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| | <p>1</p> <p>3 –4 Late Diagnosis Group (Zoom)</p> <p>3 – 4.30 Coffee & Chat (No.6)</p> <p>6 – 7 Coffee Evening (Skype)</p> | <p>2</p> <p>1 - 3 Girls Group (Skype)</p> <p>3 – 4 Art Group (Skype)</p> <p>4 – 5.30 Peer Support Group (No.6)</p> <p>6.30 – 8 Late Diagnosis Group (No.6)</p> | <p>3</p> <p>2 – 4 Thursday Group (No.6)</p> <p>3 –4 Late Diagnosis Group (Zoom)</p> <p>5 – 5.30 Tai Chi (No.6)</p> <p>6 – 7 Relaxation (No.6)</p> | <p>4</p> <p>11 – 1 Yarn, Fibre & Needlecraft Group (Zoom)</p> <p>2 - 3 Late Diagnosis Group (No.6)</p> | <p>5</p> <p>11 - 12 Q&A with Maff (No.6 & FB Live)</p> <p>1 – 2.30 Online Quiz (No.6 & FB Live)</p> | <p>6</p> <p>Number 6 Closed</p> |
| <p>7</p> <p>4 – 5.30 Late Diagnosis Group (No.6)</p> <p>6.30 – 8 Peer Support Group (No.6)</p> | <p>8</p> <p>2 – 3.30 Film/TV Chat (Skype)</p> <p>3 –4 Late Diagnosis Group (Zoom)</p> <p>3 – 4 Coffee & Chat (Skype)</p> <p>6 – 7 Coffee Evening (Skype)</p> | <p>9</p> <p>1 - 3 Girls Group (No.6)</p> <p>4 – 5.30 Peer Support Group (No.6)</p> <p>6.30 – 8 Late Diagnosis Group (No.6)</p> | <p>10</p> <p>11.30-1 Creative Writing (Skype)</p> <p>2 – 3 Peer Support Group (Skype)</p> <p>2 – 4 Thursday Group (Skype)</p> <p>3 –4 Late Diagnosis Group (Zoom)</p> <p>4.30 – 6 Girls Group (No.6)</p> <p>6 – 6.30 Relaxation (FB Live)</p> | <p>11</p> <p>11 – 1 Yarn, Fibre & Needlecraft Group (No.6)</p> <p>2 - 3 Late Diagnosis Group (No.6)</p> | <p>12</p> <p>Number 6 Closed</p> | <p>13</p> <p>Number 6 Closed</p> |
| <p>14</p> <p>2 – 3.30 Online Quiz (No.6 & FB Live)</p> <p>4 – 5.30 Late Diagnosis Group (No.6)</p> <p>6.30 – 8 Peer Support Group (No.6)</p> | <p>15</p> <p>3 –4 Late Diagnosis Group (Zoom)</p> <p>3 – 4.30 Coffee & Chat (No.6)</p> <p>6 – 7 Coffee Evening (Skype)</p> | <p>16</p> <p>1 - 3 Girls Group (Skype)</p> <p>3 – 4 Art Group (Skype)</p> <p>4 – 5.30 Peer Support Group (No.6)</p> <p>6.30 – 8 Late Diagnosis Group (No.6)</p> | <p>17</p> <p>11.30-1 Creative Writing (No.6)</p> <p>2 – 4 Thursday Group (No.6)</p> <p>3 –4 Late Diagnosis Group (Zoom)</p> <p>5 – 5.30 Tai Chi (No.6)</p> <p>6 – 7 Relaxation (No.6)</p> | <p>18</p> <p>11 - 1 Yarn, Fibre & Needlecraft Group (Zoom)</p> <p>2 - 3 Late Diagnosis Group (No.6)</p> | <p>19</p> <p>Number 6 Closed</p> | <p>20</p> <p>Number 6 Closed</p> |
| <p>21</p> <p>4 – 5.30 Late Diagnosis Group (No.6)</p> <p>6.30 – 8 Peer Support Group (No.6)</p> | <p>22</p> <p>11 – 12.30 Anxiety Group (No.6)</p> <p>2 – 3.30 Film/TV Chat (Skype)</p> <p>3 –4 Late Diagnosis Group (Zoom)</p> <p>3 – 4 Coffee & Chat (Skype)</p> <p>6 – 7 Coffee Evening (Skype)</p> | <p>23</p> <p>1 - 3 Girls Group (No.6)</p> <p>4 – 5.30 Peer Support Group (No.6)</p> <p>6.30 – 8 Late Diagnosis Group (No.6)</p> | <p>24</p> <p>2 – 4 Thursday Group (Skype)</p> <p>3 –4 Late Diagnosis Group (Zoom)</p> <p>4.30 – 6 Girls Group (No.6)</p> <p>6 – 6.30 Relaxation (FB Live)</p> | <p>25</p> <p>11 - 1 Yarn, Fibre & Needlecraft Group (No.6)</p> <p>2 - 3 Late Diagnosis Group (No.6)</p> | <p>26</p> <p>Number 6 Closed</p> | <p>27</p> <p>Number 6 Closed</p> |

