

Number 6 July Groups & Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<p>Blue = at 24 Hill Street Purple = 22 Hill Street Green = Skype Pink = Facebook Live Orange = via Zoom Red = Microsoft Teams Black = out & about</p>				<p>1 <u>DROP IN 1 - 5</u> 11 - 1 Yarn, Fibre & Needlecraft Group 2 -3:30 Late Diagnosis Group 3-4.30 Art Group 4-5 LDG (16-25) 5-7pm TTRPG</p>	<p>2 10 - Blackford Hill Walk (Tim)</p>	<p>3</p>
<p>4 2-3pm Online Women's Peer Group 1 4 – 5.30 Late Diagnosis Group 5-6.30 Late Diagnosis Group 6.30 - 8 Peer Group 2</p>	<p>5 <u>DROP IN 3 – 7</u> 3-4.30 – LDG (Zoom) 3:30 – 5 Late Diagnosis Group 6-7.30 Late Diagnosis Group</p>	<p>6 10.30am – Online Women's Peer Group 2 1 - 3 Girls Group (No6) 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 Late Diagnosis Group</p>	<p>7 <u>DROP IN 3-7</u> 11-12 Creative Writing 2 – 4 Thursday Group 3.30-4.30LDG (16-24) 5-6 LDG (16-24)</p>	<p>8 <u>DROP IN 1 - 5</u> 11 - 1 Yarn, Fibre & Needlecraft Group 2 – 3:30 LDG 4-5 LDG (16-24) 4.30-6.30 Gaming Group 5-7pm TTRPG</p>	<p>9</p>	<p>10</p>
<p>11 11-12.30 Women's Group 1 – 2.30 Online Quiz 4-5.30 Late Diagnosis Group 5-6.30 Late Diagnosis Group 6.30 - 8 Peer Group 1</p>	<p>12 <u>DROP IN 3 – 7</u> 10am – Online Relaxation 3-4.30 – LDG (Zoom) 3:30 – 5 Late Diagnosis Group 5.30-7 Young Women's Peer 6-7.30 Late Diagnosis Group 6 – 7 Coffee Evening (Skype)</p>	<p>13 1-2 Girls Group (Skype) 1-3 TEam 4.30-5 Tai Chi (Zoom) 4-5.30 Peer Group 4 6.30-8 Late Diagnosis Group</p>	<p>14 <u>DROP IN 3-7</u> 11-12.30 Creative Writing Group 2 – 4 Thursday Group 3.30-4.30 LDG (16-24) 5-6 LDG (16-24) 6 - 7 Relaxation</p>	<p>15 <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</p>	<p>16 10- Pentlands Walk (Andy)</p>	<p>17</p>
<p>18 2-3pm Online Women's Peer Group 1 4 – 5.30 Late Diagnosis Group 5-6.30 LDG 6.30 - 8 Peer Group 2</p>	<p>19 <u>DROP IN 3 – 7</u> 3-4.30 – LDG (Zoom) 3:30 – 5 Late Diagnosis Group 6-7.30 Late Diagnosis Group</p>	<p>2010.30am – Online Women's Peer Group 2 1 - 3 Girls Group (No6) 2.30 – 3.30 Art Group (Skype) 4 – 5.30 Peer Group 3 5-7 Gaming Group 4.30 – 5 Tai Chi (Zoom)</p>	<p>21 <u>DROP IN 3-7</u> 11-12.30 Creative Wriitng 2 – 4 Thursday Group 3.30-4.30 LDG (16-24) Curry Club(time tbc) 5-6 LDG (16-24)</p>	<p>22 <u>DROP IN 1 - 5</u> 11 - 1 YFN 2-3:30 Late Diagnosis Group 2pm Marvel Group (16-24) 4-5 LDG (16-24) 5-7pm TTRPG</p>	<p>23 11-3 Drop-in (Karina)</p>	<p>24</p>
<p>25 10am – Bus Group 11-12.30 Women's Group 1 – 2.30 Online Quiz 4 – 5.30 Late Diagnosis Group 5-6.30 LDG 6.30 - 8 Peer Group 1</p>	<p>26 <u>DROP IN 3 – 7</u> 10am – Online Relaxation 12 Gourmet Club 1.30-2.30 Book Group 2pm – Borders Group 3-4.30 – LDG (Zoom) 3:30-5 Late Diagnosis Group 5.30-7 Young Women's Peer 6-7.30 Late Diagnosis Group 6 – 7 Coffee Evening (Skype)</p>	<p>27 1-2 Girls Group (Skype) 1-3 TEam 4.30-5 Tai Chi (Zoom) 4-5.30 Peer Group 4 4.30 – Football 6.30-8 Late Diagnosis Group</p>	<p>28 <u>DROP IN 3-7</u> 2 – 4 Thursday Group 3.30-4.30 LDG (16-24) 5-6 LDG (16-24)</p>	<p>29 <u>DROP IN 1 – 5</u> 11 - 1 Yarn, Fibre & Needlecraft Group 2 – 3:30 Late Diagnosis Group 4-5 LDG (16-24) 5-7pm TTRPG</p>	<p>30</p>	<p>31 12- Lunch @Pizza (Kim)</p>

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 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. 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 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 25 th July, we will be taking the 23 route. We'll get a bus and short walk to Greenbank and take the 23 all the way to Trinity. 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 Thursday 21 st July, venue tbc. Please email Karina by 11 th July if you would like to book a place: karina.williams@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 4 th 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 Wednesday 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 Ka Pao at St James Quarter on 26 th July. 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 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 Friday 22 nd July – the group are going to see Thor: Love and Thunder at the cinema. 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) 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
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
Women's Group (over	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,

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35's)	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
<u>Saturday 2nd July 10am</u> Blackford Hill walk with Tim	We will going for a walk up Blackford Hill. We will meet outside Number 6 at 10am and then take the bus to Blackford, walk up Blackford Hill and go for coffee in Marchmont afterwards. Please email Karina if you would like to come along: karina.williams@aiscotland.org.uk
<u>Saturday 16th July 10am</u> Pentlands walk with Andy	We hope to head into the Pentland Hills again this month. The final route will be weather dependant but will involve some uphill walking so requires some confidence in fitness levels. Please be prepared with walking boots, a packed lunch and snacks and comfortable clothing suitable for mixed weather conditions. Meet at Number 6 at 10am to take a bus together into the Pentlands. Please email Karina if you would like to come along: karina.williams@aiscotland.org.uk
<u>Saturday 23rd July</u> Number 6 Drop-in (11am to 3pm) Karina	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.
<u>Sunday 31st July</u> Lunch at @Pizza Edinburgh (Kim)	We will be going for lunch at @Pizza on Charlotte Lane. The group will meet at Number 6 at 11.45am and walk along to @Pizza. Please email Karina if you would like to come along: karina.williams@aiscotland.org.uk

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