

**NUMBER 6  
ONE STOP SHOP  
NEWSLETTER**

**SEPTEMBER 2019  
ISSUE #168**

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**Number 6 Update**

Well what a great summer it has been! Thanks to everyone that has come along to all of our trips and activities throughout July and August. We hope you've all enjoyed it as much as we have!

We have decided not to have an end of summer party but to arrange a spookily fantastic Halloween party. We are just in the planning stages but more information will follow soon.

The bus group is back on this month and the plan is to have it on Thursday 19th September from 12.30 - 4pm. We will catch the 22 to the Gyle, transfer to the 2 over the Asda at the Jewel and then decide which bus we would like to get back to Princes Street. Our plan is to run this once a month so if you have any suggestions please send them to Kim.

**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.

**If you would like to take part in any of these sessions please let Matthew Day know.**

**Topics Covered**

1. Intro
2. What is Autism?
3. Sensory Issues
4. Energy, Anxiety, Burn Out, Recovery
5. Information, Reacting to Information, Processing
6. Autism Through Time: Babies to Elderly
7. Social (dys)function, Employment, Relationships
8. History of AS and 3 Core AS Theories

**Matthew.day@aiscotland.org.uk**

**September Saturday Drop-Ins, 10am - 4pm**

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 7th September: Cinema - Asterix:The Secret of the Magic Potion:** - 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 21st September: Walking Group: Craiglockhart Wood:** We have chosen to go to Craiglockhart Wood. Please meet at Number 6 at 10.30am. We will get a Number 10 Lothian Bus to Craiglockhart. Please bring a packed lunch and wear appropriate footwear and clothing. We will aim to be back at Number 6 by approximately 2.30pm.

**Saturday 28th September: Doors Open Day - Lothian Bus 100 year Anniversary:** We will be visiting the depot at Annandale Street to view buses from throughout the years. Please meet at Number 6 at 11am, we will leave at 11.30 to walk down to the depot and spend a couple of hours there.

## **BORDERS GROUP INFORMATION**

### **Drop-In Session - 9th September**

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 17th September, 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, 5th September, 4.30 - 7.30pm**

We have booked a table at Jashans, Slateford Road for our monthly Curry Club. Please meet at Number 6 at 4.30pm. The group will get a but to the restaurant and will aim to arrive for 5.15pm. If you would like to join us please let Kim know so they can book your place.

### **On the Oche (New Darts Group) Friday 27th September, 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 26th September**

This month we are going to **Ask Italian, Shandwick Place** to try their lunch menu which is 2 courses for £9.95 lunch menu. Please meet at Number 6 12noon or at the restaurant at 12.30.

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

### **New Faces, Tuesday 10th September, 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, 3rd, 10th, 17th & 24th September**

**Every Friday, 1 - 3pm, 6th, 13th, 20th & 27th September**

## Film Nights, 5th & 19th September

**Thursday 5th September - How to Train your Dragon: The Hidden World:** When Hiccup discovers Toothless isn't the only Night Fury, he must seek "The Hidden World", a secret Dragon Utopia before a hired tyrant named Grimmel finds it first.

**Thursday 19th September - Shazam!:** We all have a superhero inside us, it just takes a bit of magic to bring it out. In Billy Batson's case, by shouting out one word – SHAZAM - this streetwise fourteen-year-old foster kid can turn into the grown-up superhero Shazam.

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

## Photography Group Tuesday 24th September, 12-5pm

For September the photography group have decided to visit Linlithgow to photograph the loch and castle.

Meet at hill street at 12pm to head out to get the 12.25pm EX2 bus from Lothian Road to Linlithgow. We will aim to be back at Hill Street for no later 5pm. All welcome.

**Please contact Stew if you would like more information or would like to come along for the first time.**

## Super-Easy Sausage Casserole

### Ingredients

3 tbsp vegetable Oil  
8 good quality sausages  
500g bag frozen mixed Mediterranean veg  
2x 400g tins tomatoes  
2x 400g cannellini beans, drained  
2 thick slices of crusty bread



### Method

1. Heat oven to 200C/180C fan/ Gas 6.
2. Heat 2 tbsp oil in a flameproof casserole dish with a lid.
3. Add the sausages and brown until golden all over, then transfer to a plate.
4. Put the frozen veg in a pan and cook for a few mins to thaw.
5. Add the tomatoes, then half fill one of the cans with water and pour into the dish.
6. Add the beans and season well and bring the mixture to a simmer.
7. Place the sausages on top of the veg, cover with a lid and cook in the oven for 40 mins.
8. Heat 1 tbsp of oil in a frying pan. Tear the bread into small chunks or coarsely grate it, making chunky crumbs. Fry in the hot oil until crisp.
9. Serve the casserole with bowls and top with the breadcrumbs.

**By Sarah Dickinson**