

MON

TUES

WED

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FRI

SAT

SUN

<b>1</b> 12 – 1.30pm Monthly (Under 30's) Social Group  4 – 5.30 Late Diagnosis Group (No.6) 6.30 – 8 Peer Support Group 1 (No.6)	<b>2</b> 1 - 2.30 Coffee & Chat Group A (No.6)  3:30 – 5 Late Diagnosis Group (No.6) 6 – 7 Coffee Evening (Skype)	<b>3</b> 1 – 3 Girls Group 2.30 – 3.30 Art Group (Skype)  4 – 5.30 Peer Support Group 3  4.30 – 5 Tai Chi (Zoom) 6.30 – 8 Late Diagnosis Group (No.6)	<b>4</b> 11.30 – 12.30 Creative Writing (Skype) 2 – 4 Thursday Group (No.6)  6 - 7 Relaxation (No6)	<b>5</b> 11 - 1 Yarn, Fibre & Needlecraft Group (No.6)  3-4.30pm Art Group (new) 2 – 3:30 Late Diagnosis Group (No.6)	<b>6</b> 11 – 12:30 LDG (Zoom)  Cinema Trip (Maff)	<b>7</b>
<b>8</b> 1 – 2.30 Online Quiz (FB Live)  3 - 3.30pm Relaxation (FB Live) 4 – 5.30 Late Diagnosis Group (No.6)  6.30 – 8 Peer Support Group 2	<b>9</b> 2 – 3.30 Film/TV Chat (Skype) 3 – 4 Coffee & Chat (Skype)  3:30 – 5 Late Diagnosis Group (No.6) 6 – 7 Coffee Evening (Skype)	<b>10</b> 1 - 2 Girls Group (Skype) 4 – 5.30 Peer Support Group 4  4.30 – 5 Tai Chi (Zoom) 6.30 – 8 Late Diagnosis Group (No.6)	<b>11</b>  2 – 4 Thursday Group (No.6)	<b>12</b> 11 - 1 Yarn, Fibre & Needlecraft Group (No.6)  2 – 3:30 Late Diagnosis Group (No.6) 3 – 5 Pool group (No.6)	<b>13</b> 11 – 12:30 LDG (Zoom)	<b>14</b>
<b>15</b> 10am – Bus Group  12-2pm – Monthly Women's Group (Over 40's)  4 – 5.30 Late Diagnosis Group (No.6) 6.30 - 8 Peer Support Group 1	<b>16</b> 1 - 2.30 Coffee & Chat Group B (No.6)  3:30 – 5 Late Diagnosis Group (No.6) 5.30-7 Young Peer 6 – 7 Coffee Evening (Skype)	<b>17</b> 1 – 3 Girls Group 2.30 – 3.30 Art Group (Skype)  4.30 – 5 Tai Chi (Zoom) 4 – 5.30 Peer Support Group 3 6.30 – 8 Late Diagnosis Group (No.6)	<b>18</b> 11-12.30 Creative Writing Group 1 (No6)  2 – 4 Thursday Group (No.6) 6 - 7 Relaxation (No6)	<b>19</b> 11 - 1 Yarn, Fibre & Needlecraft Group (No.6)  3-4.30pm Art Group (new) 2 – 3:30 Late Diagnosis Group (No.6)	<b>20</b> 10-12 Online Quiz 11 – 12:30 LDG (Zoom) Cramond to South Queensferry walk (Andy)	<b>21</b>
<b>22</b> 1 – 2.30 Online Quiz (FB Live) 3 - 3.30pm Relaxation (FB Live)  4 – 5.30 Late Diagnosis Group (No.6) 6.30 - 8 Peer Support Group 2	<b>23</b> 2 – 3.30 Film/TV Chat (Skype) 3 – 4 Coffee & Chat (Skype) 3:30 – 5 Late Diagnosis Group (No.6) 6 – 7 Coffee Evening (Skype)	<b>24</b> 1 - 2 Girls Group (Skype) 1 - 3 TEam  4.30 – 5 Tai Chi (Zoom) 4 – 5.30 Peer Support Group 4 6.30 – 8 Late Diagnosis Group (No.6)	<b>25</b> 11-12.30 Creative Writing Group 2 (No6)  2 – 4 Thursday Group (No.6)	<b>26</b> 11 - 1 Yarn, Fibre & Needlecraft Group (No.6) 1pm – Borders meet-up  2 – 3:30 Late Diagnosis Group (No.6) 3 – 5 Pool group (No.6)	<b>27</b> 11 – 12:30 LDG (Zoom)  Botanic trip (Zaid)	<b>28</b>
<b>29</b> 4 – 5.30 Late Diagnosis Group (No.6)  6.30 - 8 Peer Support Group 1	<b>30</b> 1.30-2.30 Book Group 3:30 – 5 Late Diagnosis Group (No.6) 5.30-7 Young Peer 6 – 7 Coffee Evening (Skype)			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](mailto:andrew.horseman@aiscotland.org.uk)

