

MON

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SUN

3 4 – 5.30 Late Diagnosis Group (No.6) 6.30 – 8 Peer Support Group 2 (No.6)	4 1 - 2.30 Coffee & Chat Group A 5.30-7 Young Peer 6 – 7 Coffee Evening (Skype)	5 1 – 3 Girls Group 2.30 – 3.30 Art Group (Skype) 4 – 5.30 Peer Support Group 4 4.30 – 5 Tai Chi (Zoom) 6.30 – 8 Late Diagnosis Group (No.6)	6 11.30 – 12.30 Creative Writing (Skype) 2 – 4 Thursday Group 6 - 7 Relaxation	7 11 - 1 Yarn, Fibre & Needlecraft Group 2 – 3:30 Late Diagnosis Group 3 – 5 Pool Group	8 11 – 12:30 LDG (Zoom) Holyrood Walk (Andy)	9
10 11-12.30pm – Monthly Women's Group (Over 40's) 1 – 2.30 Online Quiz (FB Live) 3 - 3.30pm Relaxation (FB Live) 4 – 5.30 Late Diagnosis Group 6.30 – 8 Peer Support Group 1	11 2 – 3.30 Film/TV Chat (Skype) 3 – 4 Coffee & Chat (Skype) 3:30 – 5 Late Diagnosis Group 6 – 7 Coffee Evening (Skype)	12 1 - 2 Girls Group (Skype) 4 – 5.30 Peer Support Group 3 4.30 – 5 Tai Chi (Zoom) 6.30 – 8 Late Diagnosis Group (No.6)	13 2 – 4 Thursday Group	14 11 - 1 Yarn, Fibre & Needlecraft Group 1pm – Borders group 2 – 3:30 Late Diagnosis Group 3-4.30pm Art Group	15 11 – 12:30 LDG (Zoom)	16
17 4 – 5.30 Late Diagnosis Group 6.30 - 8 Peer Support Group 2	18 1 - 2.30 Coffee & Chat Group B 3:30 – 5 Late Diagnosis Group 6 – 7 Coffee Evening (Skype)	19 1 – 3 Girls Group 2.30 – 3.30 Art Group (Skype) 4.30 – 5 Tai Chi (Zoom) 4 – 5.30 Peer Support Group 4 6.30 – 8 Late Diagnosis Group (No.6)	20 11-12.30 Creative Writing Group 1 2 – 4 Thursday Group 6 - 7 Relaxation	21 11 - 1 Yarn, Fibre & Needlecraft Group 2 – 3:30 Late Diagnosis Group 3 – 5 Pool Group 4.30-6.30 Gaming Group (taster session)	22 11 – 12:30 LDG (Zoom) Cinema (Maff) Kaspa's (Kim)	23
24 1 – 2.30 Online Quiz (FB Live) 3 - 3.30pm Relaxation (FB Live) 4 – 5.30 Late Diagnosis Group 6.30 - 8 Peer Support Group 1	25 1.30-2.30 Book Group 2 – 3.30 Film/TV Chat (Skype) 3 – 4 Coffee & Chat (Skype) 3:30 – 5 Late Diagnosis Group 5.30-7 Young Peer 6 – 7 Coffee Evening (Skype)	26 1 - 2 Girls Group (Skype) 1 - 3 TEam 4.30 – 5 Tai Chi (Zoom) 4 – 5.30 Peer Support Group 3 6.30 – 8 Late Diagnosis Group (No.6)	27 11-12.30 Creative Writing Group 2 2 – 4 Thursday Group	28 11 - 1 Yarn, Fibre & Needlecraft Group 3-4.30pm Art Group 2 – 3:30 Late Diagnosis Group	29 11 – 12:30 LDG (Zoom) Modern Art Gallery (Karina)	30
31 10am – Bus Group 4 – 5.30 Late Diagnosis Group 6.30 - 8 Peer Support Group 1				RED = at Hill Street BLUE = via Skype GREEN = via Zoom PINK = Facebook Live BLACK – Out & About		

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Group Descriptions

Anxiety Group - This group runs over 5 weeks and is an opportunity to explore what anxiety is and how it affects people. We look at autistic differences in experiences of anxiety with the view to assisting people in the group to better understand their own experience of anxiety and begin developing strategies to manage it. Please contact Andy for further information: andrew.horseman@aiscotland.org.uk

