

**NUMBER 6  
ONE STOP SHOP  
NEWSLETTER  
ISSUE # 140  
May 2017**

**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:**  
Kim.Maxwell@aiscotland.org.uk  
**Health & Wellbeing Coordinator:**  
Rachel.McRitchie@aiscotland.org.uk

**Number 6 Update**

Andy is running a Tai Chi taster session on **Monday 15th May** 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.

This month we are still running our new monthly social group. This month we will be going to South Queensferry to have a taster in sailing with Autism on the Water on **Friday 19th May from 11.15 - 5pm**. We will arrive for 1pm for a safety talk and then there will be a chance for 3 half hour sails for 3 groups of us. You will need to wear waterproof clothing and sensible non slip footwear. Life jackets will be provided. Spaces are limited so please let Kim know if you would like to take part, this is a free event which is being provided by Autism on the Water.

We will be continuing the New Faces group this month on **Monday 22nd May** at 4 - 5pm. Maff will be running the group this month. Feel free to come along if you are registered with us but haven't been along to anything.

The pool league will be held on **Wednesday 24th May, 1 - 5pm at the Ball Room in Morningside**. Please let Ant know if you would like to take part. Ant will leave Number 6 at 1.15pm to get a bus to the Ball Room or you can meet him there just before 2pm.

Coffee, Cake & Chat is running on **Wednesday 24th May 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 Andy in the Training Room at 6pm.

**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.

Graeme will be starting a new block of sessions on Tuesday 16th May at 5.30pm - 7pm.

Tuesday 16th May, 5.30pm - 6.30pm - Introduction  
Tuesday 23rd May, 5.30pm - 7pm - Childhood (session 1)  
Tuesday 30th, 5.30 - 7pm - Sensory Issues (session 2)

Kim will also be starting a new block of sessions on Wednesday 10th May at 11.30am.

Wednesday 10th May, 11.30am - 12.30pm - Introduction  
Wednesday 17th May, 11.30am - 1pm - Childhood (session 1)  
Wednesday 24th May, 11.30am - 1pm - Sensory Issues (session 2)

If you would like more information or would like to register your interest please contact Graeme or Kim.

**May Saturday Drop-Ins, 10am – 4pm**

**Saturday 6th May: 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 20th May: Walking Group: Lasswade to Mavisbank House and Springfield Mill:** Meet at Number 6 at 10.15am. We will leave at 10.30am to get a bus to Lasswade. We will walk from Lasswade to the ruined facade of Mavisbank House. From there we will walk along to the side of the former paper mill, Springfield Mill which is now a small nature reserve. This walk is nearly 4 miles and will take around 2 hours to walk. Please wear appropriate footwear because the ground will be wet/muddy after rain. We will aim to be back at Number 6 by 3 - 3.30pm.

**Saturday 27th May: NMS: The Tomb: Ancient Egyptian Burial:** Please meet at Number 6 at 10am. The group will leave at 10.30am to walk to the museum. We will spend an hour or so there and head back to Number 6 for 12.30pm just in time for some lunch and to join in with the pool competition. This is a free exhibition.

