

**NUMBER 6
ONE STOP SHOP
NEWSLETTER
ISSUE # 138**

March 2017

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Number 6 Update

This month we still have Coffee, Cake & Chat which is running on **Wednesday 22nd March at 6-7.30pm**. This will be an informal group where people can discuss current affairs over a cup of tea/coffee and a slice of cake. Meet Ant and Maff in the Training Room at 6pm.

Andy is running a Tai Chi taster session on **Monday 20th March** at 4.30pm for half an hour. Over the next few months we will trial this group and depending on the interest we may continue run this once a month.

We will be continuing the New Service User group this month on **Thursday 30th March** at 12 - 1pm. Kim and Stewart will be running the group this month. We are also looking at renaming this group. If you have any suggestions please let Kim know.

Please be aware that we are now only running one Football group a month which will be on **Wednesday 8th March** at 4.30pm. Instead of the second football group we will be now trialling a pool league which will start on **Wednesday 22nd March, 2 - 4pm at the Ball Room in Morningside**. Please let Maff know if you would like to take part. Maff will leave Number 6 at 1.15pm to get a bus to the Ball Room or you can meet him there just before 2pm.

This month we will also be starting a general social group that will be doing a different activity each month. This month we will be going to ten Pin Bowling at Fountainpark on **Tuesday 21st March from 1 - 4pm**. Spaces are limited so please let Kim know if you would like to take part and it will cost £6.50 per person.

Late Diagnosis Group

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

Rachel is starting a new block of sessions this month, starting on **Thursday 2nd February at 3pm**. This is an open group so feel free to pop in to weeks that sound interesting and relevant to you or come along to them all.

Thursday 2nd March, 3 - 4.30pm – Mental Health, session 4
9th March, 3 - 4.30pm - Education/Learning, session 5
16th March, 3 - 4.30pm - Employment, session 6
23rd March, 3 - 4.30pm - Relationships, session 7
30th March, 3 –4.30 - Lifestyle, session 8 (last session)

If you would like more information please get in touch with Rachel.

March Saturday Drop-Ins, 10am – 4pm

Saturday 4th March: Cinema Trip: 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 18th March: Walking Group: Musselburgh Ash Lagoons: Meet at Number 6 at 10.30am. We will get a bus to Musselburgh and start our walk at the Harbour. We will walk along the shore and back along by the race course. We will finish with an ice cream at Luca's. Please bring money with you if you would like to buy an ice cream at Luca's and bring a packed lunch if you would like a snack during the walk. We will aim to be back at Number 6 for approximately 2.30pm.

Saturday 25th March: Portrait Gallery; BP Portrait Exhibition 2016: Please meet at Number 6 at 1pm. The group will walk round to the gallery shortly after 1pm to spend an hour or so at the exhibition. There is no admission fee to enter this exhibition. We will aim to be back at Number 6 by 2.30pm and if you would like to have some lunch beforehand please arrive by 12noon.

Regular Activity Groups

- 5-a-side Football:** Second Wednesday, **8th March 4.30pm** at the Corn Exchange. Some people leave Number 6 at 3.30pm to get the bus along together.
- Art & Crafts Group:** Every Wednesday, **6 - 8pm.**
- Badminton:** Third Tuesday, **21st March, 6 - 7pm.** Meet at Number 6 at 5pm to get the bus along or meet at Meadowbank Sports Centre at 5.50pm.
- Book Group:** Second Monday. **13th March, 3 - 5pm.** The group are reading His Bloody Project by Graeme MacRae Burnet.
- Creative Writing:** Fourth Tuesday, **28th March, 6 - 8pm.**
- Film Night:** First & Third Thursday, **2nd & 16th March, 5.30pm.**
- Gaming Group:** First & Third Wednesday, **1st & 15th March, 4 - 7pm.**
- Girls' Groups:** Every Wednesday **1pm - 3pm** and 1st & 3rd Monday, **6.30pm - 8pm (6th & 20th March)**
- Gourmet Club:** Fourth Thursday, **23rd March.** Meet Graeme at Number 6 at midday. The group will be visiting China Red, Grindlay Street.
- Music Group:** First & Third Monday, **6th & 20th March, 6 - 8pm.**
- Photography Group:** Third Thursday, **16th March, 6 - 8pm.**
- Quiz Night:** Fourth Monday, **27th March, 6 - 8pm.**
- Relaxation:** Second & Fourth Thursday, **9th & 23rd March, 6 - 7pm.** New members are welcome to come along and take part.
- Scrabble & Chess:** Second & Fourth Thursday, **9th & 23rd March, 6 - 8pm.**
- Snooker Club:** Second Tuesday, **14th March, 5 - 8pm.**
- Table Tennis:** First Tuesday, **7th March, 4 - 6pm.**
- Video Editing Group:** Third Tuesday, **21st March, 1 - 4pm.** Currently the Video Editing Group have two projects on the go. We are continuing to develop our "infomercial video" for the Number 6 website. Anyone interested in taking part in the group please contact Stew.

