

**NUMBER 6
ONE STOP
SHOP
NEWSLETTER
ISSUE #153
JUNE**

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You will be pleased to know the summer calendar will be ready mid-June. We've got over HOW MANY activities, walks, and STUFF organise for you.

Our most extra-excellent activities coordinator Kim Maxwell is returning to Number 6 mid-June. After more than 6 months off on maternity leave, Kim is excited to return to Number 6; she's looking forward to catching up with everyone.

Late Diagnosis Autism Group, Tuesdays 3—4:40 June 5th to July 24th

Our Late Diagnosis coordinator Hyan will be running a series of 8 information session on autism for anyone wishing to learn more about their condition, and for those recently diagnosis and wanting additional information/support. Except for the first session which runs at 30mins, each session will be 1 hour, with 30mins of Q&A or chitchat.

JUNE

5th Intro OVERVIEW of sessions and Autism
12th What is Autism? Disability, Disorder, Diversity?
19th Childhood, Adolescence, Adulthood
26th Social Dysfunction, Relationships, Employment

JULY

3rd Information, Restricted Interests, Repetition
10th Sensory Issues, Crisis Points, Meltdowns, Recovery
17th Theory of Mind, Executive Functions, Central Coherence
24th Energy, Anxiety, Coping

Film Nights, Thursday 7th and 21st June.

On the **7th June**, the first movie we're showing is **THE GREATEST SHOWMAN!** This semi-biopic celebrates the birth of show business. It tells the story of BT Barnum's rags –to-riches story of creating a spectacle that become a worldwide sensation.

On the **21st June**, the second flick is **PACIFIC RIM: UPRISING** Jake Pentecost is a once-promising Jaeger pilot who's legendary father gave his life to secure humanity's victory against the monstrous Kaiju. Jake has since abandoned his training only to become caught up in a criminal underworld. But when an even more unstoppable threat is unleashed to tear through cities and bring the world to its knees, Jake is given one last chance by his estranged sister Mako Mori to live up to his father's legacy.

June Saturday Drop-Ins, 10am—4pm

Saturday 2nd June: A trip to Granton Historic Walled Garden Open Day. Meet at Number 6 at 11am. We'll travel together by bus. From noon until 2pm, the event is an opportunity to explore Granton's secret walled garden. Be prepared for thickets of brambles, nettles, and thistles: wear sturdy footwear and cover your legs even if it's sunny. Bring a packed lunch if you plan to eat during the trip.

Saturday 16th June: Cinema. Jurassic World: Fallen Kingdom. Three years after the destruction of the Jurassic World theme park, Owen Grady and Claire Dearing return to Isla Nublar to save the remaining dinosaurs from a volcano about to erupt. Times will be announced on Facebook nearer the time!

Saturday 23rd June: Walking Group: Cramond to Leith. Details will be available nearer the time. On Facebook!

BORDERS GROUP INFORMATION

Drop-In Sessions—18th June

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—18th June

This month the Borders Social Group we will be going to see Dryburgh Abbey at St Boswell in the Borders. Meet there at 12 in the venue car park where we will then walk the grounds.

Book Group, Wednesday 13th June, 3—5pm

This week we're discussing Ian Rankin's latest novel *Rather be the Devil*. Old enemies and new crimes collide. In the second hour, we'll discuss any book you'd 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.

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 28th June

This month for the Gourmet Club, we're going to **QUATRO-ZERO** on the West End. A traditional Italian with a modern feel, this restaurant has good quality meals, service, ambiance, and of course—cost. We'll be leaving Number 6 at 12:10ish, or you can meet us there for 12:35. Depending on your choices, bring anywhere between £15—£25.

Chess Club, Tuesday, 19th June, 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 19th June 2018

Bo'ness and Kinneil Railway.

*** Please note change of date and time to 9.45am till 4pm**

In June we will be taking a day trip out to the Bo'ness and Kinneil Railway to travel on and photograph the steam train on the closed line.

Please note that this will be a day trip and we will be meeting at Hill Street at 9.45am to head along to the east end of Princes Street (at the Waverley steps) to catch the 10.15am bus to Bo'ness. Once at the railway we will get on the 12.10pm steam train to travel down the closed line. We will also have time to visit the onsite museum and photograph the many train related exhibits on show. We will then head back to the bus stop to get on the 2.30pm bus, arriving back in Edinburgh for around 4pm.

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 19th June 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, 5th & 19th June in the Art Room

West Lothian Group

The group will be meeting on **Monday 4th June** to go to the Vue cinema Livingston Designer Outlet, Almondvale Avenue, Livingston, EH54 6XA, to see Solo A Star Wars Story. The film starts at 4.15pm. Tickets for the cinema cost £4.99 and can be bought on the day, we will meet at the cinema 20 minutes before the film time beside where the tickets can be purchased.

After the film we will then go for dinner at Harvester, The Centre, Almondvale Ave, Livingston EH54 6QX. If you would like to join us just for the meal then we will meet at the main entrance of the restaurant at about 7pm. You will need between £15—£25 to cover the cost of your meal (this will vary depending on your choices).

Here is a link for their website if you'd like to look at the menu before we visit <https://www.harvester.co.uk/restaurants/scotlandandnorthernireland/harvesterlivingstonwestlothian/ourmenus>

Please contact Rachel if you have any questions about the group.

RECIPE

Strawberry Marshmallow Mousse

Ingredients

250g fresh strawberries (halve if large)
25 caster sugar
100mls of water
140g mini marshmallows
200ml double cream

Method

1. Wash and remove the top off the strawberries. Put 2 strawberries aside for decoration.
2. Over a medium heat put the rest of the strawberries, water and sugar into a pan and cook for 3 minutes or until the strawberries are soft enough to mash.
3. Remove the pan from the heat and squash the strawberries using a fork until pulpy. Then add the mini marshmallows and stir until they dissolve. And leave the mixture to cool.
4. Whip the cream until it holds its shape and then fold the cream into the cooled strawberry mix. Then spoon the mixture into a bowl or into 4 separate pots and put into the fridge for 2 hours or until set.
5. Cut the 2 remaining strawberries in half and use to decorate. Then Enjoy!



by Sarah Dickinson