

**NUMBER 6
ONE STOP SHOP
NEWSLETTER
FEBRUARY 2019
ISSUE #161**

Useful Contacts

Service Coordinator:
Matthew.Day@aiscotland.org.uk
Volunteer Coordinator:
Stewart.Campbell@aiscotland.org.uk
Employment /Training Co-ordinator:
Andrew.Horseman@aiscotland.org.uk
Housing/Education Co-ordinator:
Anthony.Shek@aiscotland.org.uk

Benefits Co-ordinator:
Graeme.Syme@aiscotland.org.uk
Activities Co-ordinator:
Kim.Maxwell@aiscotland.org.uk
Health & Wellbeing Coordinator:
Rachel.McRitchie@aiscotland.org.uk
Post Diagnostic Coordinator:
Hyan.Thiboutot@aiscotland.org.uk

Number 6 Update

You will all be glad to hear that the Training Room is back up and running. There is still a little decorating to be carried out but the room is useable, which is great news.

Please be aware that Gaming Group will now run from 3 - 6pm and will be held in the Training Room on the 1st & 3rd Wednesday of every month.

Rachel has organised a trip to Mary King's Close Ghost Tour on Thursday 14th February. Meeting at Number 6 at 4pm. The tour will cost £15.50pp, however there may be the possibility of a discount. If this is possible we will let the group know nearer the time.

Late Diagnosis Group

Hyan has three new LDG programmes starting this month. This group is 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. Due to the sessions being very popular it would be helpful if you could let a staff member know if you would like to take part in a particular session.

Tuesday 4.30—6pm

5th - Information, Focused Interests, Repetition
12th - Sensory Issues, Crisis Points, Meltdowns,
Shutdowns, Burnouts, Recovery
19th - Theory of Mind, Executive Functions, Central
Coherence
26th - Energy, Anxiety, Coping

Friday 2 - 3.30pm or 3.30 - 5pm

1st - Social (Dis)function? Relationships,
Employment
8th - Information, Focused Interests, Repetition
15th - Sensory Issues, Crisis Points, Meltdowns,
Shutdowns, Burnouts, Recovery
22nd - Theory of Mind, Executive Functions, Central
Coherence

If you would like to take part in any of these sessions please let Matthew Day know.
Matthew.day@aiscotland.org.uk

February 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 2nd February: Cinema: Please meet at Number 6 (time and film to be confirmed). We will walk to Fountainpark cinema. Tickets generally cost around £10.60 and you may want to bring more money for snacks.

Saturday 16th February: Walking Group - Broxburn to Ratho: Meet at Number 6 at 10am. We will get a bus to Broxburn to join the canal. We will walk along the canal to Ratho. The walk is around 5 miles long and will take around 1hr 45mins to complete. Please wear waterproof warm clothing. We will aim to be back at Number 6 for approximately 2.30pm. Please be aware that this walk is weather dependant therefore if the forecast isn't good we will cancel the walk.

Saturday 23rd February: Gravity, Fountainpark: We are planning on going to Gravity at Fountainpark. Please let Kim know if you would like to take part so she can book places. A one hour jump session would cost for two. Please meet at Number 6 at 10am. We will aim to leave at 10.15am to walk along to Fountainpark. We will aim to be back at Number 6 by 1pm.

BORDERS GROUP INFORMATION

Drop-In Session - 11th February

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 19th February, 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 reading *The Reader*, by **Bernhard Schlink**.

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.

Curry Club, 21st February, 4 - 7pm

We have booked a table at Spice Lounge, Drumbrae for our monthly Curry Club. If you would like to join Andy please let Kim or Andy know so they can book your place. Please meet at Number 6 at 4pm. We will leave at 4.15pm to get a bus along to Corstorphine for 5pm.

West Lothian Group, 25th February

The group will be meeting on **Monday 25th February** to go for dinner at Prezzo, Unit U32, Livingston Designer Outlet, Almondvale Avenue, Livingston, EH54 6QX. The plan is to meet in the main entrance of the restaurant at 6pm. You will need between £15 - £25 to cover the cost of your meal (this will vary depending on your choices). Please let Rachel know if you think you'll be able to make it along or if you have any questions about the group.

If you would like more information please contact Rachel - Rachel.mcritchie@aiscotland.org.uk

Gourmet Club, Thursday 28th February

This month for the Gourmet Club, we're going to Mr Basrai, Fountainpark to try out their world cuisines. It will cost £8.99 for lunch but you will need extra for a drink. Please meet at Number 6 12noon or at the Mr Basrai's at 12.45pm. There are a limited amount of spaces available so please let Kim know if you would like to come along.

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

Chess Club, Tuesday, 19th February, 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 26th February, 4 - 5pm

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.

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, 12th & 26th February in the Art Room

Film Nights, 7th & 21st February

Thursday 7th February - Ant-Man and the Wasp: As Scott Lang balances being both a Super Hero and a father, Hope can Dyne and Dr Hank Pym present an urgent new mission that finds the Ant-Man fighting alongside The Wasp to uncover secrets from their past (12A, 1hr 58mins)

Thursday 21st February - The Meg: After escaping an attack by what he claims was a 70 foot shark, Jonas Taylor must confront his fears to save those trapped in a sunken submersible (12A, 1hr 53mins)

Cult Movie Club 15th February, 2pm

The next group are meeting in the Art Room on Friday 15th February 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 'Logans Run, 1976'. An idyllic science fiction future has one major drawback: life must end at the age of thirty.

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

Photography Group Thursday 21st February, 6-8pm

For February the Photography Group will be meeting in the Art Room at 6pm for a planning session to decide on both the format of the group as well as the subjects the group would like to Photograph for the remainder of the year.

No Bake Strawberry and Nutella Cheesecake

Ingredients

Bottom layer

4-6 brownie or cookie chunks

Filling

226g Full fat Cream cheese, softened

¾ cup Nutella

1 tsp vanilla extract

Pinch salt

1 1/2 cups double cream

Top layer

12-18 strawberries, halved

Whipped cream

Method

1. Divide the brownie chunks between 4-6 individual cups.
2. In a large bowl, with a hand mixer beat the cream cheese and Nutella until smooth. Add vanilla and salt, mix to combine.
3. In a medium bowl, with a hand mixer beat the double cream until stiff peaks form. Using a spatula, fold the whipped cream into the Nutella mixture until combined.
4. Pipe or spoon the filling on top of the bottom layer. Refrigerate for 1 hour before serving.
5. Before serving, add strawberries and whipped cream.
6. If desired, garnish with chocolate shavings, mini chocolate chips or chocolate sauce.



By Sarah Dickinson