

**NUMBER 6
ONE STOP
SHOP
NEWSLETTER
ISSUE # 149**

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All of our groups are back to running as normal. Graeme is continuing to present the Late Diagnosis Group, from the 5th February onward. See below for more information. Details for our other groups are in this newsletter below—so keep reading! And remember: if you're using our computers here at Number 6, *log out when you're finished!*

Late Diagnosis Group

This is an 8 week programme for people who have had a diagnosis of Asperger Syndrome or High Functioning Autism in their teens or as adults and would like to know more about the condition.

Graeme will be holding the group every Monday from 2-3:30pm in the Training Room, so please let a member of staff know if you would like to take part.

Monday 5th February 2—3:30pm	Sensory Issues
Monday 12th February 2—3:30pm	Communication
Monday 19th February 2—3:30pm	Mental Health
Monday 26th February 2—3:30pm	Education / Learning
Monday 5th March 2—3:30pm	Employment
Monday 12th March 2—3:30pm	Relationships
Monday 19th March 2—3:30pm	Lifestyle

ALLIG Group

Hosted by Fergus Murray and Sonny Hallett, the Autistic-Led Late Identification Group (ALLIG) offers eight discussion sessions on autism as experienced by people on the spectrum. This is the last of these drop-in sessions, but feel free to come along if interested, regardless of previous attendance.

Thursday 1st February 6—7 **Representation of Autism (Session 8)**

February Saturday Drop-Ins, 10am—4pm

Saturday 3rd February: Cinema Trip: This week, the group is heading out to Fountainpark Cineworld to see the sci-fi fantasy thriller THE MAZE RUNNER: The Death Cure. Running at 2h20mins, Thomas leads some escaped Gladers on their final and most dangerous mission yet! The film starts at 12:40, so we will have an early lunch at 11:45 and leave at 12 noon.

Saturday 17th February: Walking Group: Barony Circuit. Leave Number 6 at 10.20am. We will take an X62 bus to Eddlestone, pass the impressive Barony Castle and the Great Polish Map of Scotland, before looping back to Eddlestone, with great views of the Moorfoot Hills (5km in total). Please wear appropriate footwear, clothing and bring a packed lunch. We will aim to be back at Number 6 for around 3:30pm.

Saturday 24th February: ANATOMICAL MUSEUM. We will be visiting the Anatomical Museum at the University of Edinburgh. The collection consists of 12,000 objects and specimens that tell the story of 300 years of anatomical teaching at the university of Edinburgh. It includes unique objects such as the skull of George Buchanan, a dissected body with the lymphatic system injected with mercury, and the skeleton of the notorious murderer William Burke. We will leave Number 6 after lunch at 1pm and return before 4pm.

