

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

MON	TUES	WED	THUR	FRI	SAT	SUN
						1
2 11-1 Knitting & Nattering 6-8 Music Group (TR) 6-8 Girls' Group (RR)	3 4-7 RPG (Closed) (ART) 6-8 Peer Support Group (ART) 4.30 - 6 LDG 8	4 1-3 Girls' Group 3-6 Gaming Group (TR) 6.30 - 8 LDG 8	5 1 - 2.30 LDG 5 2-4 Thursday Discussion Group 4:30 Curry Club (Jashans, Slateford Road) 5:30 Film Night (How to train your Dragon: The Hidden World)	6 1-3 Peer Support Group (ART) 3-5 Pool Drop-In 3 - 4.30 LDG 4	7 10-4 Drop-In Cinema Trip: Asterix: The Secret of the Magic Potion (Graeme/Hyan)	8
9 11-1 Knitting & Nattering (ART) 4-6 Table Tennis (ART)	10 4-5 New Faces Group 6-7.30 Pizza Night 6-8 Peer Support Group (ART) 4.30 - 5.30 LDG 1, Intro	11 1-3 Girls' Group 4:30-5:30 5-a-Side football 6-8 Art & Crafts (ART) 6.30 -7.30 LDG 1, Intro	12 1-2.30 LDG 6 2-4 Thursday Discussion Group 6-7 Relaxation Group (TR) 6-8 Scrabble (ART)	13 1-3 Peer Support Group (ART) 3-5 Pool Drop-In 3 - 4.30 LDG 5	14	15
16 11-1 Knitting & Nattering (ART) 6-8 Music Group (TR) 6-8 Girls' Group (RR)	17 1-4 Video Editing 2-3.30 Book Group (RM1) 4-7 RPG (Closed) (ART) 6-7 Badminton 6-8 Peer Support Group (ART) 4.30 - 6 LDG 2	18 1-3 Girls' Group 3-6 Gaming Group (TR) 6-7.30 Coffee, Cake & Chat (TR) 6.30 - 8 LDG 2	19 1-4 Bus Group 1-2.30 LDG 7 2-4 Thursday Discussion Group 5:30 Film Night (Shazam!)	20 1-3 Peer Support Group (ART) 3-5 Pool Drop-In 3 - 4.30 LDG 6	21 10-4 Drop-In Walking Group: Craighlockhart Wood (Andy/Ant)	22
23 11-1 Knitting & Nattering (ART) 4:30-5 Tai Chi (TR) 6-8 Quiz Night (ART)	24 12-3 Photography Group 6-8 Peer Support Group (ART) 4.30 - 6 LDG 3	25 1-3 Girls' Group 2-5 Pool League 6-8 Art & Crafts (ART) 6.30 - 8 LDG 3	26 Midday Gourmet Club (ASK Italian, Shandwick Place) 1-2.30 LDG 8 2-4 Thursday Discussion Group 6-7 Relaxation Group (TR) 6-8 Scrabble (ART)	27 1-3 Peer Support Group (ART) 3-5 Pool Drop-In 3-5 Darts (Ballroom, Morningside) 3 - 4.30 LDG 7	28 10-4 Drop-In Doors Open Day - Lothian Bus Depot, Annandale Street (Karina/Stewart)	29
30 11-1 Knitting & Nattering (ART)				ART - Art Room, 1 st floor TR - Training Room 1 st floor RM1 - Room 1, 2 nd floor RM2 - Room 2, 2 nd floor		

Regular Activity Groups

- 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:** **2nd & 4th Wednesday of every month, 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:** **3rd Tuesday of every month, 2 – 3.30pm.** Up to date details are in the Newsletter of which book the group are reading.
- Coffee, Cake, and Chat:** **3rd Wednesday of every month.** This relaxed, informal discussion groups meets at **6—7:30** in the Art Room to discuss current affairs or meet new people.
- Curry Club:** **1st Thursday of every month.** This group will meet once a month and visit different curry houses in Edinburgh. Depending on what you order, you will need between £15 - £20.
- Darts:** **4th Friday of every month, 3pm to 5pm.** Meet at Number 6 at 2.20pm to travel to the Ballroom by bus, or alternatively meet at the Ballroom at 3pm. Please contact Stew for more details.
- Film Night:** 1st & 3rd Thursday, **5:30pm.** See newsletter for further details for this month.
- Gaming Group:** **1st & 3rd Wednesday** of every month, **3 -6 pm.**
- Girls' Groups:** **Meets on the 1st and 3rd Mondays of every month** from **6pm—8pm**, and every Wednesday from **1pm—3pm.**
- Gourmet Club:** Meets on the **4th Thursday.** Depending on your choices, you will need between £15—£25 to cover the cost. See newsletter for further details for this month.
- Knitting and Nattering:** **Meets every Monday, 11 – 1pm.** A group for people that enjoy yarn, fibre and needle crafts. Tuition is not available but beginners are more than welcome to come along and use youtube or other means to learn a new skill. There are some supplies available.
- Music Group:** **1st and 3rd Monday** of every month, from **6—8pm.**
- New Faces:** **Meets 2nd Tuesday, 4– 5pm.** For anyone registered Number 6 in the last year. Mingle with staff, learn more about the service, and meet people newly registered with us.
- Peer Support Group:** This group creates a relaxed support network for late diagnosed adults, run by late diagnosed adults. The Peer Support group is a great opportunity to learn from each other.
- Photography Group:** **4th Tuesday of every month.** Normal meeting time **12 -3pm.** However, check newsletter as times may change, depending on what is covered.
- Pizza Night:** **2nd Tuesday, 6 – 7.30pm.** Meeting at Pizza Hut, Hanover Street at 6pm. Depending on what you order, you will need between £10 - £20.
- Pool League:** **4th Wednesday, 2 -5pm.** Maff runs the pool league, which takes place at the Ballroom, Morningside.
- Quiet Room:** A room will be booked each weekday throughout the month for people to use as a quiet place to sit, read and have the opportunity to be around others without any pressure to talk but quiet conversation would be allowed. There will be some guidelines for using the space that people will need to follow.
- Quiz Night:** **4th Monday of every month, 6—8pm.**
- Relaxation:** **2nd & 4th Thursday, 6—7pm.** A chance to relax and unwind listening to a guided imagery script for the first half hour. The group then enjoy herbal teas and a chat. New members always welcome!
- Scrabble:** **2nd & 4th Thursday, 6—8pm.** An opportunity to play a couple of games of Scrabble. New members welcome!
- Table Tennis:** **2nd Monday, 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!

Please let a staff member know if you intend to join a group for the first time.