New Groups

- Coffee, Cake & Chat:** **Wednesday 22nd March.** This informal discussion group will meet on the 4th Wednesday of every month at 6pm. The aim of the group is to provide a relaxing, safe place to meet new people and to discuss current affairs.
- New Service User Group:** This is a group for anyone that has registered with Number 6 in the last year and would like to know more about the service. It will also be an opportunity to meet some of the staff members. **Thursday 30th March, 12 - 1pm.**
- New Social Group:** This month we will be meeting on **Tuesday 28th March, 1 - 4pm** to go Ten Pin Bowling at Fountainpark. Spaces are limited so please let Kim know if you would like to take part. The cost still needs to be finalised but it will be approximately £6.50 per person for 2 games.
- Pool League:** Maff will be running a pool league once a month on the 4th Wednesday of every month. Please let Maff know if you are interested in taking part. **Wednesday 22nd March, 2 - 4pm.**
- Tai Chi:** Andrew Horseman is running this group which is an introduction to Tai Chi. Feel free to come along to try it out. Currently running once a month. **Monday 20th March, 4.30 - 5pm.**
- West Lothian Group:** The group will be meeting on **Monday 13th March** at the Harvester in Livingston, Unit 302 The Centre, Almondvale Avenue, Livingston, EH54 6QX. Meet Rachel at 6pm at the restaurant bring £15-25 depending on what you go for.

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

BORDERS GROUP INFORMATION

Cinema Group – Monday 13th March

Please meet Anthony at the Pavilion Cinema in the main foyer on Monday at 4.30pm. The film and start time is still to be confirmed. This will be confirmed nearer the time.

Social Group – Monday 20th March, 12 – 3pm

This month we will begin with a pub lunch at 12:00 at the popular Neidpath Inn, 25 Old Town, Peebles EH45 8JF. The group can then decide if what they would like to do after lunch e.g. go for a walk, play pool etc. Please meet Anthony at the Pub at 12 noon.

Also, if you would like any more information or would like to request an appointment with Anthony about anything, such as benefits, housing, employment, relationships, or for information about Asperger Syndrome & Autism, please email him on Anthony.shek@aiscotland.org.uk or call the office on 0131 220 1075.

Scottish Borders Women's Group

This group has been running for a year now and when it started we had a discussion with women from the area on our database, and whilst the focus of the group will be shaped by those attending, it has included a mixture of sharing experiences, speakers on issues for autistic women, open discussion, and social activities.

The group is on again this month on **Thursday 30th March** at the regular time slot of 2-4pm. If you want to know more or discuss your involvement beforehand, please call Matthew on 0131 220 1075.

Photography Group, Thursday 16th March, 5.45pm at Number 6

For March, the photography group will be heading out to the footbridge that crosses over the Western Approach Road to photograph the light trails made by the cars passing along the Western Approach Road.

Meet at the earlier time of 5.45pm at Hill Street to walk the short distance to the footbridge. We are meeting earlier this month in order that we can get some photographs in the dusk light before sunset at 6.17pm.

If you require more information regarding the March session, or about the Photography Group in general, please contact Stewart at the email address on the top of the newsletter.

Book Group, Monday 10th March, 3 - 5pm

The book group will now be meeting on the last Monday for this month from 3 - 5pm. This month the first hour will be spent discussing His Bloody Project by Graeme MacRae Burnet.

In the second hour, we will discuss any book you have read and would like to talk about, so you can still attend if you haven't read the book.

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

Gourmet Club, Thursday 23rd March

Graeme will be taking Gourmet for the first time this month so you can all keep him right.

