

MON Drop-In 2-8pm	TUES Quiet Drop-In 10-5pm	WED Drop-In 10-8pm	THUR Drop-In 2-8pm	FRI Drop-In 12-5pm	SAT	SUN
	BR – Blue Room 2 nd floor RR – Red Room 2 nd floor ART – Art Room 1 st floor TR – Training Room 1 st floor CAF – Café ground floor	1 1-3 Girls' Group 4-7 Gaming Group (TR) 6-8 Art & Crafts (ART) 10.30 – 4 GULLANE BEACH – (Rach/Andy)	2 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (The Shape of Water) 12.30 – 3 LASER QUEST £10.99 for 2 games, 15 mins per game (Ant/Kim)	3 3-5 Pool Drop-In	4 10-4 Drop-In Cinema Trip (Kim/Andy)	5
6 6-8 Music Group (CAF) 6-8 Girls' Group (RR)	7 10-12 Tuesday Morning Women's Group, over 35 (closed group) 3-3.30 LDG – Introduction 4-6 Table Tennis (TR)	8 1-3 Girls' Group 4:30-5:30 5-a-Side football 6-8 Art & Crafts (ART) 8 – 10pm (9 – 10pm) JASON BYRNE, Assembly Hall, Mound limited tickets (Maff)	9 2-4 Thursday Discussion Group (Closed) 6-8 Scrabble (ART) 6-7 Relaxation Group (TR) 10.30 – 12.30 (11 – 12.30) Bhuddist Meditation, bread street (Kim) 7.15 – 9.30pm (8.20 – 9.20pm) Simon Evans, Genius 2.0, Assembly George Square (Rachel)	10 3-5 Pool Drop-In 12.15 – 5 GO-KARTING @ Xtreme Karting £20pp limited space (Stew/Graeme)	11	12
13 11.45 – 5 AERIAL ADVENTURES, LIVINGSTON £15pp, limited spaces (Rachel)	14 10-12 Tuesday Morning Women's Group, over 35 (closed group) 3-4.30 LDG –What Is Autism?— Disability, Disorder, Diversity 4-7 RPG (Closed) (ART) 5-8 Snooker Club 6:30-7:30 Peer Support Group (ART)	15 1-3 Girls' Group 4-7 Gaming Group (TR) 6-8 Art & Crafts (ART) 12 – 3.30 CLIMBING AT ALIEN ROCK, £13pp, limited space (Rachel/Andy)	16 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (Tomb Raider) 4.30-8 Photography Group 9.30 – 5 SWIMMING AT OLYMPIA DUNDEE, £5.50/£4/50 conc (Rachel/Graeme)	17 3-5 Pool Drop-In	18 10-4 Drop-In Walking Group (Rachel/Stew)	19
20 6-8 Music Group (CAF) 6-8 Girls' Group (RR) 10.30 – 5 Borders Trip, MELROSE ABBEY, (£6/ £4.80 conc) (Ant/Graeme)	21 10-12 Tuesday Morning Women's Group, over 35 (closed group) 1-4 Video Editing 2-4 Book Group (RR) 3-4.30 LDG - Childhood, Adolescence, Adulthood 4-6 Chess Club (TR) 4.30-5.30 New Faces Group (Hyan) 6-7 Badminton 10.45 – 1.45 (11.45 – 1.15pm) 1984, Nicolson Square (Stew)	22 1-3 Girls' Group 2-4 Pool League 6-7.30 Coffee, Cake & Chat (TR) 6-8 Art & Crafts (ART) 7.45 – 9.40pm (8.40pm – 9.40pm) Jimeoin, Pleasance at EICC (Maff)	23 Midday Gourmet Club (Frankie & Benny's, Omni Centre) 2-4 Thursday Discussion Group (Closed) 6-8 Scrabble (ART) 6-7 Relaxation Group (TR) 9 – 2.30 Boat Trip Falkirk (Stew/Ant)	24 3-5 Pool Drop-In	25 10-4 Drop-In Trip to Dunfermline (Maff/Graeme)	26

27 4:30–5 Tai Chi 6–8 Quiz Night	28 10–12 Tuesday Morning Women’s Group, over 35 (closed group) 3-4.30 LDG - Social (Dys)function?, Relationships, Employment 4–7 RPG (Closed) (ART) 6:30–7:30 Peer Support Group (ART) 11 – 4 Pool Competition with Perth (Maff/Ant)	29 1–3 Girls’ Group 6–8 Art & Crafts (ART) 4 – 7 TALENT SHOW (If you would like to perform at our talent show please speak to Kim)	30 4 – 8 END OF SUMMER PARTY	31 3–5 Pool Drop-In		
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Regular Activity Groups - Please let a staff member know if you intend to join a group for the first time.

- 5-a-Side Football:** 2nd Wednesday of every month at the Corn Exchange. Leave Number 6 at 3:30, or meet the group at the World of Football at 4:15.
- Art & Crafts Group:** Every Wednesday, 6—8pm In the Art Room!
- Badminton:** 3rd Tuesday of every month, 6—7pm at Craiglockhart Leisure Centre. Meet at Number 6 at 5pm to get the bus, or at Craiglockhart for 5:50pm.
- Book Group** 2nd Fridays, 3-5pm. See newsletter for further details for this month.
- Chess Club** 3rd Tuesday of every month, 4-6pm.
- Coffee, Cake, and Chat** 4th Wednesday of every month. This relaxed, informal discussion groups meets at 6—7:30 in the Training Room to discuss current affairs or meet new people.
- Film Night:** 1st & 3rd Thursday, 5:30pm. See newsletter for further details for this month.
- Gaming Group:** 1st & 3rd Wednesday of every month, 4—7pm.
- Girls’ Groups:** Meets on the 1st and 3rd Mondays of every month from 6.30pm—8pm, and every Wednesday from 1pm—3pm.
- Gourmet Club:** Meets on the 4th Thursday. Depending on your choices, you’ll need between £15—£25 to cover the cost. See newsletter for further details for this month.
- Music Group:** 1st and 3rd Monday of every month, from 6—8pm.
- Photography Group:** 3rd Thursday of every month. Normal meeting time 6—8pm. However, check newsletter as times can change, depending on what is covered.
- New Faces** Meets 3rd Tuesday, 4—5. For anyone registered Number 6 in the last year. Mingle with staff, learn more about the service, and meet people newly registered with us.
- Pool League:** 4th Wednesday, 2—4. Maff runs the pool league, which takes place at the Ballroom, Morningside.
- Quiz Night:** 4th Monday of every month, 6—8pm.
- Relaxation:** 2nd & 4th Thursday, 6—7pm. New members welcome!
- Scrabble & Chess:** 2nd & 4th Thursday, 6—8pm.
- Snooker Club:** 2nd Tuesday, 5—8pm. Held at the Corn Exchange World of Sports.
- Table Tennis:** 1st Tuesday, 4—6pm in the Training Room.
- Video Editing Group:** 3rd Tuesday, 1—4pm. **Tai Chi** 4th Monday, 4:30—5. Andy Horseman runs this introduction to Tai Chi!