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2 2-3pm Online Women's Peer Group 1 4 – 5.30 Late Diagnosis Group 6.30 – 8 Peer Support Group 1	3 <u>DROP IN 3 – 7</u> 10am – Online Relaxation session (FB live) 2-3 Coffee & Chat Group A 3:30 – 5 Late Diagnosis Group 5.30-7 Young Women's Peer	4 10.30am – Online Women's Peer Group 2 2.30 – 3.30 Art Group (Skype) 4 – 5.30 Peer Support Group 3 4-5 Late Diagnosis Group (16-24) 4.30 – 5 Tai Chi (Zoom) 6.30 – 8 Late Diagnosis Group	5 <u>DROP IN 4–8</u> 11 – 12 Creative Writing (Skype) 2 – 4 Thursday Group 5-6:30 LDG (Zoom) 6 - 7 Relaxation	6 <u>DROP IN 1 - 5</u> 11 - 1 Yarn, Fibre & Needlecraft Group 2 – 3:30 Late Diagnosis Group 3-4.30 Art Group 4.30-6.30 Gaming Group 2	7 11 – 12:30 LDG (Zoom) 1pm- Cinema Trip (Maff)	8
9 11-12.30 – Monthly Women's Group (Over 35's) 1 – 2.30 Online Quiz (FB Live) 4 – 5.30 Late Diagnosis Group 6.30 - 8 Peer Support Group 2	10 <u>DROP IN 3 – 7</u> 2 – 3.30 Tuesday Discussion Group (Skype) 3:30 – 5 Late Diagnosis Group 6 – 7 Coffee Evening (Skype)	11 1 – 2 Girls Group (Skype) 4-5 Late Diagnosis Group (16-24) 4.30 – 5 Tai Chi (Zoom) 4 – 5.30 Peer Support Group 4 6.30 – 8 Late Diagnosis Group	12 <u>DROP IN 4–8</u> 2 – 4 Thursday Group 5-6:30 LDG (Zoom)	13 <u>DROP IN 1 - 5</u> 11 - 1 Yarn, Fibre & Needlecraft Group 2 – 3:30 Late Diagnosis Group 4.30-6.30 Gaming Group 3 5-6pm Dungeons & Dragons	14 11 – 12:30 LDG (Zoom) 10am Pentlands Walk (Andy) <u>11-3 DROP-IN (Kim)</u>	15
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23 1 – 2.30 Online Quiz (FB Live) 4 – 5.30 Late Diagnosis Group 6.30 - 8 Peer Support Group 2	24 <u>DROP IN 3 – 7</u> 12 - Gourmet Club 1.30-2.30 Book Group 2 – 3.30 Tuesday Discussion Group (Skype) 3:30 – 5 Late Diagnosis Group 6 – 7 Coffee Evening (Skype)	25 1 – 2 Girls Group (Skype) 4 – 5.30 Peer Support Group 4 4-5 Late Diagnosis Group (16-24) 4.30 – 5 Tai Chi (Zoom) 6.30 – 8 Late Diagnosis Group	26 <u>DROP IN 4–8</u> 2 – 4 Thursday Group 5-6:30 LDG (Zoom) Curry Club (time TBC)	27 <u>DROP IN 1 - 5</u> 11 - 1 Yarn, Fibre & Needlecraft Group 2 – Marvel Group 2 – 3:30 Late Diagnosis Group 4.30-6.30 Gaming Group 1	28 11 – 12:30 LDG (Zoom) 10am Modern Art Gallery (Tim)	29
30 10am – Bus Group 4 – 5.30 Late Diagnosis Group 6.30 - 8 Peer Support Group 1	31 <u>DROP IN 3 – 7</u> 1pm – Borders meet-up (Gala) 3:30 – 5 Late Diagnosis Group 5.30-7 Young Women's Peer 6 – 7 Coffee Evening (Skype)			BLUE = at Hill Street GREEN = Skype PINK = Facebook Live ORANGE = via Zoom RED – Microsoft Teams BLACK = out & about		

