

**NUMBER 6
ONE STOP SHOP
NEWSLETTER
NOVEMBER
ISSUE #158**

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Number 6 Update

We have decided to change the way Saturday drop ins are run. We will now have lunch between 12 - 1pm this will then be cleared away meaning the Art Room can be used for something else. We will run an informal discussion group in the Room 1 (previously known as the Red Room) from 1.30pm and we will show a film or sporting event in the Training Room from 1.30pm. The pool competition will still be running at 2pm. We hope that you all like the sound of the new and improved drop in but if you have any suggestions please let Matthew know.

Cult Movie Club - The film this month is 'The Warriors'. This 1979 American action thriller film was directed by Walter Hill and based on Sol Yurick's 1965 novel of the same name.

If you enjoy reading why don't you try out our **Book Group** on Tuesday 20th at 2pm. The group will be talking about the last book that they read so a great opportunity for new members to join.

Late Diagnosis Group

Hyan's sessions are continuing to run this month on a Friday afternoon. 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, Friday, 3.30 - 5pm

November 2nd What is Autism? Disability? Disorder? Diversity?

9th Childhood, Adolescence, Adulthood, Elderly

16th Social (Dis)function? Relationships, Employment

23rd Information, Focused Interests, Repetition

30th Sensory Issues, Crisis Points, Meltdowns, Shutdowns, Burnouts, Recovery

November Saturday Drop-Ins, 10am - 4pm

Saturday 3rd November: Cinema: Due to film times not being released yet. Please check Facebook or the website for more information on Wednesday 31st October.

Saturday 17th November: Walking Group - Wester Hailes to Ratho: We will leave Number 6 at 10.30am, take either the 3 or 33 bus to Wester Hailes where we will proceed on foot to Ratho. Though there is a pub along the way for refreshments, feel free to bring a packed lunch or snack to eat along the way. Be prepared for all weather and bring a waterproof jacket and a warm hat. We will aim to be back in Edinburgh by 3pm.

Saturday 24th November: Visit to Edinburgh Christmas Market: Please meet at Number 6 at 10.30am. The group will talk a walk to Princes Street Gardens for a wander through the market. There will be the opportunity to have a bite to eat or go on some of the rides. Please bring money if you would like to do so. We will aim to be back at Number 6 for 12.30pm.

BORDERS GROUP INFORMATION

Drop-In Session - 12th November

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 20th November, 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.

Employment Sessions, Wednesday 12th November, 2.30 - 4.30pm

Andy has 4 half hour sessions available on Wednesday 12th November between 2.30 - 4.30pm. 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.

West Lothian Group, Monday 5th November

The group will be going to the cinema this month at Livingston Centre. The group will be going to see Bohemian Due to film times not being released yet Rachel will be in touch with the group nearer the time.

Gourmet Club, Thursday 22nd November

This month for the Gourmet Club, we're going to **Vapiano, South St David Street to try out their Italian Cuisine.** Please meet at Number 6 at 12noon or at Vapiano at 12.30pm. We will leave at 12.15pm to walk to Vapiano.

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

Chess Club, Tuesday, 20th November, 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 27th November, 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 27th November 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, 6th & 20th November in the Art Room

Film Nights, 1st & 15th November

Thursday 1st November - Rampage: When three different animals become infected with a dangerous pathogen, a primatologist and a geneticist team up to stop them from destroying Chicago (1hr 47min)

Thursday 15th November - Isle of Dogs: Set in Japan, Isle of Dogs follows a boy's odyssey in search of his lost dog (1hr 41mins)

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

Cult Movie Club 16th November, 2pm

The next group are meeting in the Training Room on Friday 16th November 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 'The Warriors'. This 1979 American action thriller film was directed by Walter Hill and based on Sol Yurick's 1965 novel of the same name.

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

Mars Bar Fudge

Ingredients

400 g of Milk Chocolate
395 g tin of condensed milk
4 x Mars Bars

Method

1. Line a 20cm square cake tin with baking paper - leave plenty of paper hanging over the sides to help you remove the fudge once it has set.
2. Roughly chop the Mars Bars into pieces and set aside until needed.
3. Pour the condensed milk into a medium saucepan over low heat and add the milk chocolate - which has been broken into squares.
4. Cook condensed milk and chocolate mixture stirring regularly until the chocolate has melted and the ingredients have combined.
5. Remove the saucepan from the heat and add the chopped up Mars Bars before quickly stirring through.
6. Pour the fudge into the prepared tin and place in the fridge for a minimum of 6 hours (preferably overnight) to set.
7. Remove the fudge from the fridge and cut into squares.



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

Please check the monthly calendar for this months room bookings.

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

Photography Group Thursday 15th November

Photographing the Crammond Causeway at low tide.
Meet in the Art Room at Hill Street at 11am.

For November the group will be heading down to Crammond to photograph the "Crammond Causeway" at low tide. Low tide on 15th November is 12.54pm, so the group will **meet at the earlier time of 11am**, in the Art Room at Hill Street, to head along to Queensferry Street to catch the 11.33am Number 41 bus to Crammond. We will aim to be back at Hill Street for around 3.45pm.

Christmas Lunch, Tuesday, 25th December, 12 - 3pm



We'll be holding Christmas Lunch this year at Number 6 on Tuesday 25th December from 12 - 3pm.

Due to not having access to the café Christmas lunch will be a bit different. We will be getting a Chinese takeaway!

Places are limited. Priority will be given to individuals who don't have prior arrangements for Christmas day. If you would like to find out more information or to put your name down please contact Kim or Matthew no later than **Friday 14th December**.