

August Summer Activity Information 2018

Please inform a staff member know if you would like to take part in any of the activities

- **Wednesday 1st August, 10.30am - 5pm** Gullane Beach (Rachel, Andy) Meet at Number 6 at 10.30am, we will leave at 10.40am and get the X5 bus to Gullane. We will arrive in Gullane around 12.30pm. The group will head down to the beach and find somewhere to eat lunch. We will then spend time exploring the area and will aim to get a bus back to Edinburgh around 3pm. Please wear appropriate clothing and footwear, and you will need to bring a packed lunch to eat while we are out.
- **Thursday 2nd August, 12.30pm - 3pm**, Laser Quest, Fountainpark, LIMITED SPACES. 2 x 15 minute games = £10.99 (Ant, Kim). Please meet at Number 6 at 12.30pm. We will leave at 12.45pm to walk to Laser Station, Fountainpark. There are **limited spaces** for this activity so please inform a staff member if you would like to take part. We will aim to be back at number 6 for 3pm. Please wear sensible footwear.
- **Wednesday 8th August, 8pm - 10pm**, Edinburgh Fringe Festival, Jason Byrne, Assembly Hall, LIMITED SPACES (Maff) **There are limited places available.** Please meet at Number 6 at 8pm. We will leave shortly after to walk to Assembly Hall on the Mound. The show starts at 9pm and lasts one hour.
- **Thursday 9th August, 10.30am - 12.30pm**, Bhuddist Meditation Workshop, Bread Street, LIMITED SPACES (Kim). The workshop will focus on breathing, general awareness of body and mind. There will be the option of either meditating on chairs or cushions on the floor. This workshop last for an hour and a half. If you would like more information please ask a member of staff or go to the Edinburgh Fringe website.
- **Thursday 9th August, 7.15pm - 9.30pm** - Simon Evans, Genius 2.0, Assembly, George Square (Rachel) **There are limited places available.** Please meet at Number 6 at 7.15pm. We will leave shortly after to walk or get the bus to George Square. The show starts at 8.20pm and lasts one hour.
- **Friday 10th August, 12 - 4pm**, Go-Karting, Xtreme Karting (Graeme,). There are limited spaces for this activity. Please meet at Number 6 at 12noon. We will leave shortly after to get a bus to Xtreme Karting at Newbridge. It will cost £20pp for 2 x 7 minute drives and there will even be a medal presentation for the 3 fastest drivers. There may be the option to add on an additional 7 minute drive for an additional £5 but this will only be an option if there are no groups booked in after us.
- **Monday 13th August, - Aerial Adventures, Livingstone (Rachel) **There are limited places available.**** Details are still to be confirmed. Please check our Facebook page and website for more details nearer the time.

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- **Wednesday 15th August, 12 - 3.30pm, Climbing at Alien Rock, Limited Spaces (Rachel, Andy).** Please meet at Number 6 at 12noon. We will leave at 12.15pm to get a bus to Newhaven and will start climbing at 1pm until 2.30pm. The staff will give the group a safety talk and harness everyone up. The hour and a half will consist of lots of climbing and some games run by the staff. This activity will cost £13 per person. Please wear something comfortable like sports trousers and a tshirt. Remember there are limited spaces so please get your name down if you would like to take part.
- **Thursday 16th August, 9.30am - 5pm, Swimming at Dundee Leisure Pool (Rach/Stew).** Please meet at Number 6 at 9.30am or at the bus station at 9.45am. We will be getting the Citylink bus to Dundee Bus Station. We would like to book seats for this journey so if you would like to come along please give a staff member your bus pass number as soon as possible. The journey will take 1hr 30mins and there is a 5 minute walk to the Olympia swimming pool. The leisure centre has LED flumes, Cannonball drop, rapid river, wave machine and seated bubble pool. It will cost £5.50 for an adult ticket or £4.50 for a concession ticket. The plan is to get the 3.30pm bus back to Edinburgh which will get us in at 4.55pm.
- **Monday 20th August, 10.30am - 5pm, Borders trip, Melrose Abbey, Limited spaces (Ant/ Graeme)** Please meet at Number 6 at 10.30am and we will leave promptly at 10.45am to drive down to Melrose. Tickets into the Abbey cost £6/£4.80conc. We will meet up with the borders social group and will spend time exploring Melrose Abbey and the grounds. There are no shops close to the Abbey so please bring a packed lunch. The group will aim to be back at Number 6 for 5pm.
- **Tuesday 21st August, 10.45am—1.45pm, Edinburgh Fringe Show, 1984, Limited tickets (Stew)** *1984 - Close Up Theatre presents Orwell's hauntingly prescient classic, where every thought is recorded, monitored and restricted: where Big Brother is always watching.* Meet Stew at Number 6 at 10.45am. Depending on the weather the group will either walk to the venue at Nicolson Square or get a bus. The show lasts 1hour and 30 minutes and there are limited tickets.
- **Wednesday 22nd August, 7.45 - 9.40pm, Jimeoin at EICC (Maff).** Please meet at Number 6 at 7.45pm. We will leave shortly after to walk to the EICC. The show lasts 1 hour. There are limited tickets for this performance so please let a staff member know if you would like to go.
- **Thursday 23rd August, 9 - 2.30pm, Seagull Trust Cruises, Falkirk to the Falkirk Wheel, Limited Spaces (Stew/Ant).** Meet at Number 6 at 9am or at Waverley station at 9.15am. We will get the 9.30am train to Falkirk High which will take around 30 minutes. There is then a 15 minute walk to the boathouse. The cruise will last 2 hours and will take us along the union canal to the Falkirk Wheel. This is a free trip but Seagull Trust Cruises is a charity so a donation would be much appreciated. We will then walk 25 minutes to Camelon to get a train back to Edinburgh. A return train ticket will cost around £9.70. We will aim to be back in Edinburgh by 2.30pm.

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- **Tuesday 28th August, 11 - 4pm, Pool tournament with Perth OSS in Perth OSS (Maff/Ant).** 6 players per team so **spaces are limited**, please speak to Matthew if you are interested.
- **Wednesday 29th August, 4 - 7pm, Talent Show** Our annual talent show is back by popular demand. We usually have around 14 acts performing, consisting of comedians, singers, musicians and much more. If you would like to take part and perform please let a staff member know. We would love to have as many of you along to be part of the audience and show your support to all of the acts taking part.
- **Thursday 30th August, 4 - 8pm, End of Summer Party.** Our very popular end of summer party will be held on Thursday 30th August from 4pm. As usual DJ Bounce and MC Flipper will be providing tunes and games. There will be a small selection of party snacks and a pool competition. Hope to see you all there!
- **For all of the extra summer activities, please let a staff member know if you would like to take part.**
- **Please be prepared for each trip (wear appropriate clothing/footwear) and varying weather (being equipped with sun cream, a hat, antihistamines if you suffer from allergies).**