

**NUMBER 6
ONE STOP
SHOP
NEWSLETTER
ISSUE #155
AUGUST**

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The extra summer activities are still running in August alongside our usual calendar of activities. We have managed to book a few different shows at the fringe but we only have a limited amount for each show.

Please look at the August summer activity information sheet for details of these extra activities, and let a member of staff know if you want to book a place.

Late Diagnosis Group

Hyan is starting a new block of Late Diagnosis Groups in August. This is an open group for people registered with Number 6 who would like to learn more about their diagnosis. The first introduction session will last 30 minutes and each session after that will be 1 hour, with 30mins of Q&A at the end.

Hyan's Group, Tuesday 3 - 4.30pm

- 7th** Introduction - approx. 30 minutes
- 10th** What Is Autism?—Disability, Disorder, Diversity
- 17th** Childhood, Adolescence, Adulthood
- 24th** Social (Dys)function?, Relationships, Employment

August Saturday Drop-Ins, 10am - 4pm

Saturday 4th August: Cinema. We are planning on seeing Ant Man and the Wasp. Times wont be released until the Wednesday before the cinema trip so please check Facebook, the website or the whiteboard in Number 6 for more details nearer the time. Tickets will cost £11 but you may need more if you would like to buy any drinks or snacks.

Saturday 18th August: Walking Group: Blackford Hill: Meet at Number 6 at 10.30am. We will get a 38 or 41 bus to start the walk at Blackford Pond. We will walk approximately 2 miles which will take about an hour and a half. Please wear appropriate footwear and clothing. We will aim to be back at Number 6 for approximately 3pm.

Saturday 25th August: Visit to Dunfermline: Meet at Number 6 at 10.15am with the aim to leave at 10.30am. We will get the Stagecoach X55 to Dunfermline which will take around 50 minutes. The plan is to have a walk around Pittencrieff Park and then make our way to Carnegie Library. The library has a few small exhibitions that we can explore and also a nice café for a bite to eat. Although please feel free to bring a packed lunch if you would prefer. We will aim to get the 2.44pm X55 bus back to Edinburgh which should get us in around 3.40pm.

BORDERS GROUP INFORMATION

Drop-In Session - 13th August

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 - 20th August

This month the Borders Social Group we will be going to Melrose Abbey this month. Meet at the entrance to the Abbey at 12noon, where we will be joined by a group from Number 6 in Edinburgh. The entrance fee is £6/£4.80conc per person. Please bring a packed lunch.

Book Group, Tuesday 21st August, 2 - 4pm

This month we're discussing *The Castle of Otranto*, by Horace Walpole. This book is generally regarded as the first gothic novel.

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.

West Lothian Group, Monday 13th August

The group will be meeting on **Monday 13th August** to visit Aerial Adventures at the Centre in Livingston. At the moment we still need to confirm time and cost. As soon as we have this information we will update Facebook, our website and the newsletter.

There will be limited spaces so please let Rachel know if you would like to take part.

Gourmet Club, Thursday 23rd August

This month for the Gourmet Club, we're going to **Frankie & Benny's at the Omni Centre**. They have a set lunch menu which is £6.99 for 1 course, £9.49 for 2 courses and £11.99 for 3 courses. Please meet at Number 6 at 12noon or at Frankie & Benny's at 12.30pm.

Remember places are limited, so please let us know if you are coming along.

Chess Club, Tuesday, 21st August, 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

New Faces, Tuesday 21st August

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 21st August in the Training Room, 4 - 5**. 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, 7th and 21st August in the Art Room

Photography Group, Thursday 16th August, 4.30 - 8pm

For August the group have decided to take a trip down to Musselburgh to photograph the River Esk and the Harbour.

We will be meeting at the earlier time of 4.30pm, at Hill Street to travel down to Musselburgh by bus. We aim to be back in Edinburgh for 7.45pm.

Film Nights, 2nd & 16th August

Thursday 2nd August - The Shape of Water: At a top secret research facility in the 1960s, a lonely janitor forms a unique relationship with an amphibious creature that is being held in captivity.

Thursday 16th August - Tomb Raider: Lara Croft, the fiercely independent daughter of a missing adventurer, must push herself beyond her limits when she discovers the island where her father disappeared.

Spicy Chicken Skewers with Triple Crunch salad

Ingredients

For the Chicken Skewers

500g chicken breasts, cut into chunks

1 tbsp olive oil

½ tsp of mild chilli powder

½ lemon, juiced

For the triple crunch salad

150g pack of radishes, coarsely grated

150g pack sugar snap peas, sliced lengthwise

½ cucumber, cut into thin batons

1 tbsp white wine vinegar

1 tsp clear honey

½ tsp Dijon mustard

1 tbsp mayonnaise

Method

1. Start off by making the dressing for the chicken by mixing together the olive oil, mild chilli powder and the lemon juice.
2. Then in a bowl mix this with chicken chunks and leave to marinade for at least 30 minutes – remember to cover this with cling film.
3. For the salad dressing mix the mustard, mayonnaise, honey, white wine vinegar – stir well. Then toss through the grated radishes, cucumber and peas.
4. Place the marinated chicken onto skewers and grill for 6-8 mins, turning until cooked through.
5. Serve the Chicken Skewers and Triple Crunch Salad for a nice refreshing meal.

Enjoy!
by Sarah Dickinson