

MON Drop-In 2-8pm	TUES Quiet Drop-In 10–5pm	WED Drop-In 10-8pm	THUR Drop-In 2-8pm	FRI Drop-In 12-5pm	SAT	SUN
			1 10-1 Quiet Room (TR) 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (Rampage)	2 10-2 Quiet Room (TR) 3-5 Pool Drop-In 3.30 - 5 LDG – What is Autism? Disability? Disorder? Diversity?	3 10-4 Drop-In Cinema Group (Maff/Rachel)	4
5 10-4 Quiet Room (TR) 6-8 Music Group 6-8 Girls' Group (RR) West Lothian Social Group, Cinema Trip – Bohemian Rhapsody (TBC)	6 10-3 Quiet Room (TR) 10-12 Tuesday Morning Women's Group (closed) 4-6 Table Tennis (TR) 6:30-7:30 Peer Support Group (ART)	7 10-12 Quiet Room (TR) 1-3 Girls' Group 4-7 Gaming Group (TR) 6-8 Art & Crafts (ART)	8 10-1 Quiet Room (TR) 2-4 Thursday Discussion Group (Closed) 6-8 Scrabble (ART) 6-7 Relaxation Group (TR)	9 10-2 Quiet Room (ART) 2-3 Service User Forum (RR) 3-5 Pool Drop-In 3.30 - 5 LDG – Childhood, Adolescence, Adulthood, Elderly	10	11
12 10-8 Quiet Room (TR)	13 10-3 Quiet Room (TR) 10-12 Tuesday Morning Women's Group (closed) 4-7 RPG (Closed) (ART) 6-7.30 Pizza Night	14 10-12 Quiet Room (TR) 1-3 Girls' Group 4:30-5:30 5-a-Side football 6-8 Art & Crafts (ART)	15 10-1 Quiet Room (TR) 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (Isle of Dogs) 11 – 3.45 Photography Group	16 10-2 Quiet Room (TR) 2-4 Cult Movie Club (The Warriors, 1979) 3-5 Pool Drop-In 3.30 - 5 LDG – Social (Dis)function? Relationships, Employment	17 10-4 Drop-In Walking Group – Wester Hailes to Ratho (Kim/Andy)	18
19 10-4 Quiet Room (TR) 6-8 Music Group 6-8 Girls' Group (RR)	20 10-3 Quiet Room (TR) 10-12 Tuesday Morning Women's Group (closed) 1-4 Video Editing 2-3.30 Book Group 4-6 Chess Club (TR) 6-7 Badminton 6:30-7:30 Peer Support Group (ART)	21 10-12 Quiet Room (TR) 1-3 Girls' Group 4-7 Gaming Group (TR) 6-8 Art & Crafts (ART)	22 10-1 Quiet Room (TR) Midday Gourmet Club (Vapiano) 2-4 Thursday Discussion Group (Closed) 6-8 Scrabble (ART) 6-7 Relaxation Group (TR)	23 10-2 Quiet Room (TR) 3-5 Pool Drop-In 3.30 - 5 LDG – Information, Focused Interests, Repitition	24 10-4 Drop-In Christmas Market (Graeme/Stew)	25
26 10-4 Quiet Room (TR) 4:30-5 Tai Chi 6-8 Quiz Night	27 10-3 Quiet Room (TR) 10-12 Tuesday Morning Women's Group (closed) 4-7 RPG (Closed) (ART) 5-6 New Faces Group	28 10-12 Quiet Room (TR) 1-3 Girls' Group 2-5 Pool League 6-7.30 Coffee, Cake & Chat 6-8 Art & Crafts (ART)	29 5-6.30 Curry Club	30 3.30 - 5 LDG – Sensory Issues, Crisis Points, Meltdowns, Shutdowns, Burnouts, Recovery	ART – Art Room 1 st floor TR – Training Room 1 st floor BR – Blue Room 2 nd floor RR – Red Room 2 nd floor	

Regular Activity Groups

- 5-a-Side Football:** **2nd Wednesday of every month** at the Corn Exchange. Leave Number 6 at 3:30, or meet the group at the World of Football at 4:15.
- Art & Crafts Group:** **Every Wednesday, 6—8pm** In the Art Room!
- Badminton:** 3rd Tuesday of every month, **6—7pm** at Craiglockhart Leisure Centre. Meet at Number 6 at 5pm to get the bus, or at Craiglockhart for 5:50pm.
- Book Group:** See newsletter for further details for this month.
- Chess Club:** 3rd Tuesday of every month, 4-6pm.
- Coffee, Cake, and Chat:** 4th Wednesday of every month. This relaxed, informal discussion groups meets at **6—7:30** in the Training Room to discuss current affairs or meet new people.
- Curry Club:** This group will meet once a month and visit different curry houses in Edinburgh. Depending on what you order, you will need between £10 - £20.
- Film Night:** 1st & 3rd Thursday, **5:30pm**. See newsletter for further details for this month.
- Gaming Group:** **1st & 3rd Wednesday** of every month, **4—7pm**.
- Girls' Groups:** **Meets on the 1st and 3rd Mondays of every month** from **6pm—8pm**, and every Wednesday from **1pm—3pm**.
- Gourmet Club:** Meets on the **4th Thursday**. Depending on your choices, you will need between £15—£25 to cover the cost. See newsletter for further details for this month.
- Music Group:** **1st and 3rd Monday** of every month, from **6—8pm**.
- Photography Group:** **3rd Thursday of every month**. Normal meeting time **6—8pm**. However, check newsletter as times can change, depending on what is covered.
- New Faces:** **Meets 3rd Tuesday, 5 – 6pm**. For anyone registered Number 6 in the last year. Mingle with staff, learn more about the service, and meet people newly registered with us.
- Pizza Night:** **2nd Tuesday, 6 – 7.30pm**. Meeting at Pizza Hut, Hanover Street at 6pm. Depending on what you order, you will need between £10 - £20.
- Pool League:** **4th Wednesday, 2—4**. Maff runs the pool league, which takes place at the Ballroom, Morningside.
- Quiet Room:** A room will be booked each weekday throughout the month for people to use as a quiet place to sit, read and have the opportunity to be around others without any pressure to talk but quiet conversation would be allowed. There will be some guidelines for using the space that people will need to follow.
- Quiz Night:** 4th Monday of every month, **6—8pm**.
- Relaxation:** 2nd & 4th Thursday, **6—7pm**. New members welcome!
- Scrabble:** 2nd & 4th Thursday, **6—8pm**.
- Table Tennis:** 1st Tuesday, **4—6pm** in the Training Room.
- Video Editing Group:** 3rd Tuesday, **1—4pm**.
- Tai Chi:** 4th **Monday, 4:30—5**. Andy Horseman runs this introduction to Tai Chi!

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