

NUMBER 6 MARCH 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 st & 3 rd Sat	
Colour Key: Blue: at 24 Hill Street Green: at 22 Hill Street Orange: Online Red: Out & About Purple: Borders Group Black – West Lothian	Abbreviations: GASP: Gender Affirming Sports & Physical Activity. TEam: Trans, Enby & More.	Abbreviations Cont: TTRPG: Table Top Role Play Gaming. YFN: Yarn, Fibre & Needlecraft.		1 11 - 1 YFN 1-2 History Group 1 3-5 Young Men's Peer 4.30-7.30 TTRPG (Cyberpunk & One Shots) 5.30-6.30 Wellbeing Group	2 11-3 Drop-in (Louisa) 11 – Calton Hill walk (Zaid) 1-3 Tech Club	3
4 6.30-8pm Peer Group 2	5 12-1.30 Parents Group 1 5.30-7 Young Women's Peer (16-24s)	6 1-3 Gaming Group 2 4 – 5.30 Peer Group 4 4.30 – 5 Tai Chi (Zoom)	7 11-12.30 Creative Writing 1 1 - 3 Girls Group 2 -4 Thursday Group 5.30-7 Polish Peer	8 11 - 1 YFN 4.30-7.30 TTRPG (Board Games)	9 1-3 Queer Singing Group	10
11 11-12.30 Women's Group (over 35's) 5.30-7pm Peer Group 1	12 10 – Relaxation (FB Live) 5.30-7.30 Gaming Group 1	13 1-3 TEam 2.30 – 3.30 Art Group (Skype) 4-5.30 Peer Group 3 4.30-5 Tai Chi (Zoom)	14 11-12.30 Creative Writing 2 2-3.30 Women's Group (over-50's) 2-4 Thursday Group 5.30- 7 Peer Group 5	15 11 - 1 YFN 1.30-2.30 History Group 2 3-5 Young Men's Peer 4.30-7.30 TTRPG (Tails of Equestria) 5.30-6.30 Wellbeing Group	16 11-3 Drop-in (Karina) TTRPG (Lost Mines) 1-3 Tech Club	17
18 10 – Bus Group 11- Culture Club 2-3.30 Women's Group (25s-35s) 6.30-8pm Peer Group 2	19 12 – Gourmet Club 12-1.30 Parents Group 1 5.30-7 Young Women's Peer (16-24s)	20 GASP (weight training) 4-5.30 Peer Group 4 4.30- Football 4.30-5 Tai Chi (Zoom)	21 1 - 3 Girls Group 2-4 Thursday Group 5.30-7.30 Board Gaming Group	22 11 - 1 YFN 1-4 Pool Group (Morningside Ballroom) 3-4.30 Art Group 4.30-7.30 TTRPG (Ravenloft) 5.30-6.30 Wellbeing Group	23 10 – Arthur's Seat (Graeme) 11-1 Borders Group Cinema trip 2-4 Queer Book Group	24 West Lothian cinema trip
25 11-12.30 Women's Group (over 35's) 1-3 Quiz (FB Live) 5.30-7pm Peer Group 1	26 10 – Relaxation (FB Live) 12-1.30 Parents Group 2 1.30-2.30 Book Group 5.30-7.30 Gaming Group 1	27 1-3 TEam 2.30 – 3.30 Art Group (Skype) 4-5.30 Peer Group 3 4.30-5 Tai Chi (Zoom)	28 2-4 Thursday Group Curry Club (details TBC) 6-7.30 Peer Group 6	29 11 - 1 YFN 5.30-6.30 Wellbeing Group	30	31

