

Number 6 April 2024 Groups & Activities

MON	TUES	WED	THUR	FRI	SAT	SUN
	DROP IN: 1-7PM		DROP IN: 1-7PM	DROP IN: 1-5PM	Drop in 1 st & 3 rd Sat	
1 6.30-8pm Peer Group 2	2 12-1.30 Parents Group 1 5.30-7 Young Women's Peer (16-24s)	3 2.30 – 3.30 Art Group 4 – 5.30 Peer Group 4 4.30 – 5 Tai Chi	4 11-12.30 Creative Writing 1 1 - 3 Girls Group 2-3.30 Women's Group (over-50s) 2 -4 Thursday Group 4-5 Wellbeing Group 5.30-7 Polish Peer	5 11 - 1 YFN 1-2 History Group 1 3-5 Young Men's Peer	6 11-3 Drop-in (Ant) 1-3 Tech Club	7
8 11-12.30 Women's Group (over 35's) 5.30-7pm Peer Group 1	9 12-1.30 Parents Group 2 5.30-7.30 Gaming Group 1	10 1-1.30 Relaxation 1-3 TEam 4 – 5.30 Peer Group 3 4.30 – 5 Tai Chi	11 2 -4 Thursday Group 4-5 Wellbeing Group 5.30- 7 Peer Group 5	12 11 - 1 YFN 3-4.30 Art Group 4.30-7.30 TTRPG (Board Games)	13 1.30-3.30 Queer Singing Group	14 West Lothian cinema group
15 10 – Bus Group 2-3.30 Women's Group (25s-35s) 6.30-8pm Peer Group 2	16 12-1.30 Parents Group 1 5.30-7 Young Women's Peer (16-24s)	17 GASP (rollerskating) 2.30 – 3.30 Art Group 4-5.30 Peer Group 4 4.30- Football 4.30-5 Tai Chi (Zoom)	18 11-12.30 Creative Writing 2 1 - 3 Girls Group 2-4 Thursday Group 4-5 Wellbeing Group 5.30-7.30 Board Gaming Group	19 11 - 1 YFN 10 – Culture Club (over-40s) 3-5 Young Men's Peer 4.30-7.30 TTRPG (Tails of Equestria)	20 10am Musselburgh walk (Andy) 11-3 Drop-in (Kim) 1-3 Tech Club 1.30-4.30TTRPG (Lost Mines)	21
22 11-12.30 Women's Group (over 35's) 1-3 Quiz (FB Live) 5.30-7pm Peer Group 1	23 12-1.30 Parents Group 2 5.30-7.30 Gaming Group 1	24 1-1.30 Relaxation 1-3 TEam 4-5.30 Peer Group 3 4.30-5 Tai Chi	25 2-4 Thursday Group 4-5 Wellbeing Group Curry Club (details TBC) 6-7.30 Peer Group 6	26 11 - 1 YFN 1-2 History Group 2 1-4 Pool Group (Morningside Ballroom) 3-4.30 Art Group 4.30-7.30 TTRPG (Ravenloft)	27 10 - Blackford Hill (Tim) Cinema trip 2-4 Queer Book Group	28
29 2pm – Borders Group 6.30-8pm Peer Group 2	30 12 – Gourmet Club 1.30-2.30 Book Group 12-1.30 Parents Group 1	31 4-5.30 Peer Group 4 4.30-5 Tai Chi	Abbreviations: GASP: Gender Affirming Sports & Physical Activity. TEam: Trans, Enby & More.	Abbreviations Cont: TTRPG: Table Top Role Play Gaming. YFN: Yarn, Fibre & Needlecraft.	Colour Key: Blue: at 24 Hill St Green: at 22 Hill St Orange: Online Red: Out & About Purple: Borders Black: West Lothian	

Please note that you must register with Number 6 before being able to attend any groups & activities. For more info about registering, please email: number6@aiscotland.org.uk or call 0131 526 3176

