

**NUMBER 6
ONE STOP SHOP
NEWSLETTER**

**AUGUST 2019
ISSUE #167**

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Number 6 Update

We would like to thank you all for being so patient and understanding when we were closed for a week of training.

The August Calendar is now out and it is filled with a lot of exciting events during the Fringe. **For all of the Fringe shows we are asking that people give us the top 3 shows they would like to see and we will try to allocate one choice per person.** We are hoping that doing it this way more people will have a chance to see a show. For all other trips it is good to know if you are planning on coming along. This means that even for trips that aren't limited with space it is good to know how many people to expect.

Please be prepared for each trip (wear appropriate clothing/footwear) and varying weather (being equipped with sun cream, a hat, antihistamines if you suffer from allergies etc.)

Late Diagnosis Group

This group is for people registered with Number 6 who would like to learn more about their diagnosis. The sessions will last around 1 hour, with 30mins of Q&A at the end. Due to the sessions being very popular we require participants to sign up to take part.

Topics Covered

1. What Is Autism? Disability? Disorder? Diversity?
2. Childhood, Adolescence, Adulthood, Elderly
3. Social (Dis)Function? Relationships, Employment
4. Information, Focused Interests, Repetition
5. Sensory issues, Crisis Points, Meltdowns, Shutdowns, Burnouts, Recovery
6. Theory of Mind, Executive Functions, Central Coherence
7. Energy, Anxiety, Coping

**If you would like to take part in any of these sessions please let Matthew Day know.
Matthew.day@aiscotland.org.uk**

August Saturday Drop-Ins, 10am - 4pm

Please be aware that the drop-ins are on the 2nd, 3rd and 4th Saturday of the month.

During a Saturday drop in lunch is between 12 - 1pm this will then be cleared away meaning the Art Room can be used for something else. We will run an informal discussion group in the Room 1 from 1.30pm and we will show a film or sporting event in the Training Room from 1.30pm. The pool competition will still be running at 2pm.

Saturday 10th August: Cinema - Fast and Furious Presents: Hobbs & Shaw: - Please meet at Number 6 (time still to be confirmed). Depending on the film times we will either be going to Fountainpark where tickets cost £11.70 or the Omni Centre where tickets will cost £5.99. Please check Facebook, Website and our whiteboard in Number 6 for more information.

Saturday 17th August: Walking Group: East Linton to Haddington: Meet at Number 6 at 10am sharp. We will leave at 10.10am to get a bus to East Linton. We will walk back along the River Tyne towards Haddington. Please wear appropriate footwear and clothing. Feel free to bring a packed lunch if you would like a snack during the walk. We will aim to be back at Number 6 for approximately 4pm.

Saturday 24th 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 - 12th 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 or would like to book an appointment please contact Anthony.

Book Group, Tuesday 20th August, 2 - 3.30pm

We would like to encourage new members to the group, so if you have an interest in reading books, then either come along, or talk to Matthew about how the group works.

This month we will be reading **To the Lighthouse by Virginia Woolf.**

If you would like to attend, but are not available at that time, let Matthew know, as we may be able to change the time/day for the next month.

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.

Curry Club, 1st August, 4.30 - 7.30pm

We have booked a table at Ronaq, 10 Craigleith Road for our monthly Curry Club. Please meet at Number 6 at 4.30pm. The group will walk to the restaurant which will take around 15 minutes. If you would like to join us please let Kim know so they can book your place.

On the Oche (New Darts Group) Friday 23rd August, 3 - 5pm

Following on from the group's initial meeting in March, they have decided to meet once a month (for this month only it will be on the 3rd Friday), from 3pm to 5pm. If you have your own darts, please feel free to bring them, however you can borrow a set from the Ballroom if you don't have any. Admission is free, however you may wish to bring some money with you if you would like a soft drink or something to eat whilst you are there.

Anyone interested In coming along please contact Stew for more details.

Gourmet Club, Thursday 22nd August

This month we are going to **Nando's, Ocean Terminal** to try their Flame-Grilled Chicken dishes. Please meet at Number 6 12noon or at Nando's Ocean Terminal at 12.45pm. We will aim to get a 22 bus from Princes Street to Ocean Terminal about 12.20pm and to be back at Number 6 by 3pm.

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

New Faces, Tuesday 13th August, 4 - 5pm

This group meets monthly. It's an opportunity for new service users at Number 6 to meet a staff member and other newly registered service users, chat about the service enjoy some tea, coffee and biscuits in an informal setting.

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. We have now added a new peer support group which will run every Friday from 1 - 3pm. Both of the Peer Support groups run in the Training Room, which is on the 1st floor of Number 6.

Every Tuesday, 6 - 8pm, 6th, 13th, 20th & 27th August

Every Friday, 1 - 3pm, 2nd, 9th, 16th, 23rd & 30th August

Film Nights, 1st & 15th August

Thursday 1st August - Mary Queen of Scots: Mary Stuart's attempt to overthrow her cousin Elizabeth I, Queen of England, Finds her condemned to years of imprisonment before facing execution.

Thursday 15th August - Fighting with My Family: A former wrestler and his family make a living performing at small venues around the country while his kids dream of joining World Wrestling Entertainment.

Popcorn, crisps, fruit and juice will be provided, and films start at 5:30pm.

Photography Group Tuesday 27th August, 12-3pm

Due to the group being cancelled in July we will be doing the activity that was planned for July for this month's group. The photography group will be heading up to Fountainbridge to walk along and photograph the scenery, houseboats and wildlife on the Union Canal. Meet at Number 6 at 12pm to walk up to Fountainbridge. All welcome.

Easy Vegetable Stir Fry

Ingredients

2 tbsp sunflower oil
4 spring onions, cut into 4 cm lengths
1 garlic clove, crushed
Piece of fresh root ginger, about 1 cm, peeled and grated
1 carrot, cut into matchsticks
1 red pepper, cut into thick matchsticks
100g baby sweetcorn, halved
1 courgette, cut into thick matchsticks
150g sugar-snap peas or mangetout, trimmed
2 tbsp hoisin sauce
2 tbsp low-salt soy sauce



Method

1. Heat a wok on a high heat and add the sunflower oil. Add the spring onions, garlic, ginger and stir fry for 1 min, then reduce the heat. Take care to not brown the vegetables.
2. Add the carrot, red pepper and baby sweetcorn and stir fry for 2 mins. Add the courgette and sugar-snap peas and stir fry for a further 3 mins. Toss the ingredients from the centre of the wok using a wooden spatula. Do not overcrowd the wok and keep the ingredients moving.
3. Add 1 tbsp water, hoisin and soy sauce and cook on a high heat for a further 2 mins or until all the vegetables are cooked but not too soft. Serve with noodles.

By Sarah Dickinson