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. The next meeting will be Tuesday 31 st May at 1pm at the Gala office. For more information please contact Ashley at: Ashley.mclennan@aiscotland.org.uk
Bus Group	This month the group will be on Monday 30 th May and we will be completing the 22 route, so will get a bus down to Ocean Terminal and then get the 22 to the Gyle before heading back to Princes Street. Meet at Number 6 at 10am. For more details please contact Maff at: matthew.day@aiscotland.org.uk
Coffee & Chat	This group meets in person at Number 6 on the 1 st (Group A) and 3 rd (Group B) Tuesday of the month. This group provides a space for people to meet up for a chat over a cuppa. For more information please contact Karina: karina.williams@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 26 th May. Please email Andy (andrew.horseman@aiscotland.org.uk) by 19 th May if you would like to come along. Andy will then make the necessary arrangements and finalise the booking. Numbers will still be limited so please be aware that you will need confirmation from Andy that you have a place before coming along.
Drop-ins	We are now open for drop-in on the following days & times: Tuesdays 3-7pm; Thursdays 4-8pm; 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.
Dungeons & Dragons	Mo is organising an initial meeting for anyone who is interested in joining a new Dungeons & Dragons group. The meeting will take place at Number 6 on Friday 13 th May at 5pm – please email Mo for more information: mo.donnachie@aiscotland.org.uk
Football	Meet outside the pitches at the World of Football, Corn Exchange, on Wed 18 th May 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	We are now running four separate gaming sessions on Fridays 4.30-6.30pm. 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.

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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 Pho Café (St James Quarter) on Tuesday 24 th May (meeting at Number 6 12 noon). Please email Kim to book your place: kim.maxwell@aiscotland.org.uk
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 new online 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 new group for Marvel fans aged 16-24 . The next Marvel Discussion Group will be at Number 6 on Friday 27 th May at 2pm. Please email Maff if you would like to come along: matthew.day@aiscotland.org.uk
No6 TEam (Trans, Enby and More)	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
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
Tuesday Discussion Group (online)	Meets via Skype on the 2 nd and 4 th Tuesday of each month from 2pm- 3.30pm. An opportunity to discuss points of interest and events from recent weeks. Please contact Zaid for more information: zaid.al-nayazi@aiscotland.org.uk

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Thursday Group	This discussion group is currently 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 35's)	This group is for women over 35. We meet at Number 6 on the second Monday of the month and chat about how we are doing, 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	This group is currently full and the waiting list is closed.
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	<u>Additional Saturday Activities</u>
<u>Saturday 7th May</u> Cinema Trip with Maff	<u>Option 1: Cinema Trip with Maff</u> Maff will be taking the group to see Dr Strange in the Multiverse of Madness at Fountain Park at 1pm. Please book a ticket in advance if you would like to come along. It's Screen 7 & Maff's seat is L10 if you would like to sit near him. Meet: Either at Number 6 at 12:05pm; or outside the cinema at 12:40pm. Please email Maff to let him know where you will meet him: matthew.day@aiscotland.org.uk https://www.cineworld.co.uk/cinemas/edinburgh/037?msclkid=0dea0fc4bffa11ecb170c4ecf810d6b9#/buy-tickets-by-cinema?in-cinema=037&at=2022-05-07&for-movie=ho00008427&view-mode=list
<u>Saturday 14th May</u> Option 1: Pentlands walk with Andy 10am Option 2: Number 6 Drop-in 11am to 3pm (Kim)	<u>Option 1: Pentlands Walk – meeting at Number 6 at 10am.</u> Further details to be confirmed. Please contact Andy for more information: Andrew.horseman@aiscotland.org.uk <u>Option 2: Number 6 Drop-in</u> 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>Saturday 21st May</u> National Portrait Gallery with Karina 11am – 1.30pm	We will meet outside Number 6 at 11am and will walk along to the National Portrait Gallery. We'll spend about an hour looking at the Census Exhibition and then we'll have refreshments in the café. If you would like to come along, please email Karina by Monday 16 th May. Karina.williams@aiscotland.org.uk
<u>Saturday 28th May</u> Babara Hepworth Exhibition at Modern Art Gallery 10am – 1.30pm	If you would like to come to this exhibition you will need to buy your ticket in advance for the 11am slot (tickets are £10 concessionary price). Please meet Tim outside Number 6 at 10am, the group will then walk down to the gallery and spend some time looking at the exhibition and have refreshments at the café. Please email Karina for more information: karina.williams@aiscotland.org.uk https://www.nationalgalleries.org/ticket-purchase/61701

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