Regular Activity Groups

- 5-a-Side Football:** **14th February 4:30—5:30pm** at the Corn Exchange. Some people leave Number 6 at 3:30pm and get the bus to the Corn Exchange, or you could 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, **20th February, 6—7pm**. Meet at Number 6 at 5pm to get the bus along to Craiglockhart Leisure Centre. Or meet at Craiglockhart for 5:50pm.
- Coffee, Cake, and Chat** **Wednesday, 28th February, 6—7:30** in the Training Room. This informal discussion group meets on the 4th Wednesday of every month. It provides a relaxing and safe place to meet new people and discuss current affairs.
- EDIRP** Now running every second month, EDIRP is **meeting Tuesday, February 13th, 5-6pm**, to discuss how the group will move ahead in 2018.
- Book Group:** Meeting on the **28th February, 3—5**. The group is reading the short story 'The Squabble' or 'How Ivan Ivanovich Quarrelled with Ivan Nikiforovich' by Nikolay Gogol. All are welcome!
- Film Night:** 1st & 3rd Thursday, **1st & 15th February, 5:30pm**. This month, we're presenting the sci-fi thriller adventure **TRANSFORMERS: THE LAST KNIGHT** on the **1st**, and the sci-fi thriller **THE DARK TOWER** on the **15th!**
- Gaming Group:** 1st & 3rd Wednesday of every month. This month, the wildly entertaining Gaming group is on the **7th** and the **21st February, 4—7pm**.
- Girls' Groups:** This fun and popular group meets on the 1st and 3rd Mondays of every month from **6.30pm—8pm (5th and 19th February)** and every Wednesday from **1pm—3pm**.
- Gourmet Club:** Meets on the **4th Thursday**. This month we meet on the **22nd February** for The Red Squirrel on Lothian Road. Bring between £15—£20 to cover the cost.
- West Lothian Social Group** **Monday, 26th February**. Meeting on Monday, 26th to go to Harvester restaurant in Livingston. The address is Unit 302, The Centre, Almondvale Avenue, Livingston. Meet at the main entrance of the restaurant at 6pm. Depending on your choices, you'll need between £15—£25.
- Music Group:** 1st and 3rd Monday of every month, from **6—8pm**.
- Photography Group:** **3rd Thursday of every month, 15th February, 6—8pm**.
- New Faces** **Meets Tuesday 20th February, 4—5**. For anyone registered in the last year with Number 6. It's an excellent opportunity to mingle with staff, learn more about the service, and meet people newly registered with us.
- Pool League:** **Wednesday, 28th February, 2—4**. Maff runs this month's pool league. The group plays at the Ballroom, Morningside.
- Quiz Night:** 4th Monday of every month, **26th February, 6—8pm**.
- Relaxation:** 2nd & 4th Thursday, **8th & 22nd February, 6—7pm**. New members welcome
- Scrabble & Chess:** 2nd & 4th Thursday, **8th & 22nd February, 6—8pm**.
- Snooker Club:** 2nd Tuesday, **13th February, 5—8pm**. Held at the Corn Exchange.
- Table Tennis:** 1st Tuesday, **6nd February, 4—6pm** in the training room.
- Video Editing Group:** 3rd Tuesday, **20th February. 1—4pm**. In February, the Video Editing group will be looking to put the finishing touches to the "Intro to Number 6" short film. Please free to come along and help us with the creative process.
- Tai Chi** **Monday, 26, February, 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.

BORDERS GROUP INFORMATION

Drop-in sessions — Monday 12th February

Due to low uptake, we have unfortunately decided to cancel the Borders Cinema Group. Instead, we're running 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, don't hesitate—get in touch.

Social Group—Monday 19th February, 12—3

We'll be going to Dawyck Botanical Gardens, we can meet in the car park at 12pm. In the depths of the Scottish Borders countryside, Dawyck Botanic Garden has a stunning collection of trees and shrubs.

For an appointment, please email us at anthony.shek@aiscotland.org.uk or call the office (0131 220 1075).

Book Group, Wednesday 28th, 3—5pm

This month we are discussing Nikolay Gogol's *How Ivan Ivanovich Quarrelled with Ivan Nikiforovich (The Squabble)*.

In the second hour, we'll discuss any book you've read and would like to talk about. Even if you haven't read the book, this group is open to anyone interested in books.

If you have any questions about the book group, please contact Matthew.

Scottish Borders Women's Group

The date for the women's group this month has not yet been agreed. This will be put on facebook once the date has been confirmed by Cathy and the group.

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 discuss your involvement beforehand, please call Matthew on 0131 220 1075.

Gourmet Club, Thursday 22nd February

This month, we were going to The Red Squirrel on Lothian Road. Meet at Number 6, 12 midday and leave shortly after. If you'd like to come, please let staff know.

If you would like to come along please let a staff member know.

Coconut Loaf

175g unsalted butter —soft
280g caster sugar
200ml coconut milk
1 tsp vanilla extract
3 eggs
225g self raising flour
40g desiccated coconut

Preheat oven to 180 degrees and line the base and sides of a loaf tin with baking paper—this will help you to remove the Coconut Bread once it has cooked.

Place the caster sugar and butter into the bowl of an electric mixer and beat for 3—4 minutes or until light and fluffy.

While the mixer is on a low speed, add the vanilla

extract and eggs one at a time and mix well to combine.

