

# Number 6 August 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 <sup>st</sup> & 3 <sup>rd</sup> Sat	
<b>Abbreviations:</b> GASP: Gender Affirming Sports & Physical Activity. TEam: Trans, Enby & More. TTRPG: Table Top Role Play Gaming. YFN: Yarn, Fibre & Needlecraft.	<b>Colour Key:</b> Blue: at 24 Hill St Green: at 22 Hill St Orange: Online Red: Out & About Purple: Borders Black: West Lothian		1 11 - 12.30 Creative Writing 1 1 - 3 Girls Group 2 - 4 Thursday Group 5.30 - 7 Polish Peer	2 11 - 1 YFN 1 - 2 History Group 1 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Cyber-punk & One Shots)	3 12 - 4 Drop-in (Ant) 1 - 3 Tech Club 2.30 - 4.30 Queer Book Group	4
5 6.30 - 8pm Peer Group 2	6 5-7 Spanish Peer 5.30 - 7 Young Women's Peer (16-24s)	7 1 - 3 Gaming Group 2 2.30 - 3.30 Art Group 4.30 - 5 Tai Chi 5.30 Peer Group 4	8 2 - 4 Thursday Group 2 - 3.30 Women's Group 3 (over-50s) 5.30 - 7 Peer Group 5	9 11 - 1 YFN 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Board Games)	10 Cinema trip (Maff) 1.30 - 3.30 Queer Singing Group	11
12 11 - 12.30 Women's Group 2 (over 35's) 5.30 - 7pm Peer Group 1	13 5.30 - 7.30 Gaming Group 1	14 1 - 1.30 Relaxation 1 - 3 TEam 4 - 5.30 Peer Group 3 4.30 - 5 Tai Chi (Zoom)	15 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	16 11 - 1 YFN 1 - 2 History Group 2 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Tails of Equestria)	17 12 - 4 Drop-in (Kim) 1 - 3 Tech Club 1.30 - 4.30TTRPG (Lost Mines)	18
19 10- Bus Group 11am Culture Club (over-40s) 2 - 3.30 Women's Group 1 (25s-35s) 6.30 - 8pm Peer Group 2	20 12 - 1.30 Parents Group 1 5-7 Spanish Peer 5.30 - 7 Young Women's Peer (16-24s)	21 1 - 3 GASP (Gym) 2.30 - 3.30 Art Group 4.30 - 5 Tai Chi 4.30 - Football 5.30 Peer Group 4	22 2 - 4 Thursday Group 4 - 5 Wellbeing Group Curry Club (details TBC)	23 11 - 1 YFN 1 - 4 Pool Group (Morningside Ballroom) 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Ravenloft)	24 10am Penicuik Walk (Tim) 1.30 - 3.30 Queer Singing Group	25
26 11 - 12.30 Women's Group 2 (over 35's) 1 - 3 Quiz (FB Live) 5.30 - 7pm Peer Group 1	27 12 - Gourmet (Sofia's, Corstorphine) 12 - 1.30 Parents Group 2 1.30 - 2.30 Book Group 5.30 - 7.30 Gaming Group 1 6 - 7.30 Peer Group 6	28 1 - 1.30 Relaxation 1 - 3 TEam 4 - 5.30 Peer Group 3 4.30-5 Tai Chi	29 2 - 4 Thursday Group 4 - 5 Wellbeing Group 6-7.30 Peer Group 6	30 11 - 1 YFN	31 Linlithgow Walk (Andy) Borders Group (Ashley)	

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](mailto:number6@aiscotland.org.uk) or call 0131 526 3176