## Regular Activity Groups

- 5-a-side Football:** Second Wednesday, **10th May 4.30pm** at the Corn Exchange. Some people leave Number 6 at 3.30pm to get the bus along together or you can meet the group at the World of Football at 4.15pm.
- Art & Crafts Group:** Every Wednesday, **6 - 8pm**.
- Badminton:** Third Tuesday, **16th May, 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, **8th May, 3 - 5pm**. The group are reading The Muse, by Jessie Burton.
- Coffee, Cake & Chat:** **Wednesday 24th May**. 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.
- Creative Writing:** Fourth Tuesday, **23rd May, 6 - 8pm**.
- Film Night:** First & Third Thursday, **4th & 18th May, 5.30pm**.
- Gaming Group:** First & Third Wednesday, **3rd & 17th May, 4 - 7pm**.
- Girls' Groups:** Every Wednesday **1pm - 3pm** and 1st & 3rd Monday, **6.30pm - 8pm (1st & 15th May)**
- Gourmet Club:** Fourth Thursday, **25th May**. Meet Stew at Number 6 at midday the group will leave shortly after to get a bus to Corstorphine. The group will be visiting Toby Carvery, St John's Road, Corstorphine.
- Monthly Social Group:** This month we will be meeting on **Friday 19th May, 11.15 - 5pm** to go Sailing with Autism on the Water at South Queensferry. **Spaces are limited so please let Kim know if you would like to come along.** Meet at Number 6 at 11.15am. The group will leave promptly at 11.30am to get a 40 bus to South Queensferry.
- Music Group:** First & Third Monday, **1st & 15th May, 6 - 8pm**.
- New Faces 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 and to meet other people that are newly registered with us. It will also be an opportunity to meet some of the staff members. **Monday 22nd May, 4 - 5pm**.
- Pool League:** **Wednesday 24th May, 1 - 5pm**. 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.
- Photography Group:** Third Thursday, **18th May, 6 - 8pm**.
- Quiz Night:** Fourth Monday, **22nd May, 6 - 8pm**.
- Relaxation:** Second & Fourth Thursday, **11th & 25th May, 6 - 7pm**. New members are welcome to come along and take part.
- Scrabble & Chess:** Second & Fourth Thursday, **11th & 25th May, 6 - 8pm**.
- Snooker Club:** Second Tuesday, **9th May, 5 - 8pm**. If you would like to travel along to the Ball Room, Meadowbank with the staff member running the group please meet at Number 6 at 4pm. Otherwise meet at the Ball Room around 4.50pm.
- Table Tennis:** First Tuesday, **2nd May, 4 - 6pm**.
- 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 15th May, 4.30 - 5pm**.
- Video Editing Group:** Third Tuesday, **16th May, 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.
- West Lothian Group:** The group will be meeting on **Monday 22nd May** to go for dinner at Chiquito, Livingston Centre. Meet Rachel at the main entrance of the restaurant at 6pm. There is an option for 2 courses for £10.95, £14.95 and top up to 3 courses for an extra £2.95. There is also a full menu to choose from. You will need between £15 - £25 to cover the cost of your meal (this will vary depending on your choices).

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

## BORDERS GROUP INFORMATION

### Cinema Group – Monday 8th May

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 15th May, 12 – 3pm

This month we will meet at 12:00 at the lovely Harestanes Contryside Visitors Centre, Ancrum, Jedburgh, TD8 6UQ. The group can decide what they would like to do because there is plenty to choose from e.g. going for a walk or having lunch in the cafe. Please meet Anthony in the car park 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](mailto: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 25th May** 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 18th May, 6 - 8pm

The activity for May is still to be confirmed. Please check the website and facebook nearer the time.

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

### Book Group, Monday 8th May, 3 - 5pm

The book group will be meeting on Monday 8th May from 3 - 5pm. This month the first hour will be spent discussing *The Muse*, by Jessie Burton.

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 Muse*.

The group have also picked the book for June which is *The Sellout*, By Paul Beatty.

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

### Classic Potato and Leek Soup

#### Ingredients

1 large onion  
2 bay leaves  
2 pints chicken stock  
680g potatoes  
1 large leek  
Salt and pepper  
140g very low-fat fromage frais  
2 tbsp chopped chives (optional)

#### Method

1 Peel and finely chop the onion. Place in a large saucepan along with the bay leaves and 142ml (1/4 pint) of the stock. Bring to the boil, and cover and simmer for 5 mins.

2 Meanwhile, peel and finely dice the potatoes. Trim the leek and slice lengthwise. Rinse under cold water to remove any trapped earth. Shake well to remove excess water and then shred.

3 Add the potato and all but a few shreds of the leek to the saucepan. Pour in the remaining stock and season well. Bring to the boil, cover and simmer for 25 mins or until tender.

4 Discard the bay leaves, let the mixture cool slightly, then transfer to a food processor or blender. Blend until smooth and return to the saucepan.