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| 28 2 – 3.30 Online Quiz (No.6 & FB Live) 4 – 5.30 Late Diagnosis Group (No.6) 6.30 – 8 Peer Support Group (No.6) | 29 11 – 12.30 Anxiety Group (No.6) 2 – 3.30 Book Group (No.6) 3 –4 Late Diagnosis Group (Zoom) 6 – 7 Coffee Evening (Skype) | 30 1 - 3 Girls Group (Skype) 4 – 5.30 Peer Support Group (No.6) 6.30 – 8 Late Diagnosis Group (No.6) | | | |
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Please note that groups meeting at Number 6 will be limited to a maximum of 4 participants (plus staff facilitator).

Group Descriptions

Art Group: We now have a Facebook group where we are sharing ideas, photos and inspiration about arts and craft projects. We are also running Skype group chats on the first and third Wednesday of the month at 3pm. We use these sessions to talk about our artwork and to work on drawing exercises during the session. For more information please contact Karina.

Coffee and Chat: This group meets for a chat over a cuppa. On the first and third Tuesday of the month we meet in-person at Number 6 and on the second and fourth Tuesday we meet via Skype. For more information please contact Karina.

Coffee Evening: This group meets for a chat over a cuppa on Skype every Tuesday from 6-7pm. For more information please contact Kim.

Creative Writing Group: This group is for individuals with some writing experience. Sessions run twice a month, once in person and once via Skype. Please contact Karina for more information.

Girls Group Wednesdays: Every Wednesday from 1-3pm. Please contact Kim for more information.

Girls Group Thursdays: The second and fourth Thursday of the month from 4.30-6pm at Number 6. Please contact Karina for more information.

Film & TV Chat: This online group is for anyone who would like to discuss films and TV shows. For more information please contact Rachel.

Late Diagnosis Group: Please contact Hyan for more details.

Relaxation Group: Kim runs this group on Thursdays from 6pm. From September she will be running two sessions at Hill Street and two via Facebook Live.

Tai Chi: From September Andy will be running two sessions at Hill Street. Please contact him for more information.

Virtual Social Drop-in: We have created a virtual social drop-in on Facebook for anyone who is registered with Number 6. We use this space as a place to chat to each other, share tips on how to stay well and to generally stay connected.

Quiz: We will be running an online quiz on the second and fourth Monday of the month from 2 to 3.30pm, and on the first Saturday of the month from 1pm to 3pm. For more information please contact Kim.

Yarn, Fibre & Needlecraft Group: Fridays from 11am to 1pm at Hill Street. This fibre arts based group is open to anyone, you don't need to have any experience or equipment just an interest and enthusiasm. Please contact Morag for more information.