<b>Group/activity</b>	<b>Group Descriptions</b>
<b>Art Group</b>	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: <a href="mailto:ashley.mclennan@aiscotland.org.uk">ashley.mclennan@aiscotland.org.uk</a> and for information about the in-person group contact Zaid: <a href="mailto:zaid.al-nayazi@aiscotland.org.uk">zaid.al-nayazi@aiscotland.org.uk</a>
<b>Board Gaming Group</b>	We are now running a monthly board gaming group on the <b>third Thursday of the month</b> from 5.30-7.30pm. We'll be playing different, classic, board games each month. Please email Louisa for more information: <a href="mailto:louisa.dawson@aiscotland.org.uk">louisa.dawson@aiscotland.org.uk</a>
<b>Book Group</b>	Meets from 1.30-2.30pm on the 4 <sup>th</sup> 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 <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a> as there may be remote options.
<b>Borders Group</b>	<b>This is a closed group for people living in the Borders.</b> Ashley & Charlotte alternate the running of this group. For more information about this month's meeting, please email Ashley: <a href="mailto:Ashley.mclennan@aiscotland.org.uk">Ashley.mclennan@aiscotland.org.uk</a>
<b>Bus Group</b>	A group for people who enjoy bus journeys. This month, we'll be doing the 20 on Monday 19 <sup>th</sup> August, meeting at Number 6 at 10am. Please email Maff for more information: <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a>
<b>Cinema Group</b>	We organise a monthly Saturday trip to the cinema. Further information available in the 'weekend' section.
<b>Creative Writing</b>	We run two separate, monthly groups (on the 1 <sup>st</sup> & 3 <sup>rd</sup> 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: <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a>
<b>Culture Club (over-40s)</b>	A monthly meet-up for anyone over 40 who is interested in cultural outings & events. This month we'll be going to a show on Monday 19 <sup>th</sup> August: 11:45 to 12:45 – performance by the Oxford Gargoyles, a jazz a cappella ensemble – at the Gilded Balloon within the museum of Scotland. There are 9 free tickets. Tickets available on a first come first served basis. <a href="mailto:tim.hather@aiscotland.org.uk">tim.hather@aiscotland.org.uk</a>
<b>Curry Club</b>	A group for people who love curry ☺ This month's Curry Club will be on Thursday 22 <sup>nd</sup> August, time and venue TBC. Please email Andy at <b>least one week before</b> if you are interested in coming as spaces are limited: <a href="mailto:andrew.horseman@aiscotland.org.uk">andrew.horseman@aiscotland.org.uk</a>
<b>Drop-ins</b>	<b>We are open for drop-in on the following days &amp; times: Tuesdays 1-7pm; Thursdays 1-7pm; Fridays 1-5pm, and the first and third Saturday of the month from 12 noon to 4pm.</b> 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.
<b>Football</b>	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: <a href="mailto:Anthony.shek@aiscotland.org.uk">Anthony.shek@aiscotland.org.uk</a>
<b>Gaming Group</b>	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: <a href="mailto:rowan.donnachie@aiscotland.org.uk">rowan.donnachie@aiscotland.org.uk</a>
<b>GASP (Gender Affirming Sports &amp; Physical Activity)</b>	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. For more info, please email Rowan: <a href="mailto:rowan.donnachie@aiscotland.org.uk">rowan.donnachie@aiscotland.org.uk</a>
<b>Girls Group</b>	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,

*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](mailto:number6@aiscotland.org.uk) or call 0131 526 3176*