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

Group/activity	Group Descriptions
Art Group	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: ashley.mclennan@aiscotland.org.uk and for information about the in-person group contact Zaid: zaid.al-nayazi@aiscotland.org.uk
Board Gaming Group (new)	We will now be running a monthly board gaming group on the third Thursday of the month from 5.30-7.30pm. We'll be playing different games each month. Please email Louisa for more information: louisa.dawson@aiscotland.org.uk
Book Group	Meets from 1.30-2.30pm on the 4 th 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 matthew.day@aiscotland.org.uk as there may be remote options.
Borders Group	This is a closed group for people living in the Borders. Ashley & Charlotte alternate the running of this group. For more information about this month's meeting on Sat 23rd, please email Charlotte: charlotte.dudley@aiscotland.org.uk
Bus Group	A group for people who enjoy bus journeys! This month, we'll be doing the 49 route on Mon 18 th Feb from 10am. Please email Maff for more information: matthew.day@aiscotland.org.uk
Cinema Group	We organise a monthly Saturday trip to the cinema. Further information available in the 'weekend' section.
Creative Writing	We run two separate, monthly groups (on the 1 st & 3 rd 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 Karina: karina.williams@aiscotland.org.uk
Culture Club (over-40s)	A monthly meet-up for anyone over 40 who is interested in cultural outings & events. This month we'll be going to Gladstone's Land on the 18 th . Meeting at Number 6 at 10.30am or at Gladstone's at 11am. £8.50 concessionary ticket price. Please email Rachel for more info: Rachel.mcritchie@aiscotland.org.uk
Curry Club	A group for people who love curry ☺ This month's Curry Club will be on Thursday 28 th , time and venue TBC. Please email Andy at least one week before if you are interested in coming as spaces are limited: andrew.horseman@aiscotland.org.uk
Drop-ins	We are open for drop-in on the following days & times: Tuesdays 1-7pm; Thursdays 1-7pm; Fridays 1-5pm, and the first and third Saturday of the month from 11am to 3pm. 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.
Football	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: Anthony.shek@aiscotland.org.uk
Gaming Group	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: rowan.donnachie@aiscotland.org.uk
GASP (Gender Affirming Sports & Physical Activity)	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. This month we'll be trying out weight training. For more info, please email Rowan: rowan.donnachie@aiscotland.org.uk

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Girls Group	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, take part in activities and to build companionship. For more information, please contact Kim for more info: kim.maxwell@aiscotland.org.uk
Gourmet Club	A monthly lunch club where we try out different eating establishments. This month we'll be going to Mum's Great Comfort Food on Forrest Road on Tuesday 19th, meeting at 24 Hill Street at 12 noon. Please email Kim for more information: kim.maxwell@aiscotland.org.uk
History Group	We now run two, separate, History Groups on the first & third Friday of the month. Please email Matthew if you would like to be added to the waiting list: matthew.day@aiscotland.org.uk
Late Diagnosis Group (LDG)	Late Diagnosis Group – A 7 week post-diagnostic course for newly-diagnosed people who would like to enhance their understanding of autism. Please email number6@aiscotland.org.uk and request the LDG calendar which lists the 15 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.
Parents Group	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: sarah.gardiner@aiscotland.org.uk
Peer Support Groups	<p>We run 12 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 one peer group. We also recommend that newly-diagnosed people attend the Late Diagnosis Group 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>Peer 1 – Alternate Mondays 5.30-7pm (for men over 30) stewart.campbell@aiscotland.org.uk</p> <p>Peer 2 – Alternate Mondays 6.30-8pm (for men over 30): stewart.campbell@aiscotland.org.uk</p> <p>Peer 3 – Alternate Wednesdays 4-5.30pm (for anyone over 40): karina.williams@aiscotland.org.uk</p> <p>Peer 4 – self-led, closed group (no spaces).</p> <p>Peer 5 – Second Thursday of the month, 5.30-7pm (for men in their 20s & 30s): scott.wright@aiscotland.org.uk</p> <p>Peer 6 – Fourth Thursday of the month, 6-7.30pm (for anyone over 30 in employment) Louisa.dawson@aiscotland.org.uk</p> <p>Young Women's Peer – First & Third Tuesday, 5.30-7pm (for women & non-binary people aged 16-24) Full, but contact Karina to be added to the waiting list: karina.williams@aiscotland.org.uk</p> <p>Young Men's Peer – First & Third Friday, 3-5pm (for men aged 16-24) scott.wright@aiscotland.org.uk</p> <p>Women's Group 1 (for women & 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: karina.williams@aiscotland.org.uk</p> <p>Women's Group 2 (for women & non-binary people over 35), Second & Fourth Monday of the month, 11am – 12.30 karina.williams@aiscotland.org.uk</p> <p>Women's Group 3 (for women over 50) Second Thursday of the month, 2-3.30pm. Louisa.dawson@aiscotland.org.uk</p> <p>Polish Peer: 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: matthew.day@aiscotland.org.uk</p>
Pool Group	We run a pool group at Morningside Ballroom on the 4 th Friday of the month from 1-4pm. Please email Scott if you would like to come along: scott.wright@aiscotland.org.uk
Queer Book Group	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 on the 4 th Saturday of the month. Please note that the group is currently full , but, if you'd like to be added to the waiting list, please email Rowan: rowan.donnachie@aiscotland.org.uk

