

**NUMBER 6
ONE STOP
SHOP
NEWSLETTER
ISSUE #152
MAY**

24 Hill Street, Edinburgh, EH2 3JZ.
Tel: 0131 220 1075

Website - www.number6.org.uk
Facebook - Number 6 One Stop Shop

Useful Contacts

Service Coordinator:
Matthew.Day@aiscotland.org.uk
Volunteer Coordinator:
Stewart.Campbell@aiscotland.org.uk
Employment /Training Co-ordinator:
Andrew.Horseman@aiscotland.org.uk

Housing/Education Co-ordinator:
Anthony.Shek@aiscotland.org.uk
Benefits Co-ordinator:
Graeme.Syme@aiscotland.org.uk
Activities Co-ordinator:
Hyan.Thiboutot@aiscotland.org.uk
Health & Wellbeing Coordinator:
Rachel.McRitchie@aiscotland.org.uk

We want to extend our sincere apologies for the disruption redecorating has caused to you, our members. We tried to organise the work on weekends to minimise inconveniences. We hope the work will be done by June. Thank you for your patience and understanding.

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, 8th & 22th May in the Art Room

Film Nights, Thursday 3rd and 17th May

On the **3rd of May**, the first movie we're showing is **COCO** (Walt Disney animation). Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz.

On the **17th**, the second flick is **JUMANJI** (remake)! Four high school kids discover an old video game console and are drawn into the game's jungle setting, literally becoming the adult avatars they chose. What they discover is that you don't just play Jumanji—you must survive it. To beat the game and return to the real world, they'll have to go on the most dangerous adventure of their lives.

West Lothian Group

We meet on **Monday 14th May** to go to the Vue Cinema, Livingston Designer Outlet, Almondvale Avenue, Livingston, EH54 6XA. We're seeing *Avengers: Infinity War*. Times have not yet been listed, but we're aiming for 4pm; to be confirmed later by email. Meet at Vue about 20 minutes before the film, where tickets can be purchased for £4.99.

After the film we will then to go for dinner at Pizza Hut, Unit 1 Livingston Designer Outlet, EH54 6XA. If you would like to join us just for the meal, we will meet at the main entrance of the restaurant at about 7pm. Depending on your choices, you'll need between £15—£25 to cover the cost of your meal.

May Saturday Drop-Ins, 10am—4pm

Saturday 5th May: GORGIE CITY FARM. Entry is free. Gorgie City Farm offers a unique hands-on opportunity for anyone interested in animals, the environment, or just want a relaxed, fun stroll. Leaving Number 6 at 12:30pm right after lunch, or you can meet us at the farm for 1pm.

Saturday 19th May: TORPHIN RESERVIOR. Meet at Number 6 at 10.15am with the aim to leave after to get the bus 10. 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 26th May: CINEMA TRIP: SOLO: A STAR WARS STORY. 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—14th May

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—[get in touch](#).

Social Group—21st May

This month the Borders Social Group we will be going to see Born in the Borders, Lanton Mill (TD8 6ST). Meet at the venue car park for 12pm. www.bornintheborders.com

Book Group, Wednesday 9th May, 3—5pm

This week we're discussing Ian Rankin's latest novel *Rather be the Devil* where old enemies and new crimes collide. 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 24th May

This month for the Gourmet Club, we're going to NANDO'S on Lothian Road. Nando's specialises in Mozambican-Portuguese style chicken dishes with various piri-piri marinades. We'll be leaving Number 6 at 12:15 or meet us there for 12:45. Depending on your choices, bring anywhere between £15—£25.

Chess Club, Tuesday, 15th May, 4—6pm

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

Photography Group, Thursday 17th May, 6pm—8pm (Art Room)

“Studio Shoot”

The Photography Group will be having a Studio Shoot in the Art Room from 6pm to 8pm. We are still deciding on the subject for the shoot so if you have any ideas please forward them on to us. For more details regarding the studio shoot please contact Stew at stewart.campbell@aiscotland.org.uk

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 15th May 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.

ANIMAL FUN FACTS: If you lift a kangaroo's tail off the ground, it can't hop. A flock of crows is known as a murder. Chickens are the closest living relatives of the Tyrannosaurus Rex!

RECIPE

Jam and Coconut Sponge with Pink Custard

Ingredients

225g light sunflower spread
225g caster sugar
225g self-raising flour
4 medium eggs
200g reduced sugar raspberry jam
25g desiccated coconut
500g carton ready made custard
2 or 3 drop red food colouring gel

Method

- 1 Preheat the oven to 180C/160C fan/ Gas 4.
- 2 Grease a 30cm x 18cm rectangular cake tin and line with baking paper.
- 3 Put the sunflower spread, sugar, flour and eggs into a large bowl and beat together until creamy and well combined.
- 4 Pour the mixture into the cake tin. Bake for 25-30 mins, or until the top springs back when lightly pressed. Remove from the oven and allow to cool slightly.
- 5 Stir the jam in a bowl to loosen, then spread over the cake while still warm and sprinkle with the coconut.
- 6 Mix the colouring gel into the custard until you have a light pink colour then gently heat through.
- 7 Cut the sponge into squares and serve with a jug of the pink custard to pour over.



by Sarah Dickinson