

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 3–5 Pool Drop-In 2 – 3.30 & 3.30 – 5 LDG Session 4	2 10–4 Drop-In Cinema Group – (Rachel/Andy)	3
4 11-1 Knitting & Nattering (ART) 2-4 Woolly Women (Closed) 6–8 Music Group (ART) 6–8 Girls' Group (RR)	5 10–12 Tuesday Morning Women's Group (closed) 4.30 – 6 LDG Session 5 6:30–8 Peer Support Group (ART)	6 1–3 Girls' Group 3-6 Gaming Group (TR) 6–8 Art & Crafts (ART)	7 2–4 Thursday Discussion Group (Closed) 5:30 Film Night (Ant-Man and the Wasp)	8 2–3 Service User Forum (RR) 2 – 3.30 & 3.30 – 5 LDG Session 5 3–5 Pool Drop-In	9	10
11 11-1 Knitting & Nattering (ART) 2-4 Woolly Women (Closed) 4–6 Table Tennis (TR)	12 10–12 Tuesday Morning Women's Group (Closed) 4–7 RPG (Closed) 4.30 – 6 LDG Session 6 6–7.30 Pizza Night	13 1–3 Girls' Group 4:30-5:30 5-a-Side football 6–8 Art & Crafts (ART)	14 2–4 Thursday Discussion Group (Closed) 3.30 – 5.30 Mary King's Close Ghost Tour (limited spaces, £15.50pp) 6–7 Relaxation Group (TR) 6–8 Scrabble (ART)	15 2-4 Cult Movie Club (Bottle Rocket, 1996) 2 – 3.30 & 3.30 – 5 LDG Session 6 3–5 Pool Drop-In	16 10–4 Drop-In Walking Group (Graeme/Ant)	17
18 11-1 Knitting & Nattering (ART) 2-4 Woolly Women (Closed) 6–8 Music Group (ART) 6–8 Girls' Group (RR)	19 10–12 Tuesday Morning Women's Group (Closed) 1–4 Video Editing 2-3.30 Book Group 4–6 Chess Club (RM 1) 6–7 Badminton 6:30–8 Peer Support Group (ART)	20 1–3 Girls' Group 3-6 Gaming Group (TR) 4 – 6 Employment Sessions (to be booked) 6–8 Art & Crafts (ART)	21 2–4 Thursday Discussion Group (Closed) 4.15 – 7.30 Curry Club 5:30 Film Night (The Meg) 6-8 Photography Group	22 2 – 3.30 & 3.30 – 5 LDG Session 7 3–5 Pool Drop-In	23 10–4 Drop-In Gravity (Kim/Stew)	24
25 11-1 Knitting & Nattering (ART) 2-4 Woolly Women (Closed) 4:30–5 Tai Chi (TR) 6–8 Quiz Night 6–8 West Lothian Social Group	26 10–12 Tuesday Morning Women's Group (Closed) 4–7 RPG (Closed) 4.30 – 6 LDG Session 8 5–6 New Faces Group	27 1–3 Girls' Group 2–5 Pool League 6–7.30 Coffee, Cake & Chat (TR) 6–8 Art & Crafts (ART)	28 Midday Gourmet Club (Mr Basrai) 2–4 Thursday Discussion Group (Closed) 6–7 Relaxation Group (TR) 6–8 Scrabble (ART)	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, 3—6pm.
- 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.
- Knitting & Nattering:** **Meets every Monday, 11 – 1pm**. A group for people that enjoy knitting, crocheting, sewing and nattering. This is not a group to learn these skills. Please bring along a project you are working on and your own supplies. Some supplies will be provided.
- Music Group:** **1st and 3rd Monday** of every month, from **6—8pm**.
- New Faces:** **Meets 4th 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.
- Peer Support:** **Every second Tuesday, 6.30 – 8pm**. A relaxed support network for late diagnosed adults, run by late diagnosed adults. The group is an opportunity to share experiences of ASD which may offer up solutions, coping strategies, unique perspectives, new ideas, and new insights!
- Photography Group:** **3rd Thursday of every month**. Normal meeting time **6—8pm**. However, check newsletter as times can change, depending on what is covered.
- 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:** 2nd Monday, **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.