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Queer Singing Group	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? 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 beginners friendly, non-performing group, we'll be coming together to have fun, sing songs and make music together. Meets on the second Saturday of the month from 1-3pm. For more information, please email rowan.donnachie@aiscotland.org.uk
Quiz (online)	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: stewart.campbell@aiscotland.org.uk
Relaxation Group (online)	Ashley runs an online relaxation session on the second and fourth Tuesday of the month from 10-10.30am. This takes place through our closed Facebook Group *'The Virtual Drop-in'. For more information about joining the sessions, please email: Ashley.mclennan@aiscotland.org.uk
Tai Chi (online)	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: andrew.horseman@aiscotland.org.uk
TEam (Trans, Enby and More)	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: rowan.donnachie@aiscotland.org.uk
Tech Club	Tech Club is a club for people at Number 6 who would like to learn about or mess around with electronics and coding. The club is mainly based around the raspberry pi and is led by a volunteer called Richard. The club meets on the first and third Saturday of the month from 1-3pm at 24 Hill Street. For more information, please email: karina.williams@aiscotland.org.uk
Thursday Group	This discussion group is currently closed.
TTRPG (Table-top role-playing games)	Our TTRPG groups are currently full, however, if you would like to be added to the waiting list, please email: rowan.donnachie@aiscotland.org.uk
*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's)	A 6-session course for individuals aged 16-24. This course explores topics related to Health & Wellbeing, including: Sleep Hygiene, Motivation & Emotional Regulation. Please contact Ashley for more information: ashley.mclennan@aiscotland.org.uk
West Lothian Cinema Group	Sarah is now running a monthly cinema group for people living in West Lothian. This month we'll be going to see <i>Ghostbusters: Frozen Empire</i> on Sunday 24 th March. Please email Sarah if you would like to come along: sarah.gardiner@aiscotland.org.uk . Please note that this group is only for people resident in West Lothian.

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Yarn, Fibre & Needlecraft (YFN)	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 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
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Weekend Activities

Date	Description
<p><u>Saturday 2nd March</u></p> <p>Drop-in 11am to 3pm (Louisa)</p> <p>Tech Club 1-3pm</p> <p>Calton Hill Walk (Zaid)</p>	<p>Drop-in: 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.</p> <p>Tech Club is a club for people at Number 6 who would like to learn about or mess around with electronics and coding. The club is mainly based around the raspberry pi and is led by a volunteer called Richard. The club meets on the first and third Saturday of the month from 1-3pm at 24 Hill Street. For more information, please email: karina.williams@aiscotland.org.uk</p> <p>Calton Hill Walk – Zaid will be taking a group for a walk up Calton Hill and a wee coffee stop afterwards. Meeting at Number 6 at 11am. Please email Zaid if you'd like to come along: zaid.al-nayazi@aiscotland.org.uk</p>
<p><u>Saturday 16th March</u></p> <p>Drop-in 11am to 3pm (Karina)</p> <p>Tech Club 1-3pm</p>	<p>Drop-in: 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.</p> <p>Tech Club is a club for people at Number 6 who would like to learn about or mess around with electronics and coding. The club is mainly based around the raspberry pi and is led by a volunteer called Richard. The club meets on the first and third Saturday of the month from 1-3pm at 24 Hill Street. For more information, please email: karina.williams@aiscotland.org.uk</p>
<p><u>Saturday 23rd March</u></p> <p>Arthur's Seat walk (Graeme)</p> <p>Cinema Trip (Maff)</p>	<p>Arthur's Seat walk - Graeme will be taking a group for a walk up Arthur's Seat. We'll meet at Number 6 at 10am, walk to Holyrood Park and up Arthur's Seat. Please note that this is a strenuous walk so you must have a good level of fitness. Please email Graeme if you'd like to come along: Graeme.syme@aiscotland.org.uk</p> <p>Cinema trip: Maff will be taking a group to see <i>Ghostbusters: Frozen Empire</i> on Sat 23rd March. Further details will be available nearer the time. Please email him if you're interested in going along: matthew.day@aiscotland.org.uk</p>

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