

Number 6 August Groups & Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1 2-3pm Online Women's Peer Group 1 4 – 5.30 LDG 5-6.30 LDG 6.30 - 8 Peer Group 2	2 <u>DROP IN 3 – 7</u> 3-4.30 – LDG (Zoom) 3:30 – 5 LDG 6-7.30 LDG	3 10.30-11.30 – Online Women's Peer Group 2 2.30 – 3.30 Art Group (Skype) 4 – 5.30 Peer Group 3 4.30 – 5 Tai Chi (Zoom) 5-7 Gaming Group 6.30 – 8 LDG	4 <u>DROP IN 3-7</u> 1 - 3 Girls Group (No6) 2 – 4 Thursday Group 3.30-4.30LDG (16-24) 5-6 LDG (16-24) 6 - 7 Relaxation	5 <u>DROP IN 1 - 5</u> 11 - 1 Yarn, Fibre & Needlecraft 2 – 3:30 LDG 4-5 LDG (16-24) 5-7pm TTRPG 5.30-7pm Wellbeing Group (16-24)	6	7
8 1 – 2.30 Online Quiz 4-5.30 LDG 5-6.30 LDG 6.30 - 8 Peer Group 1	9 <u>DROP IN 3 – 7</u> 10am – Online Relaxation 3-4.30 – LDG (Zoom) 3:30 – 5 LDG 6-7.30 LDG 6 – 7 Coffee Evening (Skype)	10 1-2 Girls Group (Skype) 1-3 TEam 4.30-5 Tai Chi (Zoom) 4-5.30 Peer Group 4 6.30-8 LDG	11 <u>DROP IN 3-7</u> 2 – 4 Thursday Group 3.30-4.30 LDG (16-24) 5-6 LDG (16-24)	12 <u>DROP IN 1 - 5</u> 11 - 1 Yarn, Fibre & Needlecraft 2 – 3:30 LDG 3-4.30 Art Group 4-5 LDG (16-24) 5-7pm TTRPG 5.30-7pm Wellbeing Group (16-24)	13 9.30 – Arthur's Seat walk (Graeme) Cinema trip (Maff)	14
15 2-3pm Online Women's Peer Group 1 4 – 5.30 LDG 5-6.30 LDG 6.30 - 8 Peer Group 2	16 <u>DROP IN 3 – 7</u> 3-4.30 – LDG (Zoom) 3:30 – 5 LDG 6-7.30 LDG	17 10.30-11.30 – Online Women's Peer Group 2 2.30 – 3.30 Art Group (Skype) 4 – 5.30 Peer Group 3 4.30-5 Tai Chi (Zoom) 4.30 – Football 5-7 Gaming Group 6.30 – 8 LDG	18 <u>DROP IN 3-7</u> 11-12.30 Creative Writing 1 - 3 Girls Group (No6) 2 – 4 Thursday Group 3.30-4.30 LDG (16-24) 5-6 LDG (16-24) 6 - 7 Relaxation	19 <u>DROP IN 1 - 5</u> 11 - 1 Yarn, Fibre & Needlecraft 2-3:30 LDG 4-5 LDG (16-24) 5-7pm TTRPG 5.30-7pm Wellbeing Group (16-24)	20 11-3 Drop-in (Zaid)	21
22 10am – Bus Group 11-12.30 Women's Group (over-35s) 1 – 2.30 Online Quiz 4 – 5.30 LDG 5-6.30 LDG 6.30 - 8 Peer Group 1	23 <u>DROP IN 3 – 7</u> 10am – Online Relaxation 12 Gourmet Club 1.30-2.30 Book Group 3-4.30 – LDG (Zoom) 3:30-5 LDG 5.30-7 Young Women's Peer 6-7.30 LDG 6 – 7 Coffee Evening (Skype)	24 1-2 Girls Group (Skype) 1-3 TEam 4.30-5 Tai Chi (Zoom) 4-5.30 Peer Group 4 6.30-8 LDG	25 <u>DROP IN 3-7</u> 2 – Marvel Group (16-24) 2 – 4 Thursday Group 3.30-4.30 LDG (16-24) 5-6 LDG (16-24)	26 <u>DROP IN 1 – 5</u> 11 - 1 Yarn, Fibre & Needlecraft Group 2 – 3:30 LDG 3-4.30 Art Group 4-5 LDG (16-24) 5-7pm TTRPG 5.30-7pm Wellbeing Group (16-24)	27 10am - Costorphine Hill (Ant) Borders Group (Ashley)	28
29 4 – 5.30 LDG 5-6.30 LDG 6.30 - 8 Peer Group 2	30 <u>DROP IN 3 – 7</u> 3-4.30 – LDG (Zoom) 3:30 – 5 LDG 6-7.30 LDG	31 4.30-5 Tai Chi (Zoom) 4-5.30 Peer Group 3 Curry Club (details tbc) 6.30-8 LDG	Abbreviations: LDG: Late Diagnosis Group	Blue = at 24 Hill Street Purple = 22 Hill Street Green = Skype Pink = Facebook Live Orange = via Zoom Red = Microsoft Teams Black = out & about		

Please note that spaces at groups are limited so you must book in advance.

