

**NUMBER 6  
ONE STOP  
SHOP  
NEWSLETTER  
ISSUE # 150  
MARCH**

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Hello! We have a new exciting group the Peer Support Group which meets twice month, 13th and 27th. Late Diagnosis Group ends it's 8th session on the 19th, but will resume in April! Keep an eye out for dates in Number 6's April Newsletter.

**LATE DIAGNOSIS GROUP**

This is an 8 week programme for people who have had a diagnosis of Asperger Syndrome or High Functioning Autism in their teens or as adults and would like to know more about the condition.

Graeme will be holding the group every Monday from 2-3:30pm in the Training Room, so please let a member of staff know if you would like to take part.

**Monday 5th March 2—3:30pm  
Monday 12th March 2—3:30pm  
Monday 19th March 2—3:30pm**

**Employment  
Relationships  
Lifestyle**

**PEER SUPPORT FOR LATE DIAGNOSED ADULTS**

This new group creates a relaxed support network for late diagnosed adults, run by late diagnosed adults.

We believe sharing our experiences of ASD will offer solutions, coping strategies, unique perspectives, new ideas, and new insights! The Peer Support group is a great opportunity to learn from each other.



**6:30—7:30 Tuesday, 13th and 27th March in the Art Room**

**March Saturday Drop-Ins, 10am—4pm**

**Saturday 3rd March: Cinema Trip:** Please meet at Number 6 (time and film to be confirmed). We will walk to Fountainpark cinema. Tickets generally cost around £10.60 and you may want to bring more money for snacks.

**Saturday 17th March: Walking Group: Hermitage of Braid.** The Hermitage of Braid is an area between the Braid Hills and Blackford Hill, comprising part of 60.3 hectare of local National reserve. Meet at Number 6 at 10.30am with the aim to leave at or after to get the bus to Buxton, Comiston Road. The walk will take approximately an hour and a half. Please wear appropriate footwear and clothing. Feel free to bring a packed lunch. The length of the walk will be dependent on the weather.

**Saturday 24th March: Bo'ness and Kinneil Railway.** Bo'ness and Kinneil Railway is a heritage railway in Bo'ness. Operated by Scottish Railway Preservation Society. Meet at Number 6 at 10.30am with the aim to leave at or after to get the train to Linlithgow. The walk will take approximately an hour and a half. Please wear appropriate footwear and clothing. Feel free to bring a packed lunch. The length of the walk will be dependent on the weather.

## BORDERS GROUP INFORMATION

### Drop-in sessions—Monday 12th February

We now have a Drop-In session where people can book 1-1 sessions with Anthony between 10:30—15:30 for a chat, walk, or coffee; or to talk about any issues they may be facing. Meetings will take place at the Galashiels office, 54 Ladhope Vale, TD1 1BT. If you have any questions, don't hesitate—*get in touch*.

### Social Group—Monday 19th March, 12—3

For an appointment, please email us at [anthony.shek@aiscotland.org.uk](mailto:anthony.shek@aiscotland.org.uk) or call the office (0131 220

### Book Group, Wednesday 14th March, 3—5pm

In the second hour, we'll discuss any book you've read and would like to talk about. Even if you haven't read the book, this group is open to anyone interested in books.

**If you have any questions about the book group, please contact Matthew or Hyan.**

### Scottish Borders Women's Group

The date for the women's group this month has not yet been agreed. This will be put on facebook once the date has been confirmed by Cathy and the group.

The focus of the group will be shaped by those attending, but may include a mixture of sharing experiences, speakers on issues for autistic women, open discussion, and social activities.

If you want to know more or discuss your involvement beforehand, please call Matthew on 0131 220 1075.

### Gourmet Club, Thursday 22nd March

This month as a gourmet treat, we're going to the Red Squirrel on Lothian Road. With a range of over fifteen gourmet burgers—from prime beef, chicken, alternative burgers featuring haggis and venison, and a great range for vegetarian—all complemented by a fresh and exciting range of salads, sides and bites to keep stop your tummy grumbling. Leaving Number 6 at 12:10ish or meet us there for 12:45.

### Photography Group, Thursday 15th March, 4—6pm

#### **“Photographing the forth bridges at dusk”**

Meet at Hill Street at the earlier than usual time of **4pm** to travel to South Queensferry using the number 43 bus. Once there we will photograph the forth bridges in the dying sunlight. Once finished we will head back to Edinburgh by bus, aiming to be back at Hill Street before 8pm.

### Film Nights, Thursday 1st & 15th March

**Films start at 5:30pm. Drinks and snacks provided!**

**Thursday 1st March: KINGSMEN: THE GOLDEN CIRCLE.** (Action, Adventure. 2h 21m) When their headquarters are destroyed and the world is held hostage, the Kingsmen's journey leads them to the discovery of an allied spy organisation in the US.

**Thursday 15th March: GEOSTORM.** (Fantasy/Sci-fi. 1h 49m) When the network of satellites designed to control the global climate starts to attack earth, it's a race against the clock for its creator to

### Sexual Health

If you have any questions relating to sex, sexual health, relationship and/or pregnancy, contact [matthew.day@aiscotland.org.uk](mailto:matthew.day@aiscotland.org.uk). All enquiries will be kept in the strictest confidence.

## NEW FACES

This group will meet monthly and it will be an opportunity for new service users at Number 6 to meet some of the staff, to meet other service users, to have a chat to the staff about the service and to enjoy some tea, coffee and biscuits in an informal setting. Hyan, our activities coordinator, will be running the group on **Tuesday 20th March in the Training Room at 4—5.**

Please come along and join in if you have registered with us within the last year but haven't come along to anything.

## CHESS CLUB

**Tuesday, 20th March. 4—6pm.** We're launching a new group—Chess Club. It's open to anyone with an interest in chess, from the complete newbie to the Master player. The aim of the club is to have fun in great company while learning the rudiments of this fascinating game.

Direct any questions to Matthew Day, [matthew.day@aiscotland.org.uk](mailto:matthew.day@aiscotland.org.uk)

## WEST LOTHIAN GROUP

The group will be meeting on **Monday 12<sup>th</sup> March** to go for dinner at Toni Macaroni, The Hub, Almondvale Cres, Livingston EH54 6QX. The plan is to meet at the main entrance of the restaurant at 6pm. You will need between £15—£25 to cover the cost of your meal (this will vary depending on your choices).

## EASTER CHOCOLATE BARK



### Ingredients

- 3 x 200g bars milk chocolate
- 2 x 90g packs mini chocolate eggs
- 1 heaped tsp freeze-dried raspberry pieces

### Method

1. Break the chocolate into a large heatproof bowl. Bring a pan of water to a simmer, then sit the bowl on top. The water must not touch the bottom of the bowl. Let the chocolate slowly melt, stirring now and again with a spatula. For best results, temper your chocolate.
2. Meanwhile, lightly grease then line a 23 x 33cm roasting tin or baking tray with parchment. Put three-quarters of the mini eggs into a food bag and bash them with a rolling pin until broken up a little.
3. When the chocolate is smooth, pour it into the tin. Tip the tin from side to side to let the chocolate find the corners and level out. Scatter with the smashed and whole mini eggs, followed by the freeze-dried raspberry pieces. Leave to set, then remove from the parchment and snap into shards.

by Sarah Dickinson