

**NUMBER 6
ONE STOP SHOP
NEWSLETTER
ISSUE # 141
June 2017**

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Number 6 Update

Andy is running a Tai Chi taster session on **Monday 19th June** 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.

The pool league will be held on **Wednesday 28th June, 1 - 5pm at the Ball Room in Morningside**. Please let Maff know if you would like to take part. Maff 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 28th June 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.

We will be continuing the New Faces group this month on **Monday 29th June** at 6.30 - 7.30pm. Kim 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.

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's sessions are continuing to run on Tuesday evenings from 5.30pm;

Tuesday 6th June, 5.30pm - 6.30pm - Communication (session 3)

Tuesday 13th, 5.30pm - 7pm - Mental Health (session 4)

Tuesday 20th, 5.30 - 7pm - Education/Learning (session 5)

Tuesday 27th, 5.30 - 7pm - Employment (session 6)

Kim's sessions are continuing to run on Wednesdays from 11.30am;

Wednesday 7th June, 11.30am - 12.30pm - Communication (session 3)

Wednesday 14th, 11.30am - 1pm - Mental Health (session 4)

Wednesday 21st, 11.30am - 1pm - Education/Learning (session 5)

Wednesday 28th, 11.30am - 1pm - Employment

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

June Saturday Drop-Ins, 10am – 4pm

Saturday 3rd June: 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 17th June: Walking Group: Water of Leith, Slateford to Sighthill or on to Ratho: Meet at Number 6 at 10.15am. We will leave at 10.30am to get a bus to Slateford. We will walk from the Water of Leith Visitor Centre along the canal to Slateford. There will then be the option of continuing on to Ratho or getting a bus back to town. The full walk is 6 miles and will take around 2 - 3 hours to walk. Please wear appropriate footwear and feel free to bring a snack or a packed lunch to eat along the way. We will aim to be back at Number 6 by 3 - 3.30pm.

Saturday 24th June: NMS: British Astronomical Association: Please meet at Number 6 at 10.30am. The group will leave at 10.45am to walk to the museum. We will spend an hour or so there and will aim to be back around 2pm. There are speakers throughout the day, displays and admission is free.

Regular Activity Groups

- 5-a-side Football:** Second Wednesday, **14th June 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, **20th June, 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, **12th June, 3 - 5pm**. The group are reading *The Sellout*, by Paul Beatty.
- Coffee, Cake & Chat:** **Wednesday 28th June**. 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, **27th June, 6 - 8pm**.
- Film Night:** First & Third Thursday, **1st & 15th June, 5.30pm**.
- Gaming Group:** First & Third Wednesday, **7th & 21st June, 4 - 7pm**.
- Girls' Groups:** Every Wednesday **1pm - 3pm** and 1st & 3rd Monday, **6.30pm - 8pm (5th & 19th June)**
- Gourmet Club:** Fourth Thursday, **22nd June**. Meet at Number 6 at midday the group will leave shortly after to walk to **Wahaca at St Andrews Square**. This is a different restaurant than the one advertised in the yearly plan but due to Cosmo not having availability we have switched months. Please let a staff member know if you would like to come so we can make the appropriate booking.
- Monthly Social Group:** This month we will be meeting on **Tuesday 27th June, 10.15 - 4.15pm** to visit Dirleton Castle. Meet at Number 6 at 10.15am we will leave Number 6 at 10.40am to get the 11.03am 124 Lothian country bus to Dirleton. We will arrive by 12.30pm and the group can decide if we do e.g. having lunch first then a wander. Admission is £6 or £4.80. Please bring a packed lunch. We will either get the 2.15pm or 2.47pm bus back which will get us in at 3.40pm or 4.10pm.
- Music Group:** First & Third Monday, **5th & 19th June, 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. **Thursday 29th June, 6.30 - 7.30pm**.
- Pool League:** **Wednesday 28th June, 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, **15th June, 6 - 8pm**.
- Quiz Night:** Fourth Monday, **26th June, 6 - 8pm**.
- Relaxation:** Second & Fourth Thursday, **8th & 22nd June, 6 - 7pm**. New members are welcome to come along and take part.
- Scrabble & Chess:** Second & Fourth Thursday, **8th & 22nd June, 6 - 8pm**.
- Snooker Club:** Second Tuesday, **13th June, 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, **6th June, 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 19th June, 4.30 - 5pm**.
- Video Editing Group:** Third Tuesday, **20th June, 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 12th June** to go for dinner at Ask Italian, Livingston Centre. Meet Rachel at the main entrance of the restaurant at 6.30pm. 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 12th June

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 19th June, 12 – 3pm

This month we will meet Stew at 12:00 at the Cobbles, 7 Bowmont Street, Kelso, TD5 7JH. The plan will be to have some lunch in their lovely restaurant. Then if it is a nice day the group could go for a walk around Kelso.