Group/activity (in alphabetical order)	Group Descriptions
Art Group	Meets online via Skype on the 1 st and 3 rd Wednesday of the month from 2.30-3.30pm and in person at Number 6 on the 2 nd and 4 th Friday of the month from 3-4.30pm. The group provides the opportunity to meet other people to talk about arts and crafts that you enjoy and to participate in simple drawing and painting exercises. 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
Book Group	Meets from 1.30-2.30pm on the 4 th Tuesday of every month, in the Training Room at 24 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 or you could be a reserve for anyone not able to make it in any given month.
Borders Group	This is a closed group for people living in the Borders. For more information please contact Ashley at: Ashley.mclennan@aiscotland.org.uk
Bus Group	This month the group will be on Monday 22 nd August, we will be taking the 24 route. Meet at Number 6 at 10am. For more details please contact Maff at: matthew.day@aiscotland.org.uk
Coffee Evening (online)	Meets on Skype from 6-7pm on the 2 nd and 4 th Tuesday of the month. This is a safe and confidential space where we chat about how our week has been, any worries we have and just about life in general. This is a closed group but please contact Zaid if you would like more information: zaid.al-nayazi@aiscotland.org.uk
Creative Writing	We run an online group on the 1 st Thursday of the month and an in-person group at Number 6 on the 3 rd Thursday of the month. During the session the staff facilitator leads one or two short writing exercises. We use prompts to come up with poems, prose and short stories and participants are encouraged to read out their work if they feel comfortable doing so. For more information please contact Karina: karina.williams@aiscotland.org.uk
Curry Club	This month's Curry Club will be on Wednesday 31 st August, venue tbc. Please email Andy by 22 nd August if you would like to book a place: andrew.horseman@aiscotland.org.uk
Drop-ins	We are now open for drop-in on the following days & times: Tuesdays 3-7pm; Thursdays 3-7pm; Fridays 1-5pm, plus one Saturday per month. Anyone registered with Number 6 is welcome to come along to the building to use the computer room, any meeting rooms that are available at the time and the pool room on a Friday. If a room is free for use in drop-in times, the door will be open. There will be no access to the staff office. For more information, please speak to any member of staff.
Football	Meets on the 3 rd Wednesday of the month at the World of Football, Corn Exchange. Meet outside the pitches at 4:20pm, for a 4:30pm start. Please email Maff if you would like to come along: matthew.day@aiscotland.org.uk
Gaming Group	Takes place at Number 6 on the 1 st and 3 rd Wednesday of the month from 5-7pm. We have also set up a Discord group - this is the place to post questions and suggestions or hang out and play remotely if you can't make it along in person. You can join the Discord with this link: https://discord.gg/M58yBFf4we or you can email Mo at: mo.donnachie@aiscotland.org.uk for more information about joining the group.
Girls Group	Alternates between Skype and Number 6. Skype sessions are on the 2 nd & 4 th Wednesday of the month from 1-2pm and in-person sessions are on the 1 st and 3 rd 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 the No.6 groups: kim.maxwell@aiscotland.org.uk and Ashley for the online sessions: ashley.mclennan@aiscotland.org.uk
Gourmet Club	This month the group will be going to Salerno Pizza at St James Quarter on Tuesday 23 rd August. Meet at Number 6 at 12 noon. Please email Kim to book your place: kim.maxwell@aiscotland.org.uk