The group will be visiting China Red, Grindlay street. Meet Graeme at Number 6 at 12noon or at the restaurant at 12.30pm

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

Toffee Blondies

Ingredients

250g butter, melted
200g dark brown sugar
100g caster sugar
2 eggs
1 tsp vanilla extract
250g plain flour
1 tsp salt
80g toffees, chopped



1. Preheat the oven to 180C/160C fan/ Gas 4/350F and grease a square or rectangle baking tin (we used a Pyrex 24cm Square Metal Roaster)

2. Whisk the butter and sugars together until light and smooth.

3. Stir in the eggs and vanilla.

4. Fold in the flour and salt until just combined, then lightly add the toffee bits.

5. Pour the batter into the pan, smoothing the top.

6 Bake for 35 to 40 minutes until a skewer inserted into the centre comes out clean.

7 Leave to cool completely before slicing into bars.

By Sarah Dickinson

New Service User Group

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. Kim Maxwell (Activities Coordinator) and Stewart Campbell (Volunteer coordinator) will be running the group on **Thursday 30th March in the Training Room at 12 - 1pm.**

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

Ladies Group for over 35 year-olds

The group are now meeting weekly at Number 6. This informal coffee morning type group is for adult women over the age of 35. Please note that these will not be formal sessions, but will be a chance to discuss problems (or successes) with an impartial person (Jane) and group.

The next meetings will be on: 7th, 14th, 21st & 28th March from 10am to 12pm.

If you are interested in joining Jane for some aspect of this project please contact Stewart Campbell at Number 6 in the first instance at stewart.campbell@aiscotland.org.uk

Employment Group Changes

The employment group sessions are changing. This is being done with the aim of improving what we can achieve from an employment group format.

The new plan is to run an 8 session course that people can attend. This course will be more structured than the previous format. The aim of the course is to make sure attendees have all the knowledge they need in relation to looking for paid work.

If you want to attend an employment course, please email Andy Horseman (andrew.horseman@aiscotland.org.uk) to add your name to a list. The courses will take place when we have enough attendees to run a group.

In addition to this, there will be a new way to access employment advice. On the 1st Wednesday of every month between 2 and 4pm, there will be bookable 20 min appointments. These appointments are intended to be an opportunity to discuss what you may need with regards to employment advice.

If you have any comments or suggestions about these changes, please let a member of Number 6 staff know what you think.

For more information please contact Andy Horseman.

New Pool League, Wednesday 22nd March

Number 6 will be running a monthly 8-ball pool league from February. The league will run on a 6 monthly cycle, with the winner receiving a trophy before the cycle begins again. Each match will involve 3 games, with points for winning each game and additional points for winning the match, but the rules will be explained in full at the first session on Wednesday 22nd February, when we will meet at Hill Street before going to Marco's, Grove Street. We have booked 2 tables from 2 - 4pm .

Contact Matthew if you want any more information, or just meet at Hill Street at 1pm on 22nd.

Film Nights, Thursday 2nd & 16th March

Films start at 5.30pm. Drinks and snacks are provided.

Thursday 2nd March: Miss Peregrine's Home for Peculiar Children (Adventure, 2hr 7mins) When Jacob discovers clues to a mystery that stretches across time, he finds Miss Peregrine's Home for Peculiar Children. But the danger deepens after he gets to know the residents and learns about their special powers.

Thursday 16th March: Kubo and the Two Strings (Animation, Adventure, 1hrs 41mins) A young boy named Kubo must locate a magical suit of armour worn by his late father in order to defeat a vengeful spirit from the past.

New Post Diagnostic Pack, Thursday 30th March, 11am - 12.30pm

The Lothian Adult Autism Team (LAAT) has compiled a post diagnostic pack for adults who have recently received a diagnosis of ASD. They would like to get feedback from adults who have been through the process. If you would like to have a look through the new diagnostic pack please speak to a member of staff.

