and the evening will be open to service users across Autism Initiatives.

Entry is free and fancy dress is optional, but there will be a prize for best costume! There is a bar in the hall, so people over the age of 18 may have an alcoholic drink if they wish to.

For those unsure how to get to the venue, meet at Hill Street at 6.30pm to head down with a member of staff. Please let a member of staff know if you have any questions about this event.

**October Saturday Drop-Ins, 10am – 4pm**

**Saturday 7th October: Cinema Trip:** Please meet at Number 6 (time and film to be confirmed). We will walk to Fountainpark cinema. Tickets generally cost around £10.60 and you may want to bring more money for snacks.

**Saturday 21st October: Walking Group: Cammo Estate:** We will be enjoying the autumn colours of this woodland walk. We'll leave Number 6 at 10.30am and take the 41 or 43 bus. Please be prepared for all weather (waterproof jacket) and feel free to bring along a packed lunch or snack to eat along the way. We will aim to be back in Edinburgh by 3pm.

**Saturday 28th October: Roller Skating - Ocean Terminal:** Meet at Number 6 at 1pm and we will get the bus down to Ocean terminal for the skate session at 2pm, we need to arrive a little early so we can complete a safety form and get fitted with skates. The skating will cost £10 per person including skate hire. There are limited spaces so please let a member of staff know if you would like to take part.

## Regular Activity Groups

- 5-a-side Football:** Second Wednesday, **11th October 4.30pm** at the Corn Exchange. Some people leave Number 6 at 3.30pm to get the bus along together or you can meet the group at the World of Football at 4.15pm.
- Art & Crafts Group:** Every Wednesday, **6 - 8pm**.
- Badminton:** Third Tuesday, **17th October, 6 - 7pm**. Meet at Number 6 at 5pm to get the bus along or meet at Meadowbank Sports Centre at 5.50pm.
- Book Group:** Second Monday, **9th October, 3 - 5pm**. The group are reading *The Turn of the Screw*, by Henry James.
- Coffee, Cake & Chat:** **Wednesday 25th October**. This informal discussion group will meet on the 4th Wednesday of every month at 6pm. The aim of the group is to provide a relaxing, safe place to meet new people and to discuss current affairs.
- Creative Writing:** Fourth Tuesday, **24th October, 6 - 8pm**.
- Film Night:** First & Third Thursday, **5th & 19th October, 5.30pm**.
- Gaming Group:** First & Third Wednesday, **4th & 18th October, 4 - 7pm**.
- Girls' Groups:** Every Wednesday **1pm - 3pm** and **1st & 3rd Monday, 6.30pm - 8pm (2nd & 16th October)**
- Gourmet Club:** Fourth Thursday, **26th October**. Meet at Number 6 at midday the group will leave shortly after to get a bus to . Please let a staff member know if you would like to come so we can make the appropriate booking.
- Monthly Social Group:** **Tuesday 17th October 1.15 - 3.30pm**. This month we are going to Gladstone's Land one of the oldest buildings on the Royal Mile. We will go inside on a guided tour lasting 45mins looking at the architecture and it's hand painted interiors. The tour costs £5, there are limited places so please let a staff member know if you are interested.
- Music Group:** First & Third Monday, **2nd & 16th October, 6 - 8pm**.
- New Faces Group:** This is a group for anyone that has registered with Number 6 in the last year and would like to know more about the service and to meet other people that are newly registered with us. It will also be an opportunity to meet some of the staff members. **Tuesday 24th October 3.30pm - 4.30pm**
- Pool League:** **Wednesday 25th October, 1 - 5pm**. Maff will be running this month's pool league. The group will play at the Ballroom, Morningside from 2 - 4pm. Please let Maff know if you are interested in taking part.
- Photography Group:** Third Thursday, **19th October, 6 - 8pm**.
- Quiz Night:** Fourth Monday, **23rd October, 6 - 8pm**.
- Relaxation:** Second & Fourth Thursday, **12th & 26th October, 6 - 7pm**. New members are welcome to come along and take part.
- Scrabble & Chess:** Second & Fourth Thursday, **12th & 26th October, 6 - 8pm**.
- Snooker Club:** Second Tuesday, **10th October, 5 - 8pm**. Please be aware that this month's group will be held at the World of Snooker at the Corn Exchange. If you would like to travel along to Marco's at the Corn Exchange with the staff member running the group please meet at Number 6 at 4pm. Otherwise meet at the World of Snooker around 4.50pm.
- Table Tennis:** First Tuesday, **3rd October, 4 - 6pm in the Training Room**.
- Tai Chi:** Andrew Horseman is running this group which is an introduction to Tai Chi. Feel free to come along to try it out. Currently running once a month. **Monday 23rd October, 4.30 - 5pm**.
- Video Editing Group:** Third **Tuesday 17th October, 1 - 4pm**. The group are continuing to develop our "infomercial video" for the Number 6 website. Anyone interested in taking part in the group please contact Stew.
- West Lothian Group:** This month the group are meeting on **Monday 16th October 6 - 8pm**. Please meet Rachel at The Chain Runner in Livingston, Almondvale Way, Livingston, EH54 6GA. Please bring up to £20 to cover the cost of your meal, it will vary depending on your choices.

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

## BORDERS GROUP INFORMATION

### Cinema Group – Monday 9th October

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 16th October, 11 – 2pm

This month the plan is to visit Old Gala House, Scott Crescent, Galashiels, TD1 3JS. Please meet Ant in the main car park at 12 noon. Entry to the house is free but please bring money for the café if you'd like to have something.

Also, if you would like any more information or would like to request an appointment with Anthony about anything, such as benefits, housing, employment, relationships, or for information about Asperger Syndrome & Autism, please email him on [Anthony.shek@aiscotland.org.uk](mailto:Anthony.shek@aiscotland.org.uk) or call the office on 0131 220 1075.

