

MON Drop-In 2-8pm	TUES Quiet Drop-In 10–5pm	WED Drop-In 10-8pm	THUR Drop-In 2-8pm	FRI Drop-In 12-5pm	SAT	SUN
<p>1 11–1 Knitting and Nattering (ART) 2-4 Woolly Women (Closed) 6–8 Music Group (TR) 6–8 Girls’ Group (RR)</p>	<p>2 10–12 Tuesday Morning Women’s Group (closed) 4.30 – 6 LDG Session 4 6:30–7:30 Peer Support Group (ART)</p>	<p>3 1–3 Girls’ Group 3-6 Gaming Group (TR) 6.30 – 8 LDG Session 3</p>	<p>4 2–4 Thursday Discussion Group (Closed) 4.30 – 7 Curry Club (Bombay Bicycle Club) 5:30 Film Night (Widows) 6.45 – 11 WAADStock (Ignite Nightclub, Tollcross)</p>	<p>5 3 – 4 LDG Introduction 3–5 Pool Drop-In</p>	<p>6 10–4 Drop-In COMIC CON (EICC) please buy your ticket in advance – (Rachel/Graeme)</p>	7
<p>8 11–1 Knitting & Nattering (ART) 2-4 Woolly Women (Closed) 4-5 New Faces Group (ART) 4–6 Table Tennis (TR)</p>	<p>9 10–12 Tuesday Morning Women’s Group (closed) 4–7 RPG (Closed) (ART) 4.30 – 6 LDG Session 5 6–7.30 Pizza Night</p>	<p>10 1–3 Girls’ Group 4:30-5:30 5-a-Side football 6–8 Art & Crafts (ART) 6.30 – 8 LDG Session 4</p>	<p>11 2–4 Thursday Discussion Group (Closed) 6–7 Relaxation Group (TR) 6–8 Scrabble (ART)</p>	<p>12 3 – 4.30 LDG Session 1 3–5 Pool Drop-In</p>	13	14
<p>15 11–1 Knitting & Nattering (ART) 2-4 Woolly Women (Closed) 6–8 Music Group (TR) 6–8 Girls’ Group (RR)</p>	<p>16 10–12 Tuesday Morning Women’s Group (closed) 1–4 Video Editing 2-3.30 Book Group (RR) 4.30 – 6 LDG Session 6 6–7 Badminton 6:30–7:30 Peer Support Group (ART)</p>	<p>17 1–3 Girls’ Group 3-6 Gaming Group (TR) 6–7.30 Coffee, Cake & Chat (ART) 6.30 – 8 LDG Session 5</p>	<p>18 2–4 Thursday Discussion Group (Closed) 5:30 Film Night (Fantastic Beasts:The Crimes of Grindelwald)</p>	<p>19 2-3 Service User Forum 3 – 4.30 LDG Session 2 3-5 Cult Movie Club (This is Spinal Tap, 1984) 3–5 Pool Drop-In</p>	<p>20 10–4 Drop-In Walking Group (Ant/Kim)</p>	21
<p>22 11–1 Knitting & Nattering (ART) 2-4 Woolly Women (Closed) 4:30–5 Tai Chi (TR) 6–8 Quiz Night (ART)</p>	<p>23 10–12 Tuesday Morning Women’s Group (closed) 12-3 Photography Group 4–7 RPG (Closed) (ART) 4.30 – 6 LDG Session 7</p>	<p>24 1–3 Girls’ Group 2–5 Pool League 6–8 Art & Crafts (ART) 6.30 – 8 LDG Session 6</p>	<p>25 Midday Gourmet Club (Bar Soba) 2–4 Thursday Discussion Group (Closed) 6–7 Relaxation Group (TR) 6–8 Scrabble (ART)</p>	<p>26 3 – 4.30 LDG Session 3 3-5 Darts (Ballroom, Morningside) 3–5 Pool Drop-In</p>	<p>27 10–4 Drop-In Cinema Trip: Avengers: Endgame (Maff/Stew)</p>	28
<p>29 11–1 Knitting & Nattering (ART)</p>	<p>30 10–12 Tuesday Morning Women’s Group (closed) 6:30–7:30 Peer Support Group (ART)</p>			<p>ART – Art Room, 1st floor TR – Training Room 1st floor RM1 – Room 1, 2nd floor RM2 – Room 2, 2nd floor</p>		

Regular Activity Groups

- 5-a-Side Football:** **2nd Wednesday 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.
- 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 £10 - £20.
- Knitting and Nattering:** **Meets every Monday, 11 – 1pm.** A group for people that enjoy fibre crafts which includes knitting, crocheting and sewing. Tuition is not available but beginners are more than welcome to come along and use youtube or other means to learn a new skill. There are some supplies available.
- 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—8pm**, 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 **6—8pm.**
- New Faces:** **Meets 2nd Monday, 4 – 5pm.** For anyone registered Number 6 in the last year. Mingle with staff, learn more about the service, and meet people newly registered with us.
- 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.
- Quiet Room:** A room will be booked each weekday throughout the month for people to use as a quiet place to sit, read and have the opportunity to be around others without any pressure to talk but quiet conversation would be allowed. There will be some guidelines for using the space that people will need to follow.
- Quiz Night:** **4th Monday of every month, 6—8pm.**
- Relaxation:** **2nd & 4th Thursday, 6—7pm.** New members welcome!
- Scrabble:** **2nd & 4th Thursday, 6—8pm.**
- Table Tennis:** **2nd Monday, 4—6pm** in the Training Room.
- Video Editing Group:** **3rd Tuesday, 1—4pm.**
- Tai Chi:** **4th Monday, 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.