5 Stir in the fromage frais and reheat gently without boiling. Adjust the seasoning if necessary. Ladle into warmed soup bowls, sprinkle with black pepper, reserved shredded leek and chopped chives.



By Sarah Dickinson

### **New Faces Group, Monday 22nd May 4 - 5pm**

This group will meet monthly and it will be an opportunity for people that have newly registered with Number 6. This will be an opportunity to meet some of the staff, to meet other newcomers, to have a chat to the staff about the service and to enjoy some tea, coffee and biscuits in an informal setting. Matthew Day (Service Coordinator) will be running the group on **Monday 22nd May in the Art Room at 4 - 5pm**. 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 the group.

**The next meetings will be on: 2nd, 9th, 16th, 23rd & 30th May 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](mailto:stewart.campbell@aiscotland.org.uk)

### **Employment Group Changes**

The employment group sessions have changed. This has been 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](mailto: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 1<sup>st</sup> Wednesday of every month between 1 and 3pm, 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 24th May, 1 - 5pm**

Number 6 will be running a monthly 8-ball pool league. 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 each session. The next session will be on Wednesday 24th May, when we will meet at Hill Street before going to The Ball Room, Morningside. We have booked 2 tables from 2 - 4pm.

You can meet Ant at Hill Street at 1pm or at the Ball Room at 1.50pm on the 24th May. Contact Maff if you would like any more information.

### **Service User Forum, Friday 14th April, 2pm - 3.30pm**

Our next service user forum will be held on Friday, 14th April, 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.

### **Film Nights, Thursday 4th & 18th May**

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

**Thursday 4th May: The Accountant (Action, Crime, 2hr 8mins)** As a math savant uncooks the books for a new client, the Treasury Department closes in on his activities and the body count starts to rise.

**Thursday 18th May: Rogue One. A Star Wars Story (Action, Adventure, Sci-Fi 2hrs 13mins)** The Rebel Alliance makes a risky move to steal the plans for the Death Star, setting up the epic saga to follow.

## Fundraising news - Currie, Balerno and District Round Table

We'd like to thank the Currie, Balerno and District Round Table for their donation of £1,000 towards the summer programme at Number 6 this year.

The extra activities we provide in July and August make those our busiest months, so we're grateful that this donation will allow us to provide those activities this year. The staff have received lots of suggestions for trips this summer, and these will be advertised in the June newsletter.



## Autistic Involvement Meetings, Thursday 11th May, 4 - 5pm & 5 - 6pm

Matthew will be holding two meetings for people who are interested in becoming more involved in some of the services we provide at Number 6. On **11<sup>th</sup> May, at 4pm**, there will be a meeting for those interested in helping Number 6 to deliver autism awareness training.

On the same day, at **5pm**, there will be a meeting for those who would like to help us give information to people who come to us before diagnosis and want to know what the process will involve. We don't want to be too prescriptive about what your involvement would include, but it could be direct help with facilitating training or meeting people pre-diagnosis, or it could be advice on content and of training or information we could give to people pre-diagnosis.

If you want to discuss this before attending, or you are interested but can't attend, then contact Matthew by email or phone.



# Autism: Life in Colour

## ART AND CREATIVITY WORKSHOP

- Get inspiration
- Develop your artistic skills and ideas
- Meet like-minded creative people
- Get ongoing artistic support
- The chance to show your work in a national exhibition
- Workshop is led by a professional artist (who is also autistic)
- Art materials, and some drinks and snacks will be provided

**When:** Saturday 6th May, 2-4pm

**Where:** Cafe on the Corner, Hill Street, Edinburgh

**Who:** Any adult (16+) who is an artist, or into making art, and is autistic can attend

**More info:** [www.facebook.com/Autismlifeincolour](http://www.facebook.com/Autismlifeincolour)

**Or contact:** [sonny.hallett@aiscotland.org.uk](mailto:sonny.hallett@aiscotland.org.uk)