	take part in activities and to build companionship. For more information, please contact Kim for more info: <a href="mailto:kim.maxwell@aiscotland.org.uk">kim.maxwell@aiscotland.org.uk</a>
<b>Gourmet Club</b>	A monthly lunch club where we try out different eating establishments. This month we'll be going to Sofia's in Costorphine on Tuesday 27 <sup>th</sup> August, meeting at 24 Hill Street at 12 noon. Please email Kim for more information: <a href="mailto:kim.maxwell@aiscotland.org.uk">kim.maxwell@aiscotland.org.uk</a>
<b>History Group</b>	We now run two, separate, History Groups on the first & third Friday of the month during which we discuss different historical events. Please email Matthew if you would like to be added to the waiting list: <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a>
<b>Late Diagnosis Group (LDG)</b>	<b>Late Diagnosis Group</b> – A 7 week post-diagnostic course for newly-diagnosed people who would like to enhance their understanding of autism. Please email <a href="mailto:number6@aiscotland.org.uk">number6@aiscotland.org.uk</a> and request the LDG calendar which lists the 16 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.
<b>Parents Group</b>	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: <a href="mailto:sarah.gardiner@aiscotland.org.uk">sarah.gardiner@aiscotland.org.uk</a>
<b>Peer Support Groups</b>	<p>We run 13 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 <b>one peer group</b>. We also recommend that newly-diagnosed people attend the <b>Late Diagnosis Group</b> 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><b>Peer 1</b> – Alternate Mondays 5.30-7pm (for men over 30) <a href="mailto:stewart.campbell@aiscotland.org.uk">stewart.campbell@aiscotland.org.uk</a></p> <p><b>Peer 2</b> – Alternate Mondays 6.30-8pm (for men over 30): <a href="mailto:stewart.campbell@aiscotland.org.uk">stewart.campbell@aiscotland.org.uk</a></p> <p><b>Peer 3</b> – Alternate Wednesdays 4-5.30pm (for anyone over 40) <a href="mailto:scott.wright@aiscotland.org.uk">scott.wright@aiscotland.org.uk</a></p> <p><b>Peer 4</b> – self-led, closed group (no spaces)</p> <p><b>Peer 5</b> – Second Thursday of the month, 5.30-7pm (for men in their 20s &amp; 30s): <a href="mailto:scott.wright@aiscotland.org.uk">scott.wright@aiscotland.org.uk</a></p> <p><b>Peer 6</b> – Last Thursday of the month, 6-7.30pm (for anyone in employment/self-employment) <a href="mailto:Louisa.dawson@aiscotland.org.uk">Louisa.dawson@aiscotland.org.uk</a></p> <p><b>Young Women's Peer</b> – First &amp; Third Tuesday, 5.30-7pm (for women &amp; non-binary people aged 16-24) <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a></p> <p><b>Young Men's Peer</b> – First &amp; Third Friday, 3-5pm (for men aged 16-24) <a href="mailto:scott.wright@aiscotland.org.uk">scott.wright@aiscotland.org.uk</a></p> <p><b>Women's Group 1</b> (for women &amp; 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: <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a></p> <p><b>Women's Group 2</b> (for women &amp; non-binary people over 35) Second &amp; Fourth Monday of the month, 11am – 12.30 <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a></p> <p><b>Women's Group 3</b> (for women &amp; non-binary people over 50) First Thursday of the month, 2-3.30pm. <a href="mailto:Louisa.dawson@aiscotland.org.uk">Louisa.dawson@aiscotland.org.uk</a></p> <p><b>Polish Peer:</b> 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: <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a></p> <p><b>Spanish Peer:</b> Meets every other Tuesday eveing from 5-7pm. Please email Maff if you'd like to join: <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a></p>
<b>Pool Group</b>	We run a pool group at Morningside Ballroom on the 4 <sup>th</sup> Friday of the month from 1-4pm. Please email Scott if you would like to come along: <a href="mailto:scott.wright@aiscotland.org.uk">scott.wright@aiscotland.org.uk</a>
<b>Queer Book Group</b>	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. We meet on the first Saturday from 2.30-4.30pm. This month we're reading the <i>Heartstopper</i> series by Alice Oseman. Please email Rowan if you'd like to come along: <a href="mailto:rowan.donnachie@aiscotland.org.uk">rowan.donnachie@aiscotland.org.uk</a>
<b>Queer Singing Group</b>	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?

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](mailto:number6@aiscotland.org.uk) or call 0131 526 3176

