

**NUMBER 6
ONE STOP
SHOP
NEWSLETTER
ISSUE #154
JULY**

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Alongside our usual calendar of activities, we've got a few extra events each week for July and August. Please look at the July summer activity information sheet for details of these extra activities, and let a member of staff know if you want to book a place.

The August newsletter and calendar will be out in a couple of weeks, and we've got some free vouchers for the Fringe again this year, so look out for information on how to come along.

Late Diagnosis Group, Tuesdays 3—4:40 July 3rd to July 24th

Hyan will be completing the current programme this month, for those wishing to learn more about their diagnosis. Each session will be 1 hour, with 30mins of Q&A after that.

JULY

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

Film Nights, Thursdays 5th and 19th July

On the **5th July**, we're showing ***Black Panther***, the Marvel blockbuster that picks up on the fate of T'challa and the kingdom of Wakanda after the events of *Civil War*.

On the **19th July**, we're showing ***Game Night***, a comedy about a group of friends in over their heads when a games night proves to be more than it first appeared.

Popcorn/Crisps and fruit will be provided, and films start at 5:30pm.

July Saturday Drop-Ins, 10am—4pm

Saturday 7th July: Cinema. We will choose the film on Wednesday 4th and put it up on Facebook and the website, as listings are not released till Wednesday.

Saturday 21st July: Walking Group. We'll be taking the bus to Craiglockhart Woods, leaving Number 6 at 10:30. Bring a packed lunch and suitable footwear.

Saturday 28th July: Craigmillar Castle. We'll leave Number 6 at 10:30 and get the bus up to Craigmillar Castle. The walk from the bus stop is around 15 minutes, and the castle has lots to explore, so wear suitable footwear and bring a packed lunch.

BORDERS GROUP INFORMATION

Drop-In Session - 9th July

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, contact Anthony.

Social Group - 16th July

This month the Borders Social Group we will be going to Kailzie Gardens, Peebles. Meet at the entrance to the gardens at 12:15, where we will be joined by a group from Number 6 in Edinburgh.

Book Group, Wednesday 11th July, 4—6pm

This month we're discussing *Slow Horses*, by Mick Herron. 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 group meets monthly in Galashiels, and is facilitated by Cathy Steedman.

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 you want to join the group, please call Matthew on 0131 220 1075.

Gourmet Club, Thursday 26th July

This month for the Gourmet Club, we're going to **Cosmo** at the Omni Centre. We'll be leaving Number 6 at 12:05, or you can meet us there for 12:25 (the table is booked for 12:30). Places are limited, so please let us know if you are coming along.

Chess Club, Tuesday, 17th July, 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

Edinburgh Airport Tour Tuesday 10th July, 9am—3pm

We have been invited to attend an event at Edinburgh Airport on Tuesday 10th July by an organisation called Accessible Travel and Leisure. The event is aimed at people who may have anxieties and confidence issues, when it comes to travelling by air.

The purpose of the visit to the airport is for people to get a better understanding of the airport journey, processes and procedures, as well as become more familiar with the stresses and strains of a busy airport. The plan would be to start the journey from the reception area, travelling through security, to a departure gate, and also look at the arrival process and immigration.

Anybody wishing to attend would need to be in possession of either a passport or drivers licence, in order to be issued with an airside pass. Please contact Stew on 0131-220-1075 or at stewart.campbell@aiscotland.org.uk to book your place on this, or if you would like more information.

New Faces

This group meets monthly. It's an opportunity for new service users at Number 6 to meet staff and other service users, chat about the service enjoy some tea, coffee and biscuits in an informal setting. Hyan will be running the group on **Tuesday 17th July in the Training Room, 4:30-5:30**. Please come along and join in if you have registered with us within the last year, but haven't come along to much since.

Peer Support for Late Diagnosed Adults

This 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 Tuesdays, 3rd, 17th and 31st July in the Art Room

West Lothian Group

The group will be meeting on **Monday 9th July** to go to Linlithgow Loch, and will be having dinner afterwards in the Four Mary's pub. This will be part of the Number 6 summer calendar of additional activities, so more information can be found on the July Summer Activity Information Sheet.

Please contact Rachel if you have any questions.

Photography Group, Thursday 19th July 2018, 6-8pm

For July the group will meet in the Art Room at Hill Street at 6pm and head out to Fountainbridge to walk along and photograph the sights on the Union Canal. We will aim to be back at Hill Street for 8pm.

Strawberry Tarts

Ingredients

350g ready-made Shortcrust Pastry
Flour for rolling out
150ml double cream
1 tbsp lemon curd
½ punnet strawberries
2 tbsp strawberry jam, without any whole strawberries in it

Method

- 1 Turn the oven to 180C/ fan 160C, Gas 4. Roll the pastry out on a floured surface until it's as thick as a £1 coin. Cut round a saucer to make 4 circles. Put each one into the tin.
- 2 Put a square of greaseproof paper and some rice in each. Put in the oven for 25 mins, then take paper and rice out. Leave to cool.
- 3 Use a whisk to whisk the cream until it starts to get thick, then stir in the lemon curd.
- 4 Cut each strawberry into slices.
- 5 Spoon the cream into 4 pastry cases. Arrange the strawberry slices in a spiral or in rows.
- 6 Mix the jam in a bowl with 1 tbsp hot water, then brush it over the strawberries.

by Sarah Dickinson