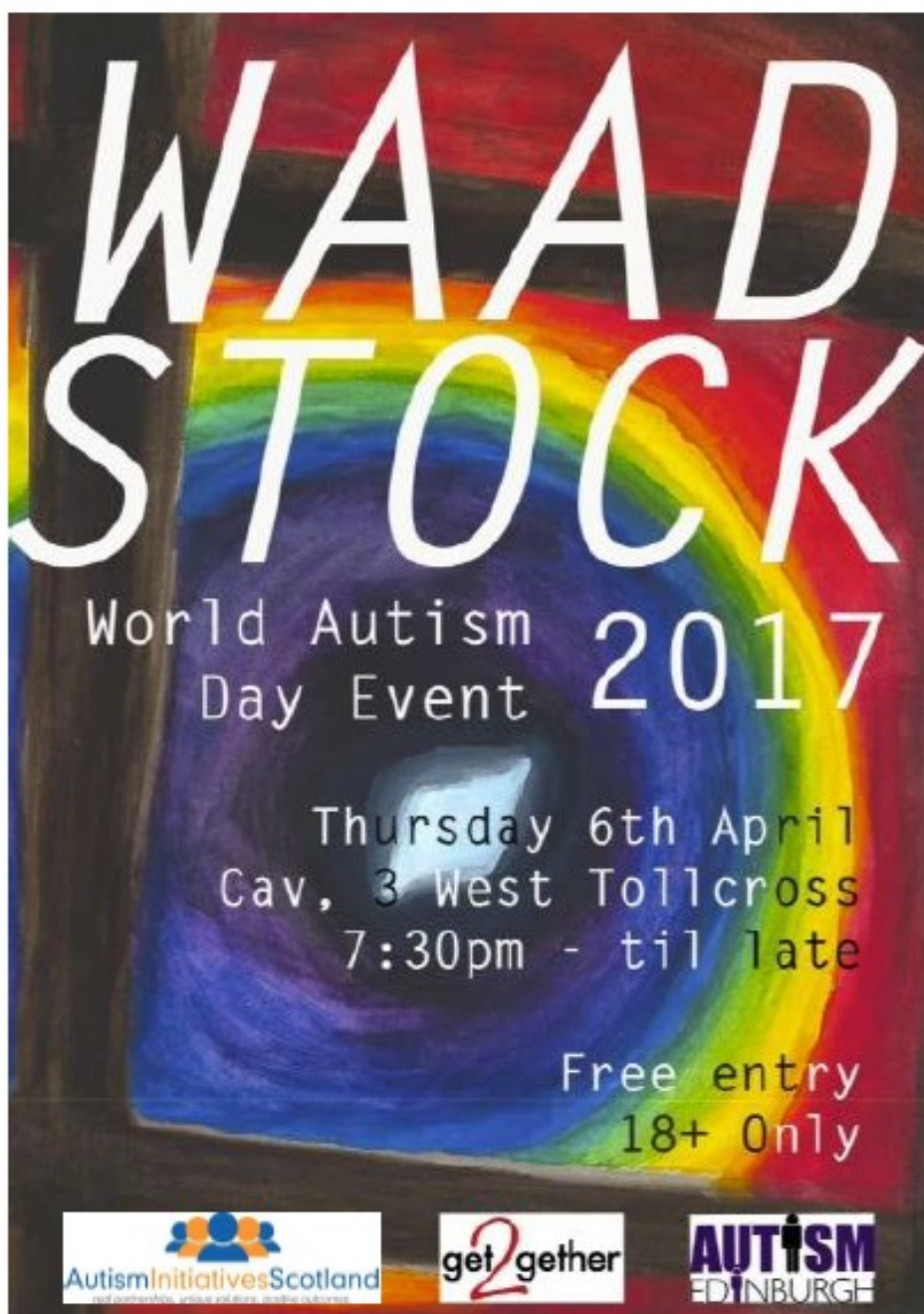
The LAAT team would welcome the opportunity to gather feedback and comments before the pack is finalised. You can either do this before hand or on the day, Thursday 30th March at 11am with a few members of the team. If you would like more information or to register your interest please speak to Maff.

Service User Forum, Friday 10th March, 2pm - 3.30pm

Our next service user forum will be held on Friday, 10th March, at 2pm. We no longer have a system of reps for the forum, so anyone who uses the service can attend.

There will be some feedback from Matthew on how the forum will work in the future, some news on developments at Number 6 and a chance to ask questions and make suggestions. Hope to see you there.

WAADstock 2017, Thursday 6th April, 8pm till late

A poster for WAADstock 2017. The background is a vibrant, abstract painting with a rainbow-like swirl. The text is white and reads: 'WAAD STOCK' in large letters, 'World Autism Day Event 2017' below it, 'Thursday 6th April' and 'Cav, 3 West Tollcross' for the location, '7:30pm - til late' for the time, and 'Free entry 18+ Only' for the cost and age restriction. At the bottom are three logos: Autism Initiatives Scotland, get2gether, and AUTISM EDINBURGH.

WAAD
STOCK

World Autism Day Event 2017

Thursday 6th April
Cav, 3 West Tollcross
7:30pm - til late

Free entry
18+ Only

Autism Initiatives Scotland
get2gether
AUTISM EDINBURGH