	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 beginner's friendly, non-performing group, we'll be coming together to have fun, sing songs and make music together. Meets on the second & fourth Saturday of the month from 1.30-3.30pm. For more information, please email <a href="mailto:rowan.donnachie@aiscotland.org.uk">rowan.donnachie@aiscotland.org.uk</a>
<b>Quiz (online)</b>	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: <a href="mailto:stewart.campbell@aiscotland.org.uk">stewart.campbell@aiscotland.org.uk</a>
<b>Relaxation Group (online)</b>	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: <a href="mailto:Ashley.mclennan@aiscotland.org.uk">Ashley.mclennan@aiscotland.org.uk</a>
<b>Tai Chi (online)</b>	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: <a href="mailto:andrew.horseman@aiscotland.org.uk">andrew.horseman@aiscotland.org.uk</a>
<b>TEam (Trans, Enby and More)</b>	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: <a href="mailto:rowan.donnachie@aiscotland.org.uk">rowan.donnachie@aiscotland.org.uk</a>
<b>Tech Club</b>	A space for anyone who is interested in computers/geeky/techy stuff. The club meets at 24 Hill Street on the first and third Saturday of the month from 1-3pm and is led by volunteers who are experienced in coding, electronics & software & hardware repair. For more information, please email: <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a>
<b>Thursday Group</b>	<b>This discussion group is currently closed.</b>
<b>TTRPG</b>	Table-top-role-playing games. Currently full, however, if you would like to be added to the waiting list, please email: <a href="mailto:rowan.donnachie@aiscotland.org.uk">rowan.donnachie@aiscotland.org.uk</a>
<b>*Virtual Drop-in (Facebook)</b>	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: <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a>
<b>Wellbeing Group (16-24's)</b>	A 6-session course for individuals aged 16-24. This course explores topics related to Health & Wellbeing, including: Sleep Hygiene, Motivation & Emotional Regulation. Thursdays 4-5pm. Please contact Ashley for more information: <a href="mailto:ashley.mclennan@aiscotland.org.uk">ashley.mclennan@aiscotland.org.uk</a>
<b>West Lothian Cinema Group</b>	Sarah runs a monthly cinema group for people living in West Lothian. <b>Please note there will be no meet-up in August.</b>
<b>Yarn, Fibre &amp; Needlecraft (YFN)</b>	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

*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](mailto:number6@aiscotland.org.uk) or call 0131 526 3176*

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](mailto:rowan.donnachie@aiscotland.org.uk)

## Weekend Activities

Date	Description
<b><u>Saturday 3<sup>rd</sup></u></b> <b><u>August</u></b>  Drop-in 12 noon to 4pm (Ant)  Tech Club 1-3pm	<b><u>Drop-in:</u></b> 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.  <b><u>Tech Club</u></b> -A space for anyone who is interested in computers/geeky/techy stuff. The club meets on the first and third Saturday of the month from 1-3pm and is led by volunteers who are experienced in coding, electronics & software & hardware repair. For more information, please email: <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a>
<b><u>Saturday 10<sup>th</sup></u></b> <b><u>August</u></b> Cinema trip (Maff)	<b><u>Cinema trip:</u></b> We'll be going to see <i>Borderlands</i> . Venue & time will be agreed nearer the time. Please email Maff if you would like to come along: <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a>
<b><u>Saturday 17<sup>th</sup></u></b> <b><u>August</u></b>  Drop-in 12 noon to 4pm (Kim)  Tech Club 1-3pm	<b><u>Drop-in:</u></b> 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.  <b><u>Tech Club</u></b> A space for anyone who is interested in computers/geeky/techy stuff. The club meets on the first and third Saturday of the month from 1-3pm and is led by volunteers who are experienced in coding, electronics & software & hardware repair. For more information, please email: <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a>
<b><u>Saturday 24<sup>th</sup></u></b> <b><u>August</u></b> Penicuik Walk (Tim) 10am onwards	Tim will be leading a walk in Penicuik. We'll be meeting at Number 6 at 10am and taking the bus to Penicuik. We'll stop for a coffee then walk along the river Esk to Penicuik House. Please wear suitable walking shoes and bring a packed lunch. Email Tim if you'd like to come along: <a href="mailto:tim.hather@aiscotland.org.uk">tim.hather@aiscotland.org.uk</a>
<b><u>Saturday 31<sup>st</sup></u></b> <b><u>August</u></b> Linlithgow Walk (Andy) 10am onwards	Andy will be taking a trip to Linlithgow on Saturday 31 <sup>st</sup> August, meeting at Number 6 at 10am. For more details, please email him: <a href="mailto:andrew.horseman@aiscotland.org.uk">andrew.horseman@aiscotland.org.uk</a>

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](mailto:number6@aiscotland.org.uk) or call 0131 526 3176