Add the coconut milk, self raising flour and desiccated coconut and mix on a medium speed until combined.

Transfer the mixture to the loaf tin you prepared earlier and bake for 50—55 minutes or until cooked through when tested with a skewer.



You can add blueberries Just stir through before pouring the mixture into the tin.

by Sarah Dickinson

New Faces

This group will meet monthly and it will be an opportunity for new service users at Number 6 to meet some of the staff, to meet other service users, to have a chat to the staff about the service and to enjoy some tea, coffee and biscuits in an informal setting. Hyan, our activities coordinator, will be running the group on **Tuesday 20th February in the Training Room at 4—5.**

Please come along and join in if you have registered with us within the last year but haven't come along to anything.

Peer Support for Late Diagnosed Adults

This new 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—7:30 Tuesday, 13th and 27th February in the Art Room

Photography Group, Thursday 15th February, 6—8pm

For February the Photography Group will be concentrating on painting with light. Light painting is an imaging technique that uses a moving light source to add light to an under-illuminated subjects while taking a long-exposure photography. A scene of object can be brought to life by painting with a beam of light. This will be a very interesting session, so please feel free to come along. Meet in the Art Room, 6—8pm.

West Lothian Group

The group will be meeting on **Monday 26th February** to go for dinner at Harvester Restaurant Unit 302 The Centre, Almondvale Avenue, Livingston, West Lothian, EH54 6QX. The plan is to meet at 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).

Film Nights, Thursday 1st & 15th February

Films start at 5.30pm. Drinks and snacks provided!

Thursday 1st February: TRANSFORMERS: THE LAST KNIGHT (Sci-fi Action Adventure, 2hr 34mins) Autobots and Decepticons are at war, with humans on the sidelines. Prime is gone. The key to saving our future lies buried in the secrets of the past, in the hidden history of Transformers on Earth.

Thursday 15th February: THE DARK TOWER (Fantasy thriller, 1hrs 33mins) The last Gunslinger Roland Deschain has been locked in a eternal battle with Walter O'Dim, also know as the Man in Black, determined to prevent him from toppling the Dark Tower, which holds the world together.

Snooker Competition

Saturday 17th at 10am till 3pm, at the World of Snooker, Corn Exchange. Either meet Stew at Number 6 at 9am and travel by bus to the Corn Exchange; or alternatively meet us at the Corn Exchange at 9:45.

As always, the tournament will be in the knockout format. The 1st, 2nd, and semi rounds matches will be a one-frame match—the final will be the best of 3 frames. Everyone will be guaranteed a least 2 matches. As for those knocked out in the 1st and 2nd rounds, we will be running a B tournament.

Please contact Stew by email on stewart.campbell@aiscotland.org.uk

GENDERING AUTISM EVENT

Is autism an issue of gender?

Organised by Anna Robinson of the University of Strathclyde, and Kabie Brook of Autism Rights Group Highland, this event is an opportunity for autistic people to participate in shaping research by getting together to share ideas, opinions, and experiences in Gendering Autism.

Join us on **February 12th 10—3** at the University of Strathclyde, Technology and Innovation Centre or connect via a chat room.

The first research event of its kind, this event is opened to autistic people only!

Parents, professionals, or researchers can attend a follow-up event later, and should register their interest with Kabie Brook at kb@arghighland.co.uk. Those interested will be informed of future events.

The organisers are keen for this event to be a large event, both with in-person and virtual participants. Please share this widely with your networks.

[If you wish to attend, email kb@arghighland.co.uk](mailto:kb@arghighland.co.uk)

£10 AMAZON VOUCHER

Fourth year undergraduate students from Edinburgh University Jess Oldridge, Emma Yong, and Daniel Hannam are studying for their dissertation: mood and feelings in people with high functioning autism spectrum disorder. They're looking for participants 16—25 years of age to take part.

The participants will spend an hour with Jess, Emma, and Daniel. For their troubles, the participants will receive a £10 Amazon or iTunes voucher as a thank you for their participation.

If you would like information about what the study involves, please get in touch on s1521942@sms.ed.ac.uk.