Group/activity	Group Descriptions
Art Group	Meets online via Skype on the first and third Wednesday of the month from 2.30-3.30pm and in person at Number 6 on the second and fourth Friday of the month from 3-4.30pm. For more information about the Skype group please contact Ashley: ashley.mclennan@aiscotland.org.uk and for information about the in-person group contact Zaid: zaid.al-nayazi@aiscotland.org.uk
Board Gaming Group	We are now running a monthly board gaming group on the third Thursday of the month from 5.30-7.30pm. We'll be playing different games each month. Please email Louisa for more information: louisa.dawson@aiscotland.org.uk
Book Group	Meets from 1.30-2.30pm on the 4 th Tuesday of every month in the Peer Room at 22 Hill Street. We choose a book to read each month, discuss that book during the group and then spend a bit of time considering the book for the next group. The group is currently full, but if you are interested in joining, then let Matthew know matthew.day@aiscotland.org.uk as there may be remote options.
Borders Group	This is a closed group for people living in the Borders. Ashley & Charlotte alternate the running of this group. For more information about this month's meeting, please email Ashley: Ashley.mclennan@aiscotland.org.uk
Bus Group	A group for people who enjoy bus journeys. This month, we'll be doing the 100 and 200 on Monday 15 th April, meeting at Number 6 at 10am. Please email Maff for more information: matthew.day@aiscotland.org.uk
Cinema Group	We organise a monthly Saturday trip to the cinema. Further information available in the 'weekend' section.
Creative Writing	We run two separate, monthly groups (on the 1 st & 3 rd Thursday from 11am to 12.30). During the session, Karina leads one or two short writing exercises using prompts to come up with poems, prose and short stories. Participants read out their work if they feel comfortable doing so. Both groups are currently full, but if you'd like to be added to the waiting list, please email: karina.williams@aiscotland.org.uk
Culture Club (over-40s)	A monthly meet-up for anyone over 40 who is interested in cultural outings & events. This month we'll be having a free guided tour around the Parliament building on Friday 19 th April and going for coffee afterwards. Meeting outside Number 6 at 1pm outside the Parliament at 1.30pm. Please email Tim for more info: tim.hather@aiscotland.org.uk
Curry Club	A group for people who love curry ☺ This month's Curry Club will be on Thursday 25 th , time and venue TBC. Please email Andy at least one week before if you are interested in coming as spaces are limited: andrew.horseman@aiscotland.org.uk
Drop-ins	We are open for drop-in on the following days & times: Tuesdays 1-7pm; Thursdays 1-7pm; Fridays 1-5pm, and the first and third Saturday of the month from 11am to 3pm. Anyone registered with Number 6 is welcome to come along to the building to use the computer room, pool room and any meeting rooms that are available. Tea & coffee is available.
Football	We meet on the third Wednesday of the month at World of Football, Corn Exchange. Meet outside the pitches at 4:20pm, for a 4:30pm start. Please email Ant for more information: Anthony.shek@aiscotland.org.uk
Gaming Group	An opportunity to try out computer games with other gamers, this group meets on the second and fourth Tuesday of the month from 5.30-7.30pm at 24 Hill Street and the first Wednesday of the month from 1-3pm. Please email Rowan if you're interested in coming along: rowan.donnachie@aiscotland.org.uk
GASP (Gender Affirming Sports & Physical Activity)	Are you Trans/Non-binary/Genderqueer? Like sports but dysphoria gets in the way? This might be the group for you. We meet on the third Wednesday of the month and try out a different sporting activity. This month we'll be trying out roller-skating. For more info, please email Rowan: rowan.donnachie@aiscotland.org.uk

