

MON
Drop-In 10-8pm

TUES
Quiet Drop-In
10-5pm

WED
Drop-In 10-8pm

THUR
Drop-In 10-8pm

FRI
Drop-In 10-5pm

SAT

SUN

MON	TUES	WED	THUR	FRI	SAT	SUN
						1
2 11-1 Yarn, Fibre & Needlecraft Group (TR) 3-5 Music Group (TR) 6-7.30 Girls' Group (RR)	3 4.30 – 6 LDG 8 6-8 Peer Support Group (TR)	4 1-3 Girls' Group 3-6 Gaming Group (TR) 6.30 – 8 LDG 7	5 1-2 LDG 5 2-4 Thursday Discussion Group (Closed) 4:30 Curry Club (Morningside Spice) 5:30 Film Night (Yesterday)	6 1-3 Peer Support Group (ART) 3 – 4.30 LDG 3 3-5 Pool Drop-In	7 10-4 Drop-In Cinema Group – Onward (Graeme/Ant)	8
9 11- Yarn, Fibre & Needlecraft Group (TR)	10 12 - 3 Photography Group 4-7 RPG (Closed) (ART) 4.30 – 5.30 LDG, Intro 1 6-7.30 Pizza Night 6-8 Peer Support Group (TR)	11 1-3 Girls' Group 6-8 Art & Crafts (ART) 6.30 – 8 LDG 8	12 1 – 2.30 LDG 6 2-4 Thursday Discussion Group (Closed) 6-7 Relaxation Group (TR) 6-8 Scrabble (ART)	13 1-3 Peer Support Group (ART) 3 – 4.30 LDG 4 3-5 Pool Drop-In	14	15
16 11-1 Yarn, Fibre & Needlecraft Group – Taster Session (TR) 3-5 Music Group (TR) 6-7.30 Girls' Group (RR)	17 2-3.30 Book Group (RM1) 4.30 – 6 LDG 2 6-7 Badminton 6-8 Peer Support Group (TR)	18 1-3 Girls' Group 3-6 Gaming Group (TR) 6-7.30 Coffee, Cake & Chat (ART) 6.30 – 7.30 LDG, Intro 1	19 1-2.30 LDG 7 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (The Lion King)	20 1-3 Peer Support Group (ART) 1-3 Current Affairs Group (RM1) 3 – 4.30 LDG 5 3-5 Pool Drop-In	21 10-4 Drop-In Walking Group – Granton to Crammond (Kim/Andy)	22
23 11-1 Yarn, Fibre & Needlecraft Group (TR) 4:30-5 Tai Chi (TR) 6-8 Quiz Night (ART)	24 4-7 RPG (Closed) (ART) 4:30-5:30 5-a-Side football 4.30 – 6 LDG 3 6-8 Peer Support Group (TR)	25 1-3 Girls' Group 2-5 Pool League 6-8 Art & Crafts (ART) 6.30 – 8 LDG 2	26 Midday Gourmet Club (Tony Macaroni, Omni Centre) 1-2.30 LDG 8 2-4 Thursday Discussion Group (Closed) 6-7 Relaxation Group (TR) 6-8 Scrabble (ART)	27 1-3 Peer Support Group (ART) 3 – 4.30 LDG 6 3-5 Pool Drop-In	28	29
30 11-1 Yarn, Fibre & Needlecraft Group (TR)	31 10 – 1.30 Bus Group 4.30 – 6 LDG 4 6-8 Peer Support Group (TR)			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:** **4th Tuesday 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:** **2nd & 4th Wednesday of every month, 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:** **3rd Tuesday of every month, 2 – 3.30pm.** Up to date details are in the Newsletter of which book the group are reading.
- Coffee, Cake, and Chat:** **3rd Wednesday of every month.** This relaxed, informal discussion groups meets at **6—7:30** in the Art Room to discuss current affairs or meet new people.
- Current Affairs Group:** This is a group for people that would like to discuss current affairs. We will buy a range of newspapers on the day. The group will have the chance to read through them and discuss any interesting articles.
- Curry Club:** **1st Thursday of every month.** This group will meet once a month and visit different curry houses in Edinburgh. Depending on what you order, you will need between £15 - £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 -6 pm.**
- Girls' Groups:** **Meets on the 1st and 3rd Mondays of every month** from **6pm—7.30pm**, 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.
- Music Group:** **1st and 3rd Monday** of every month, from **3-5pm.**
- Peer Support Group:** This group creates a relaxed support network for late diagnosed adults, run by late diagnosed adults. The Peer Support group is a great opportunity to learn from each other.
- Photography Group:** **4th Tuesday of every month.** Normal meeting time **12 -3pm.** However, check newsletter as times may 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.
- Quiz Night:** **4th Monday of every month, 6—8pm.**
- Relaxation:** **2nd & 4th Thursday, 6—7pm.** A chance to relax and unwind listening to a guided imagery script for the first half hour. The group then enjoy herbal teas and a chat. New members always welcome!
- Scrabble:** **2nd & 4th Thursday, 6—8pm.** An opportunity to play a couple of games of Scrabble. New members welcome!
- Table Tennis:** **1st & 3rd Saturday at 2pm** in the Training Room.
- Video Editing Group:** **There is no group this month but will be running as usual in April.**
- Tai Chi:** **4th Monday, 4:30—5.** Andy Horseman runs this introduction to Tai Chi!
- Yarn, Fibre & Needlecraft Group:** **Meets every Monday, 11 – 1pm.** Knitting and nattering is a weekly fibre arts based group open to anyone, you don't need to have any experience or equipment just an interest and some enthusiasm. We are currently able to teach people how to spin yarn, knit, crochet and weave but if anyone is interested in hand or machine sewing, tapestry or cross stitch we can accommodate that. Equally, if you have some experience (or a project on the needles) just come along and jump in where you are. On the third Monday of each month we will have a taster session to try out a new craft.
- Closed group:** This means that the group is full at this time. If you would like more information about a closed group please contact Kim.

Please let a staff member know if you intend to join a group for the first time.