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Late Diagnosis Group (LDG)	<p>Late Diagnosis Group - Divided into 8 weekly sessions of 60—90mins, this is a discussion-based group to help you understand and adjust to your diagnosis, learn a bit about the history of autism, what it is, how it may (or may not) affect you and focus on developing your strengths and ameliorating your challenges.</p> <p>Late Diagnosis Group – Women - This is a discussion based group to help you understand and adjust to your diagnosis, learn a bit about the history of autism, what it is, how it may (or may not) affect you and focus on developing your strengths and ameliorating your challenges. This is an LGBTQIA+ positive group and is primarily aimed at women and non-binary people who are comfortable in a space that centres the experience of women.</p> <p>Late Diagnosis Group – 16-24 year olds – A 5 week Late Diagnosis course for young people. Please ask any member of staff for more information about any of the LDG groups.</p>
Marvel Group	A group for Marvel fans aged 16-24 . The next Marvel Discussion Group will be on Thursday 25 th August (2pm) at 24 Hill Street. Please email Maff if you would like to come along: matthew.day@aiscotland.org.uk
No6 TEam (Trans, Enby and More)	Meets on the 2 nd and 4 th Wednesday of the month from 1-3pm in the training room at Number 6. This is a group for Trans and non-binary people, as well as anyone questioning their gender. For more information please contact Mo: mo.donnachie@aiscotland.org.uk
Peer Support	Monday (6:30pm) and Wednesdays (4pm) at Number 6. This social group is for anyone diagnosed autistic wishing to chat with other autistics, in a space that is safe, non-judgemental, and all-inclusive. As this is a social group, topics of discussion are not decided beforehand, but emerge organically on the day. If you are interested in joining please email Karina at karina.williams@aiscotland.org.uk
Quiz	Hosted through a closed group on Facebook on the second and fourth Monday of the month from 1pm to 2.30pm. 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. Suggestions for specific quiz rounds are always welcome. 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. Past quizzes are stored in the Quiz Group section of The Number 6 Facebook page so you can go back and a previous quiz at your own leisure. If you have any questions, or require more information, please contact Stew at stewart.campbell@aiscotland.org.uk
Relaxation Group	This relaxation session takes place on the 1 st & 3 rd Thursday of the month from 6 -7pm at Number 6 (run by Zaid) and the 2 nd & 4 th Tuesday from 10-10.30am on Facebook Live (run by Ashley). Staff read through a guided imagery script (e.g. walking you through a forest, floating on a cloud, walking on a beach) or a progressive muscular relaxation which last 15 – 30 minutes. If you would like to join the in-person group please contact Zaid: zaid.al-nayazi@aiscotland.org.uk Please note that the online group is open to anyone that is part of our private Facebook Group, the Virtual Social Drop-In (see below).
Tai Chi (online)	Takes place every Wednesday online via Zoom at either 4.30pm or 5pm depending on Andy's availability. 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. Contact Andy to join the group or discuss it in more detail: andrew.horseman@aiscotland.org.uk
Thursday Group	This discussion group is currently closed.
TTRPG (Table-top role-playing games)	This group is now full and the waiting list is closed.
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)	We are now running a Wellbeing Group for individuals aged 16-24. Please contact Ashley for more information: Ashley.mclennan@aiscotland.org.uk

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Women's Group (over 35's)	This group is for women over 35. We meet at Number 6 on the second and fourth Monday of the month and chat about how we are doing, share experiences and provide each other with peer support. For more information please email Karina: karina.williams@aiscotland.org.uk
Women's Peer Group (online)	We are now running two online peer support groups for anyone who identifies as a woman. Group 1 runs on Microsoft Teams on the 1 st and 3 rd Monday of the month (2-3pm) and Group 2 runs on the 1 st and 3 rd Wednesday of the month from 10.30-11.30am. Please email Karina for further details: karina.williams@aiscotland.org.uk
Yarn, Fibre & Needlecraft	Meets every Friday 11am – 1pm at Number 6. This group provides a space to meet, work on fibre crafts, and chat about life the universe and everything. It is 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 Mo for more information: mo.donnachie@aiscotland.org.uk
Young Women's Peer	This peer support group is for women aged 16-25 who have been diagnosed with autism within the last few years. We meet on alternate Tuesdays from 5.30-7pm at Number 6. For more information please email Karina: karina.williams@aiscotland.org.uk

Date	Weekend Activities
Saturday 13th August Option 1: Arthur's Seat walk with Graeme (9.30am start) Option 2: Cinema with Maff	<p>Option 1: Graeme will be taking a group for a walk up Arthur's Seat. The plan is to meet at Number 6 at 9.30am, walk to Holyrood Park, up Arthur's Seat and then back to Number 6. Please email Karina for more information or to book a space: karina.williams@aiscotland.org.uk</p> <p>Option 2: Maff will be taking a group to see Bullet Train at the cinema. Further details TBC nearer the time. Please email him for more information: matthew.day@aiscotland.org.uk</p>
Saturday 20th August Number 6 Drop-in (11am to 3pm) Zaid	<p>Anyone registered with Number 6 is welcome to drop into the building between 11am and 3pm. The table tennis table will be set up for anyone who would like to play. Service users are welcome to use the Computer Room and Pool Room and all of the other meeting rooms will be available to sit in. The front door will only be open during drop-in times. The kitchen will be open for people to make themselves a tea or coffee. There is no obligation to wear a mask, although you may want to do so (staff will still need to wear a mask). There will be no access to the office and no lunch will be provided.</p>
Saturday 27th August Costorphine Hill walk with Ant (10am start)	<p>Ant will be taking a group for a walk to Costorphine Hill. We will meet at Number 6 at 10am, we will then take the bus up to Costorphine and go for an approx. 2 hour walk and then take the bus back. Please email Karina for more information or if you would like to book a space: karina.williams@aiscotland.org.uk</p>

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