**Art Group** - Meets online via Skype on the 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:ashley.mclennan@aiscotland.org.uk) and for information about the in-person group contact Zaid: [zaid.al-nayazi@aiscotland.org.uk](mailto:zaid.al-nayazi@aiscotland.org.uk)

**Book Group** - Meets from 1.30-2.30pm on the 4<sup>th</sup> 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](mailto: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 26<sup>th</sup> of November 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](mailto:Ashley.mclennan@aiscotland.org.uk)

**Bus Group** – The group will meet at Number 6 at 10am on Monday 15<sup>th</sup> November and take the Number 13 bus. For more details please contact Matthew at: [matthew.day@aiscotland.org.uk](mailto:matthew.day@aiscotland.org.uk)

**Coffee and Chat** - This group meets in person at Number 6 on the 1<sup>st</sup> (Group A) and 3<sup>rd</sup> (Group B) Tuesday of the month and online via Skype on the 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto: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](mailto:zaid.al-nayazi@aiscotland.org.uk)

**Creative Writing** – We are currently running an online group on the 1<sup>st</sup> Thursday of the month and two in-person groups on the 3<sup>rd</sup> and 4<sup>th</sup> 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](mailto:karina.williams@aiscotland.org.uk)

**Film and TV chat** - Meets via Skype on the 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto:zaid.al-nayazi@aiscotland.org.uk)

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**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](mailto:kim.maxwell@aiscotland.org.uk) and Ashley for the online sessions: [ashley.mclennan@aiscotland.org.uk](mailto: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](mailto: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](mailto:mo.donnachie@aiscotland.org.uk)

**Monthly Social Group (Under 30's)** – This social group is for anyone under 30. We meet on the first Monday of the month for a walk/coffee/lunch/gallery visit etc. This month we will be going for a walk at the Meadows and then for some lunch. For more information please email Karina: [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)

**Monthly Women's Group (over 40's)** – This social group is for women over 40. Each month we will meet up for a walk/coffee/lunch/gallery visit etc. This month we will be going for coffee on Monday 15<sup>th</sup> November. For more information please email Karina: [karina.williams@aiscotland.org.uk](mailto: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](mailto: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](mailto:karina.williams@aiscotland.org.uk)

**Pool Group (new)** – We will be running 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](mailto: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](mailto:stewart.campbell@aiscotland.org.uk)

**Relaxation Group** - This relaxation session takes place on the 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month from 6 -7pm at Number 6 and the 2<sup>nd</sup> & 4<sup>th</sup> 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](mailto: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](mailto: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](mailto: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](mailto:mo.donnachie@aiscotland.org.uk)

**Young Peer (New)** – This peer support group is for women and minority-gendered 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](mailto: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 November, please find details below:**

#### **1. Saturday 6<sup>th</sup> November - Cinema trip with Maff**

Maff will be taking a group to see Eternals at Cineworld, Fountain Park (1pm showing, Screen 7) We recommend booking tickets in advance. His pre-booked seat is H13 if anyone wants to sit near him. Either meet at Hill Street at 12:10pm, or outside the main doors to the cinema at 12:40pm. For more information please email Maff directly at: [matthew.day@aiscotland.org.uk](mailto:matthew.day@aiscotland.org.uk)

#### **2. Saturday 20<sup>th</sup> November – Cramond to South Queensferry walk with Andy**

The group will meet Andy at Number 6 at 10.30am and take a bus to Cramond then walk from Cramond to South Queensferry. For more information or to book a place please email Karina at: [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)

**3. Saturday 20<sup>th</sup> November - Extra Online Quiz**(10 to 12 noon). Stew will be running an additional quiz via Facebook Live – please email him for more information: [stewart.campbell@aiscotland.org.uk](mailto:stewart.campbell@aiscotland.org.uk)

#### **4. Saturday 27<sup>th</sup> November – Botanic with Zaid**

Zaid will meet the group outside Number 6 at 10.30am and you will walk down to the Royal Botanic Gardens together and have a wander around for an hour or two. For more information or to book a place please email Karina at: [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)

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