

**NUMBER 6
ONE STOP SHOP
NEWSLETTER
DECEMBER
ISSUE #159**

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Number 6 Update

At publication the Training Room was still out of action. This means that a few groups will be affected by this.

- Gaming Group - 5th & 19th will be held in the Art Room and will run from 2 - 5pm
- Film Night - 6th & 20th will be held in the Art Room
- Relaxation Group - 13th will be held in Room 1
- Coffee, Cake & Chat - 19th will be held in the Art Room
- Cult Movie Club - 21st will be held in the Art Room

If you enjoy reading why don't you try out our **Book Group** on **Tuesday 18th** at 2pm. The group will be talking about the last book that they read so a great opportunity for new members to join.

Please note that **Gourmet Club, Curry Club** will be held a week earlier on **Thursday 20th December** and there will only be one Relaxation Group in December due to the festive period.

Late Diagnosis Group

Hyan's sessions are continuing to run this month on a Friday afternoon. Due to 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, 2 - 3.30pm or 3.30 - 5pm

December 7th What is Autism? Disability? Disorder? Diversity?

14th Childhood, Adolescence, Adulthood, Elderly

16th Social (Dis)function? Relationships, Employment

These are the last 2 sessions in Hyan's current block of LDG. He will be starting a new block in the New Year on Friday 4th January at the same times. If you would like to attend please let Kim know.

December Saturday Drop-Ins, 10am - 4pm

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.

Saturday 1st December: Cinema: We have decided to see Fantastic Beasts: The Crimes of Grindelwald. We will leave Number 6 at 12:15 for the 1:10 showing. The film will finish around 3:45pm, so will not be returning to Number 6 afterwards. Tickets cost around £11 but you will need extra if you would like any drinks or snacks. **The film we will be showing at Number 6 at 1.30pm will be The Grinch.**

Saturday 15th December: Walking Group - Granton to Crammond: We will leave Number 6 at 10.30am, take the 47 bus to Granton where we will start the walk to Crammond along the shore. Though there is the Boardwalk Beach Club along the way feel free to bring a packed lunch or snack to eat on the way. Be prepared for all weather and bring a waterproof jacket, warm clothing which could include a hat, gloves and a scarf. We will aim to be back in Edinburgh by 2pm. **The film we will be showing at Number 6 at 1.30pm will be Home Alone.**

Saturday 22nd December: Christmas Film - Elf: Due to this being the last Saturday drop in before Christmas we will have a nice relaxing film afternoon. We will show Elf in the Art Room at 1.30pm. Snacks and juice will be provided.

BORDERS GROUP INFORMATION

Drop-In Session - 10th December

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 18th December, 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, Tuesday 11th December, 1 - 3pm

Andy has 4 half hour sessions available on Tuesday 11th December between 1-3pm. 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 10th December

The group will be meeting on Monday 10th at 6pm. The activity is still to be chosen. Please contact Rachel for more information Rachel.mcritchie@aiscotland.org.uk

Gourmet Club, Thursday 20th December

This month for the Gourmet Club, we're going to **China Red, Grindlay Street to try out their Chinese Buffet.** Please meet at Number 6 at 12noon or at China Red at 12.30pm. We will leave at 12.15pm to walk there. The buffet costs £9.50 and drinks are extra.

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

Chess Club, Tuesday, 18th December, 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, NO GROUP IN DECEMBER

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. We will organise a new meet up in the new year please check our January Calendar and Newsletter for the details.

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, 4th & 18th December in the Art Room

Film Nights, 6th & 20th December

Thursday 6th December - Incredibles 2: Bob Parr (Mr. Incredible) is left to care for the kids while Helen (Elastigirl) is out saving the world (1hr 58mins)

Thursday 20th December - Ocean's Eight: Debbie Ocean gathers an all-female crew to attempt an impossible heist at New York City's yearly met Gala (1hr 50mins)

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

Cult Movie Club 21st December, 2pm

The next group are meeting in the Art Room on Friday 21st December 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 'Bottle Rocket'. A bright, optimistic caper comedy from first-time director Wes Anderson, Bottle Rocket focuses on a group of young Texans aspiring to become master thieves.

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

Photography Group Thursday 20th December

Photography Group Thursday 20th December 2018, 6pm to 8pm. Meet at Hill Street in the Art Room at 6pm.

For December the Photography Group will be heading out to photograph the Xmas lights in the city centre. Meet at 6pm in the Art Room in Hill Street and we will plan a route to take our photographs.

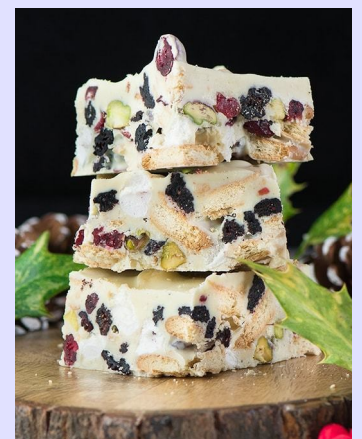
Snowy Chocolate Rocky Road

Ingredients

500g White Chocolate (or you can do milk or dark if you prefer)
25g Toasted Coconut
50g Mixed Peel
50g Dried Cranberries
50g Goji Berries
100g Chopped Pistachios
100g Mini Marshmallows

Method

1. Line a 20cm square tin with greaseproof paper.
2. In a large bowl melt the chocolate in the microwave in 30 second intervals until melted – be careful not to burn.
3. Once the chocolate is completely smooth stir in the remaining ingredients and once combined pour evenly into the prepared tin.
4. Leave to cool slightly then refrigerate for at least 1 hour.
5. Once set remove from the tin and cut into squares – you should get around 16 squares in total depending on what size you cut.
6. These can keep for up to a week in an airtight container, and can make a great Christmas present.



By Sarah Dickinson

Quiet Room at Number 6

Throughout each month we will arrange for a room (mainly the Art Room and Room 1) 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.

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



We'll be holding Christmas Lunch this year at Number 6 on Tuesday 25th December, time still to be confirmed.

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.**

Trip to Dynamic Earth, Thursday 6th December



We have arranged for a group of us to visit Dynamic Earth on Thursday 6th December. This is a free visit and we will be able to spend a few hours in Dynamic Earth exploring all of the different exhibitions. There are limited spaces so please book your place with Kim. Please meet at Number 6 at 12noon.

We will leave at 12.15pm to get to Dynamic Earth for 1pm and aim to be there for an hour and a half. We will aim to be back at Number 6 by around 4pm. This is a free visit but you may want to bring money to buy food or a drink while we are there.

Curry Club, Thursday 20th December, 4.45pm

The group met for the first time in November and had a great time. We have decided to try Morningside Spice, 74 Morningside Road. Spaces are limited so please speak to Kim to book your place. Depending on what you order you will need around £20 - £25. Please meet at Number 6 at 4.45pm. We will leave at 5pm to get a bus to Morningside.