

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 10-4 Drop-In Cinema Group – Fantastic Beasts (Maff/Ant)	2
3 2-4 Woolly Women (Closed) 6-8 Music Group 6-8 Girls' Group (RR)	4 10-12 Tuesday Morning Women's Group (closed) 4-6 Table Tennis (ART) 6:30-7:30 Peer Support Group (ART)	5 1-3 Girls' Group 2-5 Gaming Group (ART) 6-8 Art & Crafts (ART)	6 12-3.30 Visit to Dynamic Earth (Limited spaces) 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (Incredibles 2)	7 3-5 Pool Drop-In 2-3.30 & 3.30-5 LDG Theory of Mind, executive Functions, Central Coherence	8	9
10 2-4 Woolly Women (Closed) 6-8 West Lothian Social Group	11 10-12 Tuesday Morning Women's Group (closed) 1-3 Employment Sessions (to be booked) 4-7 RPG (Closed) (ART) 6-7.30 Pizza Night	12 1-3 Girls' Group 4:30-5:30 5-a-Side football 6-8 Art & Crafts (ART)	13 2-4 Thursday Discussion Group (Closed) 6-7 Relaxation Group (RM 1) 6-8 Scrabble (ART)	14 2-3 Service User Forum (RR) 3-5 Pool Drop-In 2-3.30 & 3.30-5 LDG- Energy, Anxiety & Coping	15 10-4 Drop-In Walking Group (Rachel/Andy)	16
17 2-4 Woolly Women (Closed) 6-8 Music Group 6-8 Girls' Group (RR)	18 10-12 Tuesday Morning Women's Group (closed) 1-4 Video Editing 2-3.30 Book Group 4-6 Chess Club (ART) 6-7 Badminton 6:30-7:30 Peer Support Group (ART)	19 1-3 Girls' Group 2-5 Gaming Group (ART) 2-5 Pool League 6-7.30 Coffee, Cake & Chat	20 Midday Gourmet Club (China Red, Grindlay Street) 2-4 Thursday Discussion Group (Closed) 4.45-7 Curry Club 5:30 Film Night (Ocean's 8) 6-8 Photography Group	21 2-4 Cult Movie Club (Bottle Rocket, 1996) 3-5 Pool Drop-In	22 10-4 Drop-In Christmas Film - ELF (Graeme/Ant)	23
24 10-4 DROP IN	25 NUMBER 6 CLOSED	26 NUMBER 6 CLOSED	27 NUMBER 6 CLOSED	28 11-3 DROP IN	29 NUMBER 6 CLOSED	30
31 11-3 DROP IN	1 NUMBER 6 CLOSED	2 12-3 DROP IN	3 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (Sherlock Gnomes)	4 3-5 Pool Drop-In 2-3 & 3.30-4.30 LDG – Short Introduction to LDG	5 10-4 Drop-In Cinema Group Maff/Stew	6
ART – Art Room, 1 st floor	TR – Training Room 1 st floor	RM1 – Room 1, 2 nd floor	RM2 – Room 2, 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 -5pm**. 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.