### Scottish Borders Women's Group

This group has been running for two years now. The focus of the group will be shaped by those attending, but so far it has included a mixture of sharing experiences, speakers on issues for autistic women, open discussion, and social activities.

The group is on again this month on **Thursday 26th October** at the regular time slot of 2-4pm. If you want to know more or discuss your involvement beforehand, please call Matthew on 0131 220 1075.

### Photography Group, Thursday 19th October, 6 - 8pm

The activity for October is still to be confirmed. Please check the website and Facebook nearer the time.

If you require more information regarding the October session, or about the Photography Group in general, please contact Stewart at the email address on the top of the newsletter.

### Book Group, Monday 9th October, 3 - 5pm

The book group will be meeting on Monday 11th September in the Red Room from 3 - 5pm. This month the first hour will be spent discussing *Pigeon*, by Alys Conran.

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 *Pigeon*.

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

### EDIRP (LGBT+) Group, Thursday 26th October 5.30 - 6.30pm

The group will be meeting again on the 20th September at 5.30pm in the Red Room. We will have a general discussion about topics that are current at the moment.

Newcomers are always welcome.

**If you have any questions about the group please contact any staff member.**

## AUTUMN PARSNIP AND APPLE SOUP

### Ingredients

25g butter  
1 tbsp sunflower oil  
2 medium onions, chopped  
600g parsnips, cut into 2 cm pieces  
2 garlic cloves, crushed  
600g brambling apples, peeled, quartered and cut into chunks  
1 ¾ pint vegetable stock  
150ml milk  
Salt and pepper



### Method

1. Melt the butter and the oil in a large saucepan. Then add the onions and parsnips, and gently fry for 15 mins or until the onions are softened. Now add the garlic and apples, and cook for a further 2 mins - stirring regularly.
2. Pour over the stock and bring to the boil. Then reduce the heat to a simmer and cook for about 20 mins or until the parsnips are very soft.
3. Remove from the heat and season to taste with salt and pepper. Blend the mixture until smooth.
4. Stir in the milk, adding a little extra if required and enjoy while it's hot!

By Sarah Dickinson

### **New Faces Group, Tuesday 24th October 3.30pm –4.30pm**

This group will meet monthly and it will be an opportunity for people that have newly registered with Number 6. This will be an opportunity to meet some of the staff, to meet other newcomers, to have a chat to the staff about the service and to enjoy some tea, coffee and biscuits in an informal setting. Andrew Horseman (Employment co-ordinator) will be running this group.

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

### **Ladies Group for over 35 year-olds**

The group are now meeting weekly at Number 6. This informal coffee morning type group is for adult women over the age of 35. Please note that these will not be formal sessions, but will be a chance to discuss problems (or successes) with an impartial person (Jane) and the group.

**The next meetings will be on: 3rd, 10th, 17th, 24th September from 10am to 12pm.**

If you are interested in joining Jane for some aspect of this project please contact Stewart Campbell at Number 6 in the first instance at [stewart.campbell@aiscotland.org.uk](mailto:stewart.campbell@aiscotland.org.uk)

### **Employment Group and Sessions**

The employment group sessions have changed. This has been done with the aim of improving what we can achieve from an employment group format.

The new plan is to run an 8 session course that people can attend. This course will be more structured than the previous format. The aim of the course is to make sure attendees have all the knowledge they need in relation to looking for paid work.

If you want to attend an employment course, please email Andy Horseman ([andrew.horseman@aiscotland.org.uk](mailto:andrew.horseman@aiscotland.org.uk)) to add your name to a list. The courses will take place when we have enough attendees to run a group.

In addition to this, there will be a new way to access employment advice. On the 1<sup>st</sup> Wednesday of every month between 1 and 3pm, there will be bookable 20 min appointments. These appointments are intended to be an opportunity to discuss what you may need with regards to employment advice. This month these sessions will be on **Thursday 12th October from 5 - 7pm and Wednesday 25th October 3.30 - 5.30pm**. If you would like to book a slot please email [andrew.horseman@aiscotland.org.uk](mailto:andrew.horseman@aiscotland.org.uk)

**For more information please contact Andy Horseman.**

### **Pool League, Wednesday 25th October, 1 - 5pm**

Number 6 will be running a monthly 8-ball pool league. The league will run on a 6 monthly cycle, with the winner receiving a trophy before the cycle begins again. Each match will involve 3 games, with points for winning each game and additional points for winning the match, but the rules will be explained in full at each session. The next session will be on Wednesday 25th October, when we will meet at Hill Street before going to The Ball Room, Morningside. We have booked 2 tables from 2 - 4pm. You can meet Maff at Hill Street at 1pm or at the Ball Room at 1.50pm on the 25th October. Contact Maff if you would like any more information.

### **Service User Forum, Friday 20th October, 2pm - 3.30pm**

Our next service user forum will be held on Friday 20th October, at 2pm. We no longer have a system of reps for the forum, so anyone who uses the service can attend.

There will be some news on developments at Number 6 and a chance to ask questions and make suggestions. Hope to see you there.

### **Film Nights, Thursday 5th & 19th October**

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

**Thursday 5th October: Kong Skull Island (Action, 1hr 53mins)** A team of scientists, soldiers and adventures explore and uncharted island, their mission of discovery becomes a battle between man and nature when they venture into the domain of the mighty Kong.

**Thursday 19th October: Wonder Woman (Action, Superhero, 2hrs 15mins)** Before she was wonder woman she was Diana princess of the Amazons raised on a sheltered paradise island, trained to be an unconquerable warrior. When an American pilot crashes on their shores telling of a conflict in the outside world Diana leaves her home to help stop the threat.