

**NUMBER 6
ONE STOP SHOP
NEWSLETTER**

**FEBRUARY 2020
ISSUE #173**

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Number 6 Update

Please note there changes to Music Group and Curry Group.

From February onwards **Music Group** will still run on the first and third Mondays but at the new time of 3 -5pm. And, Andy Horseman will now be running the group.

Curry Club will continue to run on the 1st Thursday of the month but Stewart Campbell will now be running this group.

Yarn, Fibre & Needlecraft Group will be having taster sessions to try out new crafts such as; Macramé or spinning. For more information please see the next page or contact Morag Donnachie.

Late Diagnosis Group

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 we require participants to sign up to take part.

If you would like to take part in any of these sessions please let Matthew Day know.

Topics Covered

1. Intro
2. What is Autism?
3. Sensory Issues
4. Energy, Anxiety, Burn Out, Recovery
5. Information, Reacting to Information, Processing
6. Autism Through Time: Babies to Elderly
7. Social (dys)function, Employment, Relationships
8. History of AS and 3 Core AS Theories

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February Saturday Drop-Ins, 10am - 4pm

During a Saturday drop in lunch is between 12 - 1pm this will then be cleared away meaning the Art Room can be used for something else. We will put up the Table Tennis table in the Training Room at 2pm and the Pool competition will be held at 2pm.

Saturday 1st February : 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. 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.

Saturday 15th February: Cinema Group - Birds of Prey and the Fantabulous Emancipation of one Harley Quinn: Due to film times not being released yet the film has not been decided. When the times are released the film will be posted on Facebook and our Website. Depending on which cinema we are going to tickets will cost either £4.99 or £11. If you would like to buy any drinks or snacks you will need extra money for this.

BORDERS GROUP INFORMATION

Please contact Anthony directly to book a 1-1 session. This can be to talk about any issue you may be facing. Meetings will take place at our office in Galashiels or at your home.

If you have any questions or would like to book an appointment please contact Anthony.

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.

Book Group, Tuesday 18th 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.

The book the group are reading this month is **We by Yevgeny Zamyatin**. 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.

Curry Club, Thursday 6th February, 4.30 - 7.30pm

We have booked a table at Golden Ambal, Albert Place, Leith Walk for our monthly Curry Club. Please meet at Number 6 at 4.30pm. The group will get the bus to the restaurant and will aim to arrive for 5.15pm.

If you would like to join us please let Kim know so they can book your place.

Gourmet Club, Thursday 27th February, Midday

This month we are going to Las Iguanas, Queen Street. Places are limited so please contact Kim to confirm your place. Please meet at Number 6 at midday or at Las Iguanas, Queen Street at 12.30pm (as long as you have booked your place).

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

Bus Group, Friday 14th February, 10.30 - 1.30pm

The plan is to meet at Number 6 at 10am. We will catch the 11 from Princes Street to Craighall Road to catch the Number 7 at the start of its route. We will take the 7 all the way to the Royal Infirmary where we can stop for a quick drink or a toilet stop before heading back into town. We will catch the same bus back and the group will be back at Princes Street around 1.30pm.

Yarn, Fibre and Needlecraft Group, every Monday 11 - 1pm

After the success of the weaving session the fibre arts group want to keep doing monthly taster sessions where we all come together and do a group project or try a new craft.

We will be planning on trying something new like macramé, spinning, a group project or something new on the third Monday of each month. Cakes will be provided and newcomers are welcome. The next two (or possibly 3) will be a group project to make a sign for the door.

Each person will be knitting/crocheting a granny square and embroidering a letter on to it to stitch together to make a sign for the door.

If you would like more information please contact Morag.

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.

We have now added a new peer support group which will run every Friday from 1 - 3pm. Both of the Peer Support groups run in the Training Room, which is on the 1st floor of Number 6.

Every Tuesday, 6 - 8pm & Every Friday, 1 - 3pm

Film Night, 6th & 20th February, 5.30pm

Thursday 6th February - Rocketman: A musical fantasy about the fantastical human story of Elton John's breakthrough years (2hrs)

Thursday 20th February - Aladdin: A kind-hearted street urchin and a power-hungry Grand Vizier vie for a magic lamp that has the power to make their deepest wishes come true (2hrs)

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

Photography Group, Tuesday 25th February

Please check Facebook and the Website for more information nearer the time.

Please contact Stew if you would like more information or would like to come along for the first time.

Lemon and Poppyseed Cupcakes

Ingredients

| | |
|---|---|
| 225g self-raising flour | 175g caster sugar |
| Zest 2 lemons | 1 tbsp poppy seeds, toasted |
| 3 eggs | 100g natural yogurt |
| 175g butter, melted and cooled a little | 225g butter, softened |
| For the icing | Juice 1 lemon |
| 400g icing sugar | Icing flowers of sprinkles, to decorate |
| Few drops of yellow food colouring | |



Method

1. Heat oven to 180C/160F/ Gas 4 and line a 12 hole muffin tin with cupcake cases.
2. Mix the flour, sugar, lemon zest and poppy seeds together in a mixing bowl.
3. Beat the eggs into the yogurt, then tip this into the dry ingredients with the melted butter.
4. Mix together with the wooden spoon or whisk until lump free, then divide between the cases.
5. Bake for 20-22 mins until a skewer poked in comes out clean- the cakes will be quite pale on top still.
6. Cool for 5 mins in the tin, then carefully lift onto a wire rack to finish cooling.
7. To ice, beat the softened butter until really soft in a large bowl, then gradually beat in the icing sugar and lemon juice.
8. Stir enough food colouring for a pale lemon colour, then spoon the icing into a piping bag with a large nozzle.
9. Ice one cake at a time, holding the piping bag almost upright with the nozzle about 1cm from the surface of the cake.
10. Pipe one spiral of icing around the edge, then pause to break the flow before moving the nozzle towards the centre slightly and piping a second smaller spiral that continues until there are no gaps in the centre.
11. Slightly dot the nozzle into the icing as you stop squeezing to finish neatly.
12. Repeat to cover all the cakes, then top with sugar decorations or scatter with sprinkles.

By Sarah Dickinson