

**NUMBER 6
ONE STOP
SHOP
NEWSLETTER
ISSUE #151
APRIL**

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Spring's finally here!

Thanks everyone for the patience you have shown Number 6 in the last two weeks of renovations. Your understanding has been greatly appreciated!

Please note that two Saturday Drop Ins have been swapped. The Saturday Film outing will now be on Saturday April 28th for the release weekend of Avengers: Infinity War. Taking the vacant slot in the calendar, the Social Group has moved earlier to April 7th, where we aim to take a group to the Science Festival at Summerhall for the Innovation Showcase exhibition.

—W A A D S T O C K—

7—10:30, April 5th, as part of the Autism Awareness Month, come along to ATIK, 3 West Tollcross (EH3 9BP) where WAADSTOCK will be showcasing singers and musical acts in celebration of the diverse talent found on the autism spectrum.

Free Entry! All donations will be distributed amongst performers. Our sincerest apologies, but this event is for over 18s only. Tell your friends. Looking forward to seeing everyone there.

Film Nights, Thursday 5th April

CANCELLED!

Thursday 5th April: Due to Waadstock taking place at the ATIK, Film Night has been cancelled. It will, however, **resume as normal 19th April** with *Murder on the Orient Express*. Nearer the time, consult Facebook for updates.

West Lothian Group

The group will be meeting on **Monday 2nd April** to go for dinner at Chain Runner, Almondvale Way, Livingston, EH54 6GA. The plan is to meet at 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).

April Saturday Drop-Ins, 10am—4pm

Saturday 7th April: SCIENCE FESTIVAL: FUTURE INNOVATION SHOWCASE. An open day showcasing the latest low carbon technologies that are set to transform our future. This includes top-of-the-range electric vehicles, e-bikes, start-up business innovations and student-led initiatives. Meet at Number 6 at 12:30 where we will be leaving shortly after for Summerhall (formerly Dick Vet).

Saturday 21st April: BLACKFORD HILLS. Meet at Number 6 at 10.15am with the aim to leave after to get the bus 41. Depending on the weather, the walk will take approximately an hour and a half. Please wear appropriate footwear and clothing. Feel free to bring a packed lunch.

Saturday 28nd April: CINEMA TRIP: AVENGERS: INFINITY WAR. 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.

BORDERS GROUP INFORMATION

Drop-In Sessions—9th April, February

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, don't hesitate—*get in touch*.

Social Group—16th April

This month the Borders Social Group we will be going to the Lochcarron visitor centre in Selkirk. Meet at 12pm outside the visitor centre.

Book Group, Wednesday 11th April, 3—5pm

This week we're discussing *Of Mice and Men*. In the second hour, we'll discuss any book you've read and would like to talk about. Even if you haven't read the book, this group is open to anyone interested in books.

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

Scottish Borders Women's Group

The date for the women's group this month has not yet been agreed. This will be put on facebook once the date has been confirmed by Cathy and the group.

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 discuss your involvement beforehand, please call Matthew on 0131 220 1075.

Gourmet Club, Thursday 26th April

This month for Gourmet Club, we're going to MADE IN ITALY in the Grass Market (EH1 2JU). A proper Italian restaurant with a range of vegetarian options, Made in Italy offers a taste of the old country with a range of authentic Italian food. We will be leaving Number 6 at 12:10ish or meet us there for 12:45.

Chess Club

Tuesday, 17th April, 4—6pm. We're launching a new group—Chess Club. It's open to anyone with an interest in chess, from the complete newbie to the 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

Photography Group, Thursday 19th April, 3:15—8pm

“Photographing the wildlife and scenery around Linlithgow Palace”

Meet at Hill Street at the earlier time of 3.15pm to travel through to Linlithgow Palace by bus. We aim to get the number 38 First Bus at 3.43pm from the St Andrew Square bus station which will get us into Linlithgow for 4.56pm. This will give us a good hour and a quarter to take our photographs before we have to head to the bus stop to get the 6.27pm bus to return to Edinburgh.

New Faces

This group meets monthly. It's an opportunity for new service users at Number 6 to meet staff, 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. Hyan, our activities coordinator, will be running the group on **Tuesday 17th April in the Training Room at 4—5.**

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

Peer Support for Late Diagnosed Adults

This new 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 Tuesday, 10th & 24th April in the Art Room

RECIPE

LEMON AND COCONUT BLONDIES

INGREDIENT

250g of butter
440g of caster sugar
4 eggs
225g of plain flour
85g of desiccated coconut
4 teaspoons of lemon rind
80ml of lemon juice

FOR THE ICING

45g of butter – soft
Grated rind of 1/2 a lemon
1 tablespoon of lemon juice
290g icing sugar mixture
20g of desiccated coconut – extra



Method

—Preheat your oven to 180 degrees and line a 20cm x 20cm cake tin with baking paper.

—Cut the butter into cubes and place into a large saucepan over a medium heat. Cook for 3 minutes or until the butter has melted.

—Remove the saucepan from the heat and add the caster sugar and stir until combined.

—Add the eggs one at a time and whisk until the mixture becomes shiny.

—Sift the flour over the top of the mixture and stir to combine.

—Add the coconut, lemon rind and lemon juice and mix through.

—Pour the mixture into your prepared baking tin and cook for 35 minutes or until golden on top and the centre has just cooked through when tested with a skewer.

—Let the Lemon and Coconut Blondies cool completely in the tin before combining the ingredients for the icing (apart from the coconut) into a small bowl. Pour the icing over the top of the cooled blondies, sprinkle with the coconut and allow it to set before cutting into pieces to serve.

by Sarah Dickinson