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 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 29th June** 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 15th June, 6 - 8pm

The activity for June 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 12th June, 3 - 5pm

The book group will be meeting on Monday 12th June from 3 - 5pm. This month the first hour will be spent discussing *The Sellout*, by Paul Beatty.

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 Sellout*.

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

LGBT+ Group, Monday 26th June, 6.30 - 7.30pm

This group met for the second time in May and have started to think about how the group will run. We are meeting again on Monday 26th June.

We have decided that for the next group people will come along with ideas for a name for the group and also with a short list of books, blogs, academic papers that we find interesting and helpful to share with the group.

Newcomers are always welcome.

If you have any questions about the group please contact Kim.

Doughnut Muffins

Ingredients

140g golden caster sugar plus 200g extra for dusting
200g plain flour
1 tsp bicarbonate of soda
100ml natural yogurt
2 large eggs, beaten
1 tsp vanilla extract
140g butter, melted, plus extra for greasing
12 tsp seedless raspberry jam

Method

1. Heat oven to 190C/170C fan/ Gas 5. Lightly grease a 12-hole muffin tin. Put 140g sugar, flour and bicarb in a bowl and mix to combine.
2. In a jug, whisk together the yogurt, eggs and vanilla.
3. Tip the jug contents and melted butter into the dry ingredients and quickly fold with a wooden spoon

4. to combine.
4. Divide two-thirds of the mixture between the muffin holes.
5. Carefully add 1 tsp jam into the centre of each, then cover with the remaining mixture.
6. Bake for 16-18 mins until risen, golden and springy to touch.
7. Leave to cool for 5 mins before lifting out of the tin and rolling in the extra sugar.



By Sarah Dickinson

New Faces Group, Monday 29th June 6.30 - 7.30pm

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. Kim Maxwell (Activities Coordinator) will be running the group on **Thursday 29th June in the Art Room at 6.30 - 7.30pm**. 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: 6th, 13th, 20th, 27th June 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

Employment Group

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) 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 1st 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. This month these sessions will be on **Wednesday 7th June between 1 - 3pm and Thursday 15th June between 5 - 6.40pm**. If you would like to book a slot please email kim.maxwell@aiscotland.org.uk

For more information please contact Andy Horseman.

New Pool League, Wednesday 28th June, 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 28th June, 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 Maff at Hill Street at 1pm or at the Ball Room at 1.50pm on the 28th May. Contact Maff if you would like any more information.

Service User Forum, Friday 16th June, 2pm - 3.30pm

Our next service user forum will be held on Friday 16th June, 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 1st & 15th June

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

Thursday 1st June: fantastic Beasts and Where to Find Them (Adventure, Fantasy, 2hr 13mins) The adventures of writer Newt Scamander in New York's secret community of witches and wizards seventy years before Harry Potter reads his book in school.

Thursday 15th June: Assassin's Creed (Action, Adventure, 1hrs 55mins) When Callum Lynch explores the memories of his ancestor Aguilar and gains the skills of a Master Assassin, he discovers he is a descendant of the secret Assassins society.

Autistic Contributors wanted for Two New Books

Dr Luke Beardon and Dean Worton are currently co-editing a series of contributor based books and they are looking for people to contribute.

The titles of the book are Parenting on the Autism Spectrum and Sexual Diversity (LGBT) on the Autism Spectrum. If either book title applies to you and you would like to share your experiences visit deanworton.wordpress.com for more information.

There is also a short youtube video with more information. <https://www.youtube.com/watch?v=oRiN2jLJhxc>



Autism: Life in Colour

There is still time to get involved in Autism: Life in Colour.

Autism: Life in Colour is open to any autistic person, of any age or level of ability, living in Scotland. The project focuses on sharing images, empowering autistic creativity and identity, and communicating with the wider community through art.

For more information check out their website - www.autismlifeincolour.org.uk or on their Facebook page - Autism: Life in Colour.

Autistic Voices, Monday 5th June

We are really keen to get more service users involved in delivering training and want to meet those who want to get involved. We are therefore holding a lunchtime meeting (lunch will be provided!) to discuss what this could be like. Please let your service users know and invite them to a meeting, at Granton, on 5th June at midday. Hopefully lots of service users will want to get involved!

We are also looking for people to get involved in a video project – autistic people talking about autism! It is important that during learning and development exercises, we hear from autistic people – not just staff sharing their experiences. This will enable us all to gain a much better understanding of autistic people and their experiences of living in a predominantly non-autistic world! Please ask your service users if they would like to get involved in this video project and advertise it on your Facebooks, newsletters and notice boards etc. Ask them to get in touch with me to note their interest.

Both these strategies, to increase our understanding and improve our learning, are extremely exciting and I look forward to hearing from lots of people!

Maff will be leaving Number 6 at 11am to get a bus to Granton. If you would like to go with him please be at Number 6 by 10.45am. If you would like any more information please get in touch with Maff.