Art Group - Meets online via Skype on the 1st and 3rd Wednesday of the month from 2.30-3.30pm and in person at Number 6 every other Friday 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. The group is open to anyone who has the desire to be creative. We ask that you have some basic art materials ready including pencils, pens and plain paper. 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 4th Tuesday of every month, in the training room at 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 - Next Borders group will be the 14th January at 1pm in Galashiels. 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 – Monday 31st January. Meet at Number 6 at 10am to walk to Waterloo Place to get the 15 to Easter Bush. For more details please contact Matthew at: matthew.day@aiscotland.org.uk

Coffee and Chat - This group meets in person at Number 6 on the 1st (Group A) and 3rd (Group B) Tuesday of the month and online via Skype on the 2nd and 4th Tuesday of the month. The online sessions run from 3-4pm and the in-person sessions run from 1-2.30pm. This group provides a space for people to meet up and talk about how we are doing, to share experiences and build companionship. *Please note that due to Covid restrictions we are not able to provide hot drinks or snacks but participants are welcome to bring their own.* For more information please contact Karina: karina.williams@aiscotland.org.uk

Coffee Evening - Meets every Tuesday on Skype from 6-7pm. 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 are currently running an online group on the 1st Thursday of the month and two in-person groups on the 3rd and 4th 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

Film and TV chat - Meets via Skype on the 2nd and 4th Tuesday of each month from 2pm- 3.30pm. The group is an opportunity for people who enjoy film and TV shows to get together and discuss things that they have watched and make recommendations to each other. Although the main focus of the group is to discuss film and TV there is also an opportunity to discuss other points of interest or events from recent weeks. Please contact Zaid for more information: zaid.al-nayazi@aiscotland.org.uk

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Gaming Group – Mo will be running a taster gaming session on Friday 21st Jan 4.30-6.30pm at Number 6 and will be creating a Discord server just for the group - this will be 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 from 1-2pm and in-person sessions run 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

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. Please contact Matthew for more information: matthew.day@aiscotland.org.uk

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. For more information please contact Mo: mo.donnachie@aiscotland.org.uk

Monthly Social Group (Under 30's) – This social group is for anyone under 30. We meet once a month for walks, coffee and/or lunch. For more information please email Karina: karina.williams@aiscotland.org.uk

No6 TEam (Trans, Non-binary[Enby] and more[aka gender questioning]) - Meets every 4 weeks on a Wednesday 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) in the training room 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

Pool Group – We run a pool session at Number 6 from 3-5pm on alternate Fridays. Please note that you need to book a space in advance – please email Matthew for more information: matthew.day@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 1st & 3rd Thursday of the month from 6 -7pm at Number 6 and the 2nd & 4th Monday from 3-3.30pm on Facebook Live. Zaid reads 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 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).

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Tai Chi - 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

Virtual Social Drop-in - 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

Women's Group (over 40's) – This group is for women over 40. We meet at Number 6 and chat about how we are doing, sharing experiences and providing each other with peer support. For more information please email Karina: 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. To join contact Mo: mo.donnachie@aiscotland.org.uk

Young Peer – This peer support group is for women and non-binary people 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

SATURDAY ACTIVITIES – Spaces are limited and must be booked in advance

We will be running 4 additional Saturday activities in January, please find details below:

Saturday 8th January – Holyrood Park & Duddingston walk with Andy

The group will meet Andy at Number 6 at 10.30am then walk to Holyrood Park and around Duddingston Loch. For more information or to book a place please email Karina at: karina.williams@aiscotland.org.uk

Saturday 22nd January

Option 1: Trip to Kaspas's Desserts restaurant (Gorgie) with Kim

The group will meet Kim outside Number 6 at 11am, take the bus to Kaspas's and enjoy some delicious treats and then walk back to Number 6. Please email Karina by Thur 13th Jan if you would like to come along: karina.williams@aiscotland.org.uk

Option 2 – Cinema with Maff – details to be confirmed early Jan: please email Maff for more information: matthew.day@aiscotland.org.uk

Saturday 29th January – Trip to Museum of Modern Art with Karina

We will meet outside Number 6 at 10.30am and walk along to the National Gallery of Modern Art. We will have a look at the exhibitions and stop for refreshments. Please email Karina by Monday 24th Jan to book a place: karina.williams@aiscotland.org.uk

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