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Girls Group	Meets at 24 Hill Street on the first and third Thursday from 1-3pm. The group provides the opportunity to chat with other autistic women, take part in activities and to build companionship. For more information, please contact Kim for more info: kim.maxwell@aiscotland.org.uk
Gourmet Club	A monthly lunch club where we try out different eating establishments. This month we'll be going to Spirit of Thai on Grindlay Street on Tuesday 30 th April, meeting at 24 Hill Street at 12 noon. Please email Kim for more information: kim.maxwell@aiscotland.org.uk
History Group	We now run two, separate, History Groups on the first & third Friday of the month. Please email Matthew if you would like to be added to the waiting list: matthew.day@aiscotland.org.uk
Late Diagnosis Group (LDG)	Late Diagnosis Group – A 7 week post-diagnostic course for newly-diagnosed people who would like to enhance their understanding of autism. Please email number6@aiscotland.org.uk and request the LDG calendar which lists the 15 course options (we run courses specifically for women, minority gender people and under-25s). Please note that there is usually a waiting list for LDG which may be up to a few months long.
Parents Group	We run two in-person groups fortnightly on Tuesdays from 12 to 1.30pm. These groups provide the opportunity to meet other autistic parents in a relaxed environment and share the ups and downs of being a parent. There is no requirement for your child to be autistic just that you are a parent. Please contact Sarah if you would like to come along: sarah.gardiner@aiscotland.org.uk
Peer Support Groups	<p>We run 12 peer support groups. Peer groups are suitable for individuals who enjoy group conversations on topics that emerge organically on the day of the group. Due to spaces being very limited, it is only possible to sign up to one peer group. We also recommend that newly-diagnosed people attend the Late Diagnosis Group before joining a peer group. Please contact individual staff facilitators if you are interested in joining a group and they will let you know if there is space.</p> <p>Peer 1 – Alternate Mondays 5.30-7pm (for men over 30) stewart.campbell@aiscotland.org.uk</p> <p>Peer 2 – Alternate Mondays 6.30-8pm (for men over 30): stewart.campbell@aiscotland.org.uk</p> <p>Peer 3 – Alternate Wednesdays 4-5.30pm (for anyone over 40): Currently full, but contact Karina to be added to the waiting list: karina.williams@aiscotland.org.uk</p> <p>Peer 4 – self-led, closed group (no spaces).</p> <p>Peer 5 – Second Thursday of the month, 5.30-7pm (for men in their 20s & 30s): scott.wright@aiscotland.org.uk</p> <p>Peer 6 – Fourth Thursday of the month, 6-7.30pm (for anyone over 30 in employment) Louisa.dawson@aiscotland.org.uk</p> <p>Young Women's Peer – First & Third Tuesday, 5.30-7pm (for women & non-binary people aged 16-24) Full, but contact Karina to be added to the waiting list: karina.williams@aiscotland.org.uk</p> <p>Young Men's Peer – First & Third Friday, 3-5pm (for men aged 16-24) scott.wright@aiscotland.org.uk</p> <p>Women's Group 1 (for women & non-binary people aged 25-35) Third Monday of the month, 2-3.30pm. Full but contact Karina to be added to the waiting list: karina.williams@aiscotland.org.uk</p> <p>Women's Group 2 (for women & non-binary people over 35) Second & Fourth Monday of the month, 11am – 12.30 karina.williams@aiscotland.org.uk</p> <p>Women's Group 3 (for women & non-binary people over 50) Second Thursday of the month, 2-3.30pm. Louisa.dawson@aiscotland.org.uk</p> <p>Polish Peer: First Thursday of the month, 5.30-7pm. For Polish individuals diagnosed by Number 6. This group is self-led but please contact Maff for more info: matthew.day@aiscotland.org.uk</p>
Pool Group	We run a pool group at Morningside Ballroom on the 4 th Friday of the month from 1-4pm. Please email Scott if you would like to come along: scott.wright@aiscotland.org.uk
Queer Book Group	Are you LGBT+, like reading, want to read more and have a space to talk about what you're reading? We now run a queer focused monthly book group on the 4 th Saturday of the month. This month we'll be reading: <i>Bad Gays: A Homosexual History</i> , <i>Huw Lemmey</i> , <i>Ben Miller</i> .

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	Please email Rowan if you'd like to come along: rowan.donnachie@aiscotland.org.uk
Queer Singing Group	Like singing? Want to try singing in a group? Just want to have fun and maybe learn some new songs? Want to extend your vocal range? This might be the group for you. We now run a singing group for our LGBTQ+ service users. It's not always easy finding a space to sing that doesn't divide people into men's and women's voices this group aims to be as inclusive as possible – we are also aware that hormone therapy can change your voice and that people may be learning how to speak (and sing) in a new vocal range – because of this we will encourage you to sing in the range that feels best for you. This is a beginners friendly, non-performing group, we'll be coming together to have fun, sing songs and make music together. Meets on the second Saturday of the month from 1-3pm. For more information, please email rowan.donnachie@aiscotland.org.uk
Quiz (online)	Hosted through a closed group on Facebook on the fourth Monday of the month from 1pm to 3pm, each quiz consists of 5 rounds containing 10 questions. Subjects for quiz rounds have been, but are not limited to, General Knowledge, Geography, Nature and the Natural World, Food and Drink, Picture Rounds, Sci-fi and 80's pop. In order to take part you will need a Facebook account and have contacted a member of staff to be added to the closed Facebook Quiz Group – from there you can watch the quiz live. For more info, please contact Stew: stewart.campbell@aiscotland.org.uk
Relaxation Group (online)	Ashley runs an online relaxation session on the second and fourth Wednesday of the month from 1-1.30pm. This takes place through our closed Facebook Group *'The Virtual Drop-in'. For more information about joining the sessions, please email: Ashley.mclennan@aiscotland.org.uk
Tai Chi (online)	Wednesdays at 4.30pm on Zoom. This 30 minute session comprises of warm up and warm down stretches, breathing exercises and a set of Tai Chi moves to combine breathing and movement. For more info, please contact Andy: andrew.horseman@aiscotland.org.uk
TEam (Trans, Enby and More)	Meets on the second and fourth Wednesday of the month from 1-3pm at 24 Hill Street. This is a group for trans and non-binary people, as well as anyone questioning their gender. For more information please contact Rowan: rowan.donnachie@aiscotland.org.uk
Tech Club	Tech Club is a club for people at Number 6 who would like to learn about or mess around with electronics and coding. The club is mainly based around the raspberry pi and is led by a volunteer called Richard. The club meets on the first and third Saturday of the month from 1-3pm at 24 Hill Street. For more information, please email: karina.williams@aiscotland.org.uk
Thursday Group	This discussion group is currently closed.
TTRPG (Table-top role-playing games)	Our TTRPG groups are currently full, however, if you would like to be added to the waiting list, please email: rowan.donnachie@aiscotland.org.uk
*Virtual Drop-in (Facebook)	We have created a virtual social drop-in on Facebook for anyone who is registered with Number 6. This is a closed group where service users can chat to each other, share tips on how to stay well and generally stay in touch. This is a closed group so please contact Karina to request an invite: karina.williams@aiscotland.org.uk
Wellbeing Group (16-24's)	A 6-session course for individuals aged 16-24. This course explores topics related to Health & Wellbeing, including: Sleep Hygiene, Motivation & Emotional Regulation. Please contact Ashley for more information: ashley.mclennan@aiscotland.org.uk
West Lothian Cinema Group	Sarah is now running a monthly cinema group for people living in West Lothian. This month we'll be going to see <i>Civil War</i> on the 14 th April. Please email Sarah if you would like to come along: sarah.gardiner@aiscotland.org.uk . Please note that this group is only for people resident in West Lothian.

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Yarn, Fibre & Needlecraft (YFN)	Meets every Friday 11am- 1pm at 24 Hill Street. This group provides a space to meet, work on fibre crafts, and chat about life the universe and everything. Suitable for anyone with an interest in fibre crafting. Some skills help but are not necessary although for the time being we are only working on our own projects so owning equipment is currently a must. Please email Rowan for more info: rowan.donnachie@aiscotland.org.uk
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Weekend Activities

Date	Description
<p><u>Saturday 6th April</u></p> <p>Drop-in 11am to 3pm (Ant)</p> <p>Tech Club 1-3pm</p>	<p>Drop-in: Anyone registered with Number 6 is welcome to drop into the building (24 Hill Street) between 11am and 3pm. You're welcome to use the Computer Room, Pool Room and all of the other meeting rooms will be available to hang out in. The kitchen will be open for people to make themselves a tea and coffee. We do not provide lunch but you're welcome to bring your own.</p> <p>Tech Club is a club for people at Number 6 who would like to learn about or mess around with electronics and coding. The club is mainly based around the raspberry pi and is led by a volunteer called Richard. The club meets on the first and third Saturday of the month from 1-3pm at 24 Hill Street. For more information, please email: karina.williams@aiscotland.org.uk</p>
<p><u>Saturday 20th April</u></p> <p>Musselburgh Walk (Andy) 10am</p> <p>Drop-in 11am to 3pm (Kim)</p> <p>Tech Club 1-3pm</p>	<p>Walk: Andy will be taking a group for a 4 mile circular walk in Musselburgh. We'll be meeting at Number 6 at 10am and taking the bus to Musselburgh. Please email Andy if you'd like to come along: andrew.horseman@aiscotland.org.uk</p> <p>Drop-in: Anyone registered with Number 6 is welcome to drop into the building (24 Hill Street) between 11am and 3pm. You're welcome to use the Computer Room, Pool Room and all of the other meeting rooms will be available to hang out in. The kitchen will be open for people to make themselves a tea and coffee. We do not provide lunch but you're welcome to bring your own.</p> <p>Tech Club is a club for people at Number 6 who would like to learn about or mess around with electronics and coding. The club is mainly based around the raspberry pi and is led by a volunteer called Richard. The club meets on the first and third Saturday of the month from 1-3pm at 24 Hill Street. For more information, please email: karina.williams@aiscotland.org.uk</p>
<p><u>Saturday 27th April</u></p> <p>Blackford Hill walk (Tim) 10am</p> <p>Cinema Trip (Maff)</p>	<p>Blackford Hill walk: Tim will be taking a group for a walk up Blackford Hill. We'll be meeting outside Number 6 at 10am then taking the bus to Blackford and walking up the hill. There'll be an optional coffee/refreshment stop afterwards. Please email Tim if you'd like to come along: tim.hather@aiscotland.org.uk</p> <p>Cinema trip: We will decide on the film nearer the time. Please email Matthew if you'd like to be kept in the loop: matthew.day@aiscotland.org.uk</p>

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