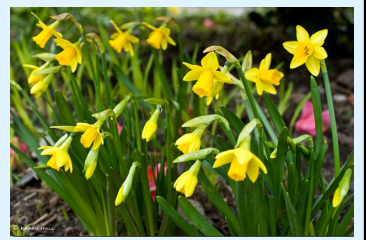


**NUMBER 6  
ONE STOP SHOP  
NEWSLETTER  
ISSUE # 78  
February 2012**

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Tel: 0131 220 1075**



**Useful Contacts:**

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Activities Co-ordinator: Kim.Maxwell@aiscotland.org.uk

We are regularly updating our website with announcements regarding activities, trips and events. Please go to [www.number6.org.uk](http://www.number6.org.uk) to see updates.

**We look forward to seeing you at Number 6 soon.**

**Living Life to the Full**

Self help sessions to help people deal with anxiety and/or low mood. These sessions will run every **Tuesday 11-1pm.**

- 7th February - Dealing with Unhelpful Behaviour**
- 14th February - Sleeping Better**
- 21st February - Assertiveness**
- 28th February - Healthy Living & Planning for the Future**

Please get in touch with Maddy if you are interested in attending this group.

**Late Diagnosis Group**

Open sessions, Tuesday afternoons **4 – 5.30pm.**

- 7th February - The Brain**
- 14th February - Communication**
- 21st February - Mental Health**
- 28th February - Education/Learning**

**Please contact Maddy for more information on the above groups.**

There is still an open Late Diagnosis Group running on **Mondays 3-5pm**, please contact Stew for more information about this group.

**Book Group**

The theme for February is **“Chick Lit”**. Bring along a book you have read recently to discuss with the group. The next book group is on **Monday 13th February**, meeting at 6pm in the red room.

**Please feel free to come along and join in.**

**Hairy Haggis Relay**

We are going to be taking part in the Hairy Haggis Relay again this year. The race is on **Sunday 27th May** and starts at **10am**. We are hoping to get 5 teams of 4 people to run.

The race consists of 4 legs of differing lengths: 1st leg: 8.6 miles, 2nd leg: 5.5 miles, 3rd leg: 7.6 miles and 4th leg: 4.5 miles.

Remember we have a running group that is on every Friday 11-1pm in the meadows.

If you are interested in taking part please get in touch with a member of staff.



**New Member of Staff**

For those of you who haven't heard, Maddy will be going off on maternity leave on 10th February. Rachel McRitchie will be covering for Maddy while she is away. Rachel is part of the Outreach Team so you might have seen her around Number 6. We all wish Maddy good luck and hope you all give Rachel a warm, Number 6 welcome, when she starts.

**Employment Group**

The employment group provides a forum to hear information about seeking paid work with an employer.

This month will be the start of a new series with the first session taking place at **24 Hill Street on Wednesday 1st February from 1.30pm to 3.30pm. The topic will be - What decisions do you need to make about paid work?.**

**The next session will be Wednesday 15th February. 1.30pm to 3.30pm. and the topic will be - Making decisions about what type of work to secure and pursuing a career.**

The sessions will be taken by Andy Horseman, please contact him if you want more information or to discuss coming to the group.

**SATURDAY DROP-INS 10-4pm**

As well as the usual mix of PS2, board games, pool competition, internet use, lunch and general socialising, we will have the following outings:

**Saturday 4th February: Cinema Trip:** Due to film times not being released we don't know what time the film is showing, please check our website for more information. Tickets generally cost around £8 and you may want more for snacks.

**Saturday 18th February: Walking Group:** The location of the walk is still to be decided. Please meet at Number 6 at 10.15am, contact us the week before for our location and duration of the walk.

**Saturday 25th February: Visit to the Edinburgh Dungeons:** Please meet at Number 6 at 10.30am, we will walk along to The Dungeons, tickets will cost approximately £10 (may be a bit less on the day because we are a group) and will be

## Regular Activity Groups

**5-a-side Football:** Second & Fourth Wednesday 8th & 22nd February, around 4.30pm. Please let us know if you would like to attend .

**Art Group:** Every Wednesday, 6-8pm.

**Badminton:** Tuesday 21st February, 6–7pm. Meet at Number 6 at 5pm. Please inform a member of staff if you wish to attend.

**Book Group:** Second Monday of every month. 13th February, 6-8pm.

**Creative Writing:** Tuesday 28th February, 6–8pm.

**Girls Group:** Every Wednesday 1pm–3pm & 1st & 3rd Mondays 6.30–8pm (6th & 20th February)

**Gourmet Club:** Thursday 23rd February — Meet at 12.00pm at Hill Street. Anyone interested in going please contact Stew to book your place.

**Live Music:** Monday 20th February, 6–7.30pm. We will be doing a guitar and percussion session. All welcome to come along.

**Music Corner:** Monday 6th February, 6–7.30pm. We will be continuing with guitar taster sessions. Please let us know in advance if you plan to come along.

**Photography Group:** Thursday 16th February, 6-8pm. Please contact Stewart if you wish to attend.

**Quiz Night:** Monday 27th February.

**Running Group:** 11am on Fridays: Anyone is welcome to come along to the weekly running sessions. For more information and details about arrangements to meet, please contact Andy or Kim.

**Scrabble & Chess Club:** Second & Fourth Thursdays. 9th & 23rd February, 6–8pm.

**Snooker Club:** Tuesday 14th February, 5–8pm. Please contact us in advance if you wish to attend.

**Video Editing Group:** Tuesday 28th February, 4–7pm. Feel free to come along and join the group.

**Xbox and PS2 Gaming Group:** First & Third Wednesdays. 1st & 15th February, 4–7pm. Let us know if there are any games you would like us to get.

**Yoga:** Tuesday 28th February, 7–8pm. Yoga sessions will be held at 24 Hill Street in the training room. Please note we are only having one session of Yoga this month.

*Please let us know if you intend to join a group for the first time.*

### Street Soccer, Football Coaching Sessions

Craigmillar activity centre are arranging football coaching sessions at the Power League, Portobello. It will either be on a Monday or Tuesday at 1-3pm.

If you are interested please get in touch with Kim for more information.

### February FILM NIGHTS Thursday 2nd & 16th.

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

**Thursday 2nd February: Tinker Taylor Soldier Spy (Thriller, 2hr 7mins)** - In the bleak days of the Cold War, espionage veteran George Smiley is forced from semi-retirement to uncover a Soviet agent within MI6's echelons.

**Thursday 16th February: Johnny English Reborn (Comedy, 1hr 41mins)** - Johnny English goes up against international assassins hunting down the Chinese premier.

### Chocolate Fudge

50g unsalted butter  
375g good quality dark chocolate  
375g tin of sweetened condensed milk

1. Put butter, chocolate and condensed milk in a microwave safe bowl
2. Put bowl into microwave for 3 minutes
3. Once melted take bowl out of the microwave and mix thoroughly

4. Line a baking dish with foil or butter paper. Pour mixture into the dish and even out to the sides.
5. Let the dish cool in the fridge for 2-3 hours
6. Cut into small squares and serve cold.



By Sarah Dickinson

### Photography Group

This month the group will be doing a “**Props**” shoot in the Art Room. Bring in an item you would like to photograph, this could be something that means a lot to you or is part of your hobby.

The full agenda for 2012 for the Photography Group is available to view on the Number 6 website.