

**NUMBER 6
ONE STOP SHOP
NEWSLETTER
MARCH 2019
ISSUE #162**

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Number 6 Update

Please be aware that we have made some changes to a few of our regular groups. The calendar is up to date with the new schedule so please check it out. If you have any questions please get in touch with Kim.

- For this month only we are trialling a new Darts group. This is running on Friday 22nd at 3pm and will be held at the Ballroom in Morningside.
- Knitting and Nattering is going well but there is still room for new members. If you enjoy knitting, crochet, cross stitch or any other similar craft please come along.
- We will also be moving the Saturday Cinema Group to coincide with release dates of new films coming out. This month the Cinema group will be on Saturday 16th March and we will be seeing the new Captain Marvel.

Late Diagnosis Group

Hyan has two new LDG programmes starting this month and one that starts in April. 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 5th, 4.30—6pm

Wednesday 13th, 6.30-8pm

5th - Introduction (4.30-5.30pm)	13th - Introduction (6.30-7.30pm)
12th - What is Autism? Disability? Disorder? Diversity?	20th - What is Autism? Disability? Disorder? Diversity?
19th - Childhood, Adolescence, Adulthood, Elderly	27th - Childhood, Adolescence, Adulthood, Elderly
26th - Social (Dis)function? Relationships, Employment	

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

March 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 March: Walking Group - Corstorphine Hill - Meet at Number 6 at 10.30am with the aim to leave soon after to get the bus to Corstorphine Hill. The walk will take approximately an hour and a half. Please wear appropriate footwear and clothing. Bring your own packed lunch. The length of the walk will be dependent on the weather. There will also be a chance to play Chess at Number 6 from 10.30 - 12noon.

Saturday 16th March: Cinema: Captain Marvel Please meet at Number 6 (time still 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 23rd March: Modern Art Gallery, Modern Two: We are planning on going to the Modern Art Gallery to have a wander around the Andy Warhol and Eduardo Paolozzi exhibiton. Please meet at Number 6 at 10.15am. We will aim to leave at 10.30am to walk along to the gallery which will take around 25 mins. We will aim to be back at Number 6 by 1.30pm.

BORDERS GROUP INFORMATION

Drop-In Session - 11th March

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 12th March, 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 Stranger*, by **Albert Camus**. **This book is also called The Outsider.**

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, 7th March, 4.30 - 7.30pm

We have booked a table at Lancers, 5 Hamilton Place, Stockbridge for our monthly Curry Club. Please meet at Number 6 at 4.30pm. The group will walk down to the restaurant which will take around 10 minutes. If you would like to join Andy please let Kim know so they can book your place.

West Lothian Group, 25th March

The group will be meeting on **Monday 25th March** to go for dinner at Hot Flame, Livingston Designer Outlet, Almondvale Avenue, Livingston. 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 March

This month for the Gourmet Club, we're going to Mr Nick's Greek Kitchen, Ocean Terminal to try out their tasty Greek Cuisine. You will need around £20 for lunch. Please meet at Number 6 12noon or at the Mr Nick'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, Saturday, 16th March, 10.30 - 12noon

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, Monday 11th March, 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, 5th & 19th March in the Art Room

Film Nights, 7th & 21st March

Thursday 7th March - Ocean's 8: Debbie Ocean gathers an all-female crew to attempt an impossible heist at New York City's yearly met Gala. (12A, 1hr 50mins)

Thursday 21st March - Hotel Transylvania 3: A Monster Vacation: Count Dracula and company participate in a cruise for sea-loving monsters, unaware that their boat is being commandeered by the monster-hating Van Helsing family. (U, 1hr 33mins)

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

Cult Movie Club 15th March, 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 'Tod Brownings, Freaks. A circus' beautiful trapeze artist agrees to marry the leader of the side-show performers, but his friends and fellow performers discover she is only marrying him for his inheritance.

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

Photography Group Tuesday 26th March, 12-3pm

Following the Photography Group meeting last week, it has been decided to change the days and timings of the group from March onwards.

From March 2019 the group will now meet on the **fourth Tuesday** of each month, **at 12pm**, to head out and photograph a pre-arranged subject. Meeting earlier in the day will give us a greater choice of outdoor subjects to photograph during the seasons and give us a longer session if we need to account for travel time.

For March, the group have decided to visit Lochend Park and Loch, which is a public space in Edinburgh that has a variety of wildlife and historic buildings. We will be travelling down to Lochend by bus (approx. travel time – 20 mins). If you are interested in coming along, or require more detail please email Stew on stewart.campbell@aiscotland.org.uk

Fruity Buttermilk Pancakes

Ingredients

150g self-raising flour
2 medium eggs
2tbsp honey
150ml buttermilk
1 tbsp rapeseed oil, plus extra for frying
100g of fresh blueberries or raspberries



Method

1. Place the flour in a large bowl. Whisk the eggs and honey then gradually whisk the buttermilk and 1 tbsp of oil to form a thick batter. Stir in the fruit.
2. Heat a little extra oil in a frying pan and using a tablespoon, spoon some mixture into the pan to make 4 pancakes. Cook gently for 1-2 mins each side until golden and cooked through. Repeat to make 12